

Gyan Chakra Kriya

“Brighten Your Halo” from Yogi Bhajan teaching on February 19, 1996

Gyan Chakra Kriya attracts abundance and prosperity, as it opens our heart. Specifically the arm movements stimulate the radiance of our halo, expand the brilliant protection of our aura, as well as strengthen our nervous system. This kriya also adjusts our life force so that we can move through any intense situation with grace and creativity. And abundance is drawn in like a magnet.

Yogi Bhajan told a story about Gyan Chakra Kriya and its impact on a community in India over 2,000 years ago. A teacher, Rishi Anand, saw with his intuitive eye that a great weather shift and famine would strike the country, creating much hardship and death. So Rishi Anand told his students to practice this kriya daily for three years.

After three years, a harsh famine set upon the land. However, the brilliant radiance of these monks had attracted an abundance of wealth and prosperity, and their storehouses were full! They opened free kitchens and fed many people during this time of adversity.

For over 30 years Yogi Bhajan spoke about the challenging shift that we would experience as we transition into the Aquarian Age. We have seen in the last months that insular living ends in a blind alley. Kundalini Yoga has an abundance of yogic technologies and yogic lifestyle teachings that support us in living in a balance of body, mind and spirit.

Our 3HO Foundation staff has been practicing Gyan Chakra Kriya each morning for the last few months. We invite you to practice this kriya with us in spirit. Join us as we all awaken our abundance of spirit and service. Please write and share your experience with us. Sat Nam.

Team 3HO Foundation

Posture: Sit in Easy Pose. It is important to sit with a straight spine.

Mudra: Hands are in Gyan Mudra (the tip of the thumb and the tip of the index finger together). Keep the other three fingers straight and pressed together side by side. Stretch your arms over your head. Create a steady movement: Begin making large alternate circles of the arms. The right arm swoops in a large counterclockwise circle over the head, back behind the body and then out to the right as low as the heart center. The left arm moves in a large clockwise circle over the head, back behind the body and out to the left. Stagger the movement of the two arms. As the left arm comes over the head, the right arm is circling out to the right of the body. As the right arm moves towards the head, the left arm moves out to the left of the body. This way the arms won't collide with one another. Keep the arms circling up and around and move forcefully in rhythm with the mantra, one revolution per second.

Mantra: Chant clearly and forcefully from the Navel Point to the top of Sat Nam Wahe Guru, Indian Version #2, with this mantra:

Sat Naam, sat naam, wha-hay guroo, wha-hay guroo

Time: Continue for 11 minutes. For the last 30 seconds, move as fast as possible.

To End: Inhale, stretch the arms straight up to hug the ears and stretch the spine as much as possible. Hold 10 seconds, exhale and repeat two more times. During the last inhale and stretch, twist the body first left then right seven times then come to center and exhale.

From "KRI International Teacher Training Manual Level 2" published by the Kundalini Research Institute

© The Teachings of Yogi Bhajan