

## Trikuti Kriya with Nabhi

Kriya was given personally by Yogi Bhajan to Gurutej Singh Khalsa, found in his publication Children of the Cusp.

Sit in easy pose with a straight spine. Bend the elbows into the sides, with the forearms extended straight in front of the body, palms up. Keep the forearms parallel to the ground, and parallel to each other, with about two foot (60cm) space between the two hands.

Hands: Bring the hands into Shuni mudra - the tips of the thumbs touch the tips of the Saturn (middle) fingers. Keep palms face up.

Eyes: Roll the eyes down and focus on the center of the chin. Keep them 1/10th open.

Mantra: Mentally recite "Har Hare Hari Waa-He Guru"  
Pump the navel in and then release, on each beat of the mantra. Keep the breath long and deep.

Time: Can be done 11 minutes, but ideally 31 minutes a day. Can be built up to 2 ½ hours a day.

Effects: This is a most powerful kriya and with practice, it will put you into a deep, calm, trance-like state. The power of the kriya is the power of knowledge and those who perfect it gain the capacity to know the knowledge of another person, plus 10%: to know the contents of a book by holding it, and to gain a deeply intuitive perspective. Yogi Bhajan said he never studied, but instead he practiced this kriya. It will give you a deeply stable calm that will sustain you throughout the day. You feel very peaceful, but alert.

This kriya will allow the practitioner to resolve questions of personal identity and the elements of personality, which cause insecurity. Pumping the navel point pulls the energy from the lower centers up, to merge with the higher centers where the elevated identity resides. Placing the saturn energy under control of the ID allows for the elements of identity and the expression of personality to be restructured as a solid foundation for the individual. The result is calm confidence, resolution of insecurities and gender-specific phobias, as well as self-acceptance. Then the superconscious, where all knowledge is found, can be accessed, resulting in the intuitive powers associated with this kriya.

