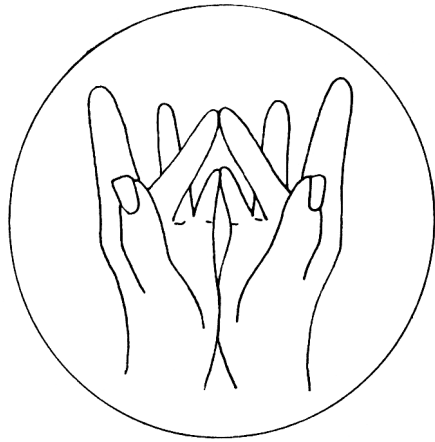


Developing Your Human Kindness

10-27-75

Banḍhu Dya Kriya

Banḍhu means “brother or comrade,” *Dya* means “kindness”, and *Kriya* means “action.”



Mudra: Rest your elbows alongside your rib cage. Place your hands in front of your chest, palms facing upward, with the two Mercury (pinkie) fingers touching and the outside part of the base of the palms touching. Keep the Sun (ring) fingers and the Jupiter (index) fingers straight and the thumbs pulled back. Touch the tips of the Saturn (middle) fingers so that they form a triangle. The mudra is held before the heart center in a comfortable, prayerful position, but it does not touch the chest.

Sit in Easy Pose with your spine straight, chin in and chest lifted. Place your hands in the mudra. Inhale through the nose in eight strokes (break the inhalation into eight equal segments with a slight pause separating each part so that there is a distinct beginning and end to each segment. In other words, you are inhaling in eight separate “sniffs.” Each stroke is about one “nose length.” You can feel the breath travel the length of the nose from the nostrils to the eyebrows. Each count of a stroke is about one second, so the eight stroke inhalation takes about eight seconds). Exhale completely and totally with a whistle through the puckered lips. 11 Minutes.

