FIRE KRIYA

The Fire Kriya is a powerful, absolutely sacred, secret meditation.
It will take you as far as you take it.
Yogi Bhajan

Posture: Sit straight in a meditative posture with neck lock.

Eye Focus: Eyes are closed except for small slit to let in some light (99% closed).

Mudra: Reverse Finger Lock—interlace the fingers so that both the fingers and the palms point toward the chest. Keep the fingers as straight as you can; bring the fingers together so that the pads of the fingers are touching. *Right index finger on top; left little finger on bottom, the thumb tips touch lightly.* The mudra is held with the elbows at natural shoulder level so that the fingers point toward the body, at the level of the throat, above the heart. The shoulders should feel relaxed as you keep the elbows, forearms and hands parallel to the ground.





Mantra: Inhale deeply and chant four times on the breath in a steady tone:
Sat Naam Sat Naam Sat Naam Sat Naam Sat Naam Sat Naam Whaa-Hay Guroo.

Light of my soul, Light of my soul, Light of my soul, I am truth, Ecstasy and Bliss!

Finish: Inhale deeply, stretch the arms over your head, shake your hands, exhale, and relax.