

# K.R.I.Y.A.S.

LA019 780315 SHUNI MUDRA KRIYA N. 68 p.125

## General Position

Sit in easy pose with a straight spine.

## Hands:

With the palms facing down, bend the Saturn (middle) fingers forward. Bring the Saturn fingers together so that the pads touch and point downward. The remaining fingers interlace across the backs of the hands. The thumb tips touch and point toward the body.

## Arms:

Bend the elbows and raise the arms so that the mudra is held at shoulder level with the forearms parallel to the floor... "almost to the moon center (That's the chin)."

## Legs:

Sit in an easy cross-legged position or on the heels. If the meditation is done sitting in a chair, be sure both feet are on the ground and the weight evenly distributed between them.

## Breath:

Inhale completely and exhale as you repeat the mantra 16 times on each breath,

## Eyes:

Focus the eyes on the tip of the nose.



**Figure No. 2**



Mantra:

The mantra is

**HARI, HARI, HARI, HARI, HARI, HARI, HARI, HAR**

Two cycles are completed on each breath, 12 seconds per repetition including inhale.

The mantra is chanted in a monotone powerfully from the navel point with the stress placed on the last syllable.

Locks or other conditions:

The meeting of the two Saturn fingers creates a lock.

Mental Focus:

Mental images:

Practice Conditions:

Length of time:

The recommended length of time is 31 minutes.

Comments:

This meditation modifies the negative influences produced when the planet Saturn is in retrograde.