

Man to Man

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PG #	NAME OF KRIYA/MEDITAION	REVISION
333	Sodharshan Chakra Kriya	Replace the Meditation section with the following, "Block off the right nostril with the right thumb. Inhale slowly and deeply through the left nostril. Hold the breath. Mentally chant "Wahe Guru" sixteen times. Pull the navel in 1/3 of the way on Wha, 1/3 farther in on Hey, and all the way in on Guru. Then release the navel completely, and begin again. Repeat this process, mentally chanting the mantra. After sixteen times, unblock the right nostril. Use the right index finger (little finger may also be used) to block off the left nostril and exhale slowly and completely through the right nostril. Continue."

