

**A TRANSCENDENTAL MEDITATION:
MAHA SHAKTI CHALNEE INDRA MUDRA**
Balance Energy - Increase Lung Capacity - Improve Health

1. Sit in easy pose. Inhale with a deep whistle through the mouth. The lips should be puckered like a beak. Exhale through the nose. Concentrate on the sound at the third eye point for *5 minutes*. Listen to the pure sound. *Continue for 2 more minutes* mentally inhaling "Sat" and exhaling "Nam" with the whistle. (7min total)



2. Come into cobra pose. Arch the neck back and look up. Fix the eyesight at a point on the ceiling straight up. Inhale through the nose and whistle out through the mouth for (3 to 5 minutes) . Inhale and slowly relax down out of cobra pose. Rest for 2 minutes. *note eyes in picture is not correct, eyes should be OPEN & LOOKING UPWARD



3. Lie on the back with the knees pulled to the chest. Hold them there with hands and fingers interlaced over the knees. Lift the head up putting the nose between the knees. With the mouth closed make the sound "hunnnnnnh. " The vibrations will be felt in the nose and throat. Continue for 3 minutes.



4. Relax on the back with legs crossed on the ground as in easy pose. This creates a delicate pressure in the lower spine. Maintain the position for 5 minutes.



5) Sit in easy pose, hands on the shoulders, thumbs behind and fingers in front. Swing from left to right, inhaling left and exhaling right (5A). Synchronize the motion with the breath for 1 minute. Then sit on the heels and continue the exercise for 1 more minute (5B). Inhale, hold briefly.



6) Still sitting on the heels, lean forward and put the forehead on the ground. Rest completely in this pose for 3-5 min.



COMMENTS:

This is a real transcendental meditation as it was originally taught centuries ago. If the many teachers who have come to the United States to initiate students into secret mantras claiming to be transcendental meditations actually gave the undiluted techniques like this kriya, then we would be able to research the science of consciousness much more effectively. Transcendental meditations always have a breath rhythm and a hand mudra linked to the mantra.

In the yogic scriptures, there are six pages written to tell the benefits of this single kriya. It allows you to control the senses and thoughts. It balances the life nerves of prana and apana so that your health is improved and the lung capacity is increased. Once your lung capacity for normal breathing goes beyond 700cc's, your personality changes. The extra capacity sends an increased vital force to the nervous system with each breath. Nerves that are strong give you patience. In this exercise, the body maintains a perfect equilibrium in the CO₂ and O₂ exchange. The pressure on the tongue causes the thyroid and parathyroids to secrete. If you practice part 1 for 15 minutes, you may experience some pain in the ears. After 31 minutes, you may have a pain in the upper chest. These are the signs of the glands secreting and gaining a new balance. If you sincerely practiced part 1 for 31 minutes a day followed by the remaining exercises, this kriya could change your personality, your total lifestyle, and even your destiny.

