

## A Transcendental Meditation – Maha Shakti Chalnee Indra Mudra

This is a transcendental meditation as it was originally taught centuries ago. 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 in normal breathing is over 700 cc'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 carbon dioxide and oxygen exchange. The pressure on the tongue causes the thyroid and parathyroid glands to secrete.



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 the sound at the Brow Point and continue for 5 minutes. Just listen to the pure sound. Continue for 2 more minutes, but now mentally inhale *Sat* and exhale *Nam* with the whistle.
2. Come into Cobra Pose. Ideally your feet are together, arms are straight, and the hips are on the ground. From the hips to the head your spine creates a smooth 'C' curve. The shoulder blades move down the back, supporting and opening the



chest and neck, and your eyes focus at a point on the ceiling. However, this is an advanced posture and you can modify it as follows to protect your neck and lower back: Lie on the stomach with your palms flat on the floor under the shoulders, fingers spread wide. Apply Root Lock, rotate the pelvis so the tailbone turns towards the ground, and elongate out of the lower back, shoulder blades drawing down. Use the inhale to expand the ribcage and begin to arch the chest upward as you slowly straighten your arms, straightening only as much as you can without feeling compression in the lower back, and continuing to open the chest and stretch into the upper back. If this means that you only come up to your forearms, or your arms are bent, that is fine. Resist the temptation to bend where you are already flexible. Once the chest is open, with the shoulder blades supporting the chest, this gives the head permission to go back and focus at a point on the ceiling. Inhale through the nose and whistle out through the mouth for 3 to 5 minutes.



Then inhale and slowly relax down out of Cobra Pose. Rest for 2 minutes.

3. Lie on the back with the knees pulled to the chest. Hold them there with hands and fingers inter-laced over the knees. Lift the head up, putting the nose between the knees. With the mouth closed, create the sound “hunnnnh” from the Navel Point. 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 pres-sure in the lower spine. Maintain the position for 5 minutes. If you feel this creates too much pressure in the lower back, cross the legs loosely. Try to get as much of the spine on the ground as you can, keeping the shoulders relaxed, chin to collar bone. If your hips are tight, use pillows under the knees. You can start with 3 minutes and build up to 5 minutes over time.



5. Sit in Easy Pose, hands on the shoulders, thumbs behind and fingers in front. Twist the torso from side to side, inhaling to the left and exhaling to the right. Synchronize the motion with the breath for 1 minute. Then sit on the heels and continue the exercise for 1 more minute. Inhale, hold briefly, exhale, and relax.

6. Still sitting on the heels, lean forward and put the forehead on the ground.



Rest completely in this pose for 3 to 5 minutes.

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You can practice exercise 1 for up to 31 minutes but it is a good idea to build up the time slowly over a period of weeks. After 15 minutes, you may experience some discomfort in your ears. After 31 minutes, you may experience some discomfort in your upper chest. These are signs of the glands gaining a new balance. If you sincerely practice the first exercise for 31 minutes a day followed by the remaining exercises, it is said that this kriya could change your personality, your total lifestyle, and even your destiny for the better. This set can be found in *Sadhana Guidelines*.

Always consult your physician before beginning any exercise program. Nothing in *Aquarian Times* is to be construed as medical advice. The benefits attributed to the practice of yoga come from the centuries-old yogic tradition. Results will vary with individuals.

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