LOT Write Up

**Meditation Kriya to Strengthen the Mind & Immune system**

LOT Event Code: AC2E

Time: 13 Minutes

Exercises: 1

Date: Apr. 15, 1986

**Comments:** "The heaviest BOF will give you something….the interchange is cooling of the back to a heat, body shall be cured on the spot, experience will be received, you have to do the work. It is the best chemotherapy, it burns bacteria and viruses of the future." – Yogi Bhajan

It is required to cover the head for this kriya to prevent a headache.

**Attributes:**

Eye Position: Closed

Mudra: Surya Mudra

**Instructions:**

13 Minutes

1. Sit in Easy Pose with a straight spine. Cover the head to prevent a headache.
2. Bend the left elbow, relaxed at the side of the body, forearm perpendicular to the ground. Place the hand at shoulder height in Surya Mudra, Sun Finger (ring finger) and thumb tips touch, palm faces forward.
3. Close the right nostril with the right Jupiter Finger (index finger), curl the rest of the fingers onto the Venus mounds at the base of the fingers and hold them tight with the thumb.
4. Powerfully inhale and exhale through the left nostril. The breath will become a heavy Breath of Fire. Move the navel with the breath.
5. Breathe rhythmically with the music; 2 breaths per second. In the original class, music *"Sat Nam Ji, Sat Nam Ji, Wahe Guru…"* by Singh Kaur was played loudly.

**To End:** Inhale deep, hold the breath for 25 seconds and interlace the fingers in front of the face, arms relaxed, palms together and face down. Pull the hands apart without letting go. Use force to create tremendous pressure on the fingers. Exhale. Inhale deep, hold the breath for 15 seconds and repeat the pulling on the interlaced fingers. Exhale. Repeat one more time. Relax. The music ends.

Notes:

25:13 – Sit in Easy Pose with a straight spine. Keep the spine straight, cover the head, this can give you a headache otherwise.

26:23 – Left hand- Surya Mudra, Sun Finger and thumb tips touch. Bend the left elbow, place the mudra at shoulder height, elbow is slightly away from the body.

26:29 – Right Jupiter Finger closes the right nostril, other fingers are curled into the palm and held tight with the thumb.

26:49 – Powerfully breathe in and out through the left nostril. Begin.

27:00 – Move the navel with the left nostril breath.

27:19 – Music "Sat Nam Ji, Sat Nam Ji, Sat Nam Ji, Wahe Guru…" by Singh Kaur was played loudly.

27:30 – breathe rhythmically, with the music – 2 breaths per second. BOF. "heaviest BOF will give you something." "Interchange is cooling of back to a heat, body shall be cured on the spot, experience will be received, work you have to do. It is the best chemotherapy, it burns bacteria and viruses of the future. Hit the Navel." 13 min

39:48 - Inhale deep, Lock the hands (interlace the fingers), hold the breath, place the locked hands in front of the face and pull the hands apart without letting go, try to break the lock but don't let go. Elbows are out to the sides (tremendous pressure on the fingers, it will exalt all the five and five, ten parts of the brain, use all your force) 33 sec 40:21 – exhale, 40:25 – inhale deep, hold the breath, pull out, 21 sec 40:44 – exhale, 40:47 – inhale again, hold the breath, pull, deep, pull, (bring the hidden talents to the surface) pull, 25 sec 41:12 – exhale. Music ends.