

Spring Fund Drive

THE YOGI BHAJAN
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MAY 4TH–10TH

FAVORITE PRACTICES FROM THE KRI STAFF

Kirtan Kriya

[Kirtan Kriya](#) is one of the most profound meditations taught by Yogi Bhajan. It brings total mental balance and healing to the practitioner, whether an experienced yogi or a beginner. Practicing this meditation is both a science and an art. It is an art in the way it molds the practitioner's consciousness, giving deep insight and subtle refinement of how we perceive sensation.



"[Kirtan Kriya] is the purest of pure meditation, it is the highest of the high meditation. It's the meditation on the primal sound. [When] you meditate on it, you will hear the unheard, you will see the unseen, you will feel the unfeelable." Yogi Bhajan [December 28, 1972.](#)

Breaking Through Blocks

[Mudra to Open up Blockages in Communication](#)

"When you speak, understand that someone has to hear it. Never speak only for yourself. You are useless, time-wasting garbage if you talk for only for yourself ...You can cover your handicaps in the business world or in your personal world but if you do not know how to talk to people, you don't know how to talk to God." Yogi Bhajan, *Healing Your Handicaps* [November 17, 1989](#)

[Ganpati Kriya Meditation](#)

"In the [words of] simple science, it is called an impossible-possible Kriya. ...All the accounting of past negativity, now and tomorrow, will be redeemed. Now sing it with a natural, heart-center voice. Come on, 'Sa Ta Na Ma, Ra Ma Da Sa, Sa Se, Sohung.'" [November 2, 1988](#)

Healing through the Power of your Vibration and Subtle Energy

[Meditation for Silent Clearing](#)

“Sa-Ta-Na-Ma, five parts of the brain, eastern hemisphere and western hemisphere are interrelated at the hypothalamus. When you chant ‘Sa-Ta-Na-M,’ you may look like you are saying ‘bou, bou, bou,’ but actually, with the tongue, you are stimulating the upper palate and the five parts of the brain. These meridian points [in the upper palate] are stimulating the hypothalamus and the hypothalamus is making the pineal radiate. The moment it radiates, the pituitary impulsates and you will feel Brahm. That’s all it is. It’s a total mechanical process and this mechanical process is called the science of Jap.” Yogi Bhanan, [August 2, 1978](#)

[Dhrib Dhristi Lochina Karma Kriya](#)

“Teach people to have confidence. Teach people to relate to their soul. Teach people to give life, service, happiness, and joy. Teach people to share goodness, righteousness, and teach people to share happiness. Teach people to be radiant, teach people to be beautiful, and teach people all goodness. There is a chance, but how can you teach when you are not filled yourself? If you are empty, how can you do that? You can only give when you are filled-up yourself - then it will overflow.” Yogi Bhanan [October 11, 1973](#)



Sacred Breath of Life - Breathe Slow and Deep

“Technically speaking, the best vitamin you have is your breath, the prana. Breathe deep with a one minute breath - 20 seconds to breathe in, 20 seconds to hold, and 20 seconds to exhale. It’s very powerful, it’s very perfect. It will not give you any trouble whatsoever.” Yogi Bhanan, [August 1, 1996](#)

[One Minute Breath](#)

“So if you practice one minute breath - 20 seconds inhale, 20 seconds holding, 20 seconds exhale - you can absolutely master your mind and this vehicle, called the body. You can do whatever you want and it shall obey just like a computer. It takes about 90 days to be good at it and 120 days to be very nice at it. Take a clock and sit down - 20 seconds inhale, 20 seconds hold, 20 seconds exhale.” Yogi Bhanan, [January 14, 1997](#).

[Padmani Kriya](#)

“It’s the creative power of the female, the Adi Shakti. It is the Padmani. The lotus feet of God is called *padh* [and *mani* is the mind or heart]. *Padh-mani*, is the *mani* of those *padh*. It is the creative power of God.” [August 10, 1979](#)

“This kriya is FOR WOMEN ONLY. It is the most beautiful way to do pranayam. It is simple and generates a lot of energy. If there is any area of the body that needs to be strengthened, mentally concentrate on that area while practicing this pranayam” Yogi Bhanan, [August 12, 1977](#)

The Power and Grace of the Master's Touch

The [Master's Touch](#) Meditation was given by Yogi Bhajan in the last Level One Training program that he taught, only a few years before leaving this earth. It is a particularly potent kriya, powerful in its ability to break through negative blocks and connect you to your highest truth, the Master within. Hari Charn Kaur, shares with us her experience in practicing the Master's Touch Meditation for 2 ½ hours a day for a 1000 days. Wow!

"Master touch is like philosopher stone and any metal which touches that becomes gold." [July 13, 2000](#)

"In this kriya that I am giving you, you have to tune your ears. Not the outer ear, it will not help you. It is the inner ear [I am talking about]. It has two bones on the side and the hammer, and if the hammer and the bones have a proper hammering, then your brain can analyze and understand at the same time you are hearing. The mudra allows the Infinite energy to come through. Chanting the mantra stimulates the upper palate with the tip of the tongue, tuning the thalamus and hypothalamus. Focusing on the tip of the nose causes the frontal lobe, which controls the personality, to become like lead. At one point the pain can become so unbearable, you cannot stand it. Then it 'breaks,' and you have found what you are looking for, and that is forever. Nobody can take it away. To grow roots, you must open yourself up." [July 13, 2000](#)

The mantra in the meditation is *Aad Such, Jugaad Such, Hai Bhee Such, Naanak Hosee Bhee Such*. ([Click here to listen a version of this mantra](#). It is called, "1. Aad Such (chanting)")



Morning Call – Long Ek Ong Kaar

One of the very first morning sadhana practices given by Yogi Bhajan in the early 1970's was 2 ½ hours of [Long Ek Ong Kaar - Morning Call](#). 3HO was a small community then, and the impact of this extraordinary kriya reverberated around the world. Long Ek Ong Kaar chanting brings the soul and its destiny in sync, awakening your purpose in life.

"Mantra is a mental vibration, which control the heavens and the Earth. That's why we chant long Ek Ong Kar, that's how we started." [December 19, 1995](#)

[Click here](#) to listen a version of the Long Ek Ong Kaar meditation

Listen to an extraordinary recording of [Yogi Bhajan chanting Long Ek Ong Kaar](#)

Sat Nam and Thank You!

Our work continues every day to add more of Yogi Bhajan's lectures and kriyas to the Library of Teachings' database.

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We are grateful beyond measure.

In Deep Gratitude,

The Yogi Bhajan Library of Teachings®

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