

Sodarshan Chakra Kriya

“The future enters into us in order to be transformed by us, long before it happens.” -Rainer Maria Rilke



Sodarshan Chakra Kriya dates back more than a thousand years and is reputed—among all the known Yogas, including Kundalini Yoga—to be the most powerful kriya of all. I learned it from Ravi Singh, who learned it from Yogi Bhajan. [Note: There is another practice with a similar name: Sodarshan Kriya; it comes from Sri Sri Ravi Shankar’s Art of Living Foundation and is a completely different practice.]

I don’t know how Sodarshan Chakra Kriya does what it does. I do know it works. When I practice it regularly my entire being feels brighter. I feel more positive. I feel less overwhelmed, less burdened, less depressed. After practicing, I feel like someone turned the light dimmer switch up. Life looks more beautiful. The future looks again full of possibilities, whereas when I am depressed the future looks bleak, without possibility.

For these reasons I have, at different times, called Sodarshan Chakra Kriya the Radiance Meditation, Sunny Vision Meditation, and the Hallelujah Meditation. In the past I have spelled it Sudarshan instead of Sudarshan to refer to the Sudarshan chakra held by Vishnu.

Sodarshan Chakra Kriya combines a variation of alternate-nostril breathing with breath holding, belly pumping (like Kapalabhati), and silent repetition of the mantra Wahey Guru. While kriyas typically include multiple exercises, in some cases a kriya may be a single exercise, one that is complete, in and of itself. Sodarshan Chakra Kriya is a complete kriya by itself. It is also very powerful.

I heartily recommend you do the experiment, that you give Sodarshan Chakra Kriya a chance.

Translation of Sodarshan Chakra Kriya:

- So (Su) means auspicious
- Darshan means sight, vision
- Chakra means a spinning wheel or disc
- Kriya means a completed action, or sequence of exercises, that produces a specific effect. While kriyas typically include multiple exercises, in some cases a kriya may be a single exercise, one that is complete, in and of itself. Sodarshan Chakra Kriya is a complete kriya by itself. It is also very powerful.

Benefits & Applications

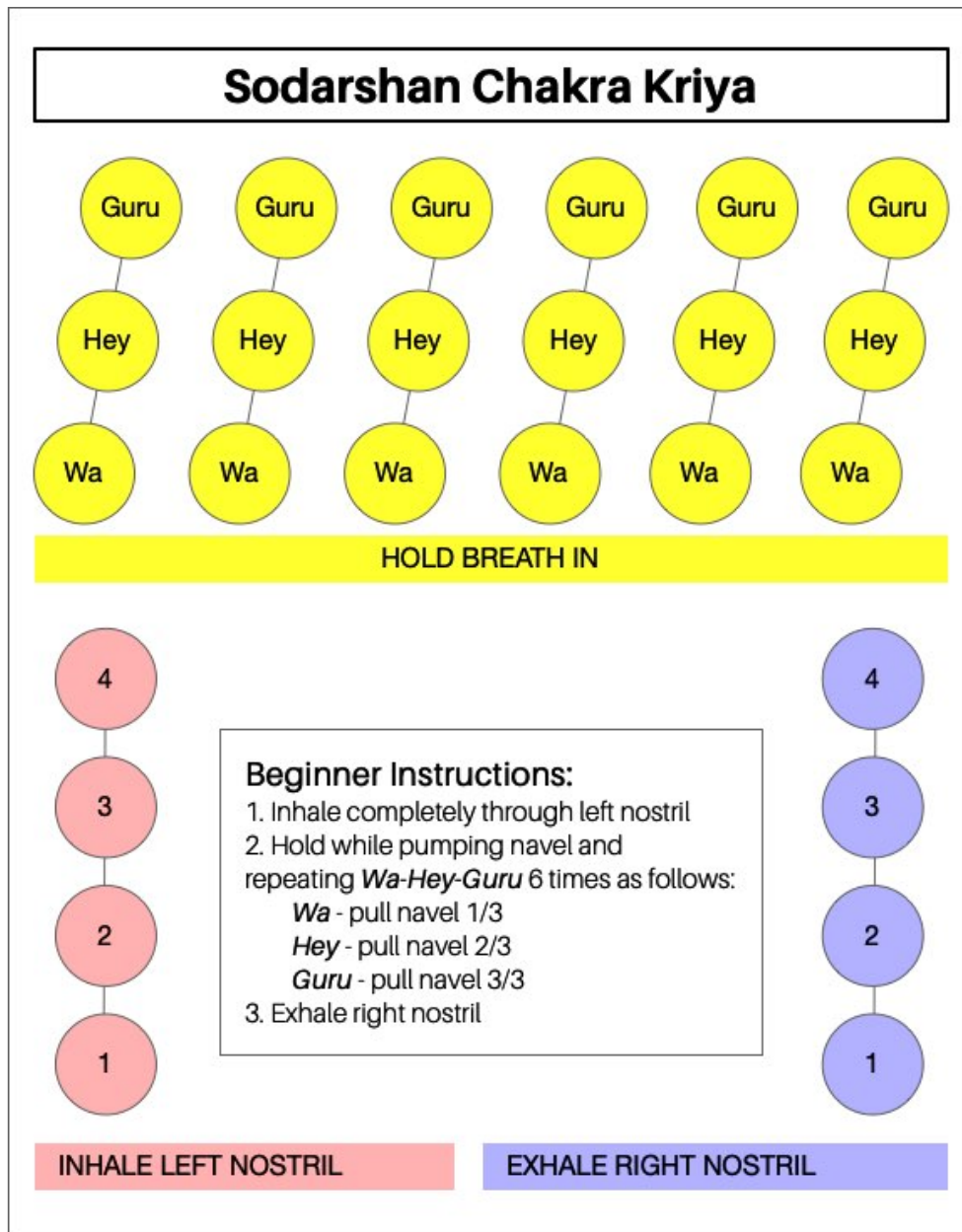
- Literally brightens the colors you are perceiving right now.
- Your view of today becomes more positive, and thereby your view of tomorrow becomes full of possibility.
- With the resulting clear and positive view of what is and of what is possible, one's thoughts, words and actions becomes aligned with the fulfillment of your dreams, plans and goals.
- I find that the most profound health benefit is a boost to the immune system when I practice this kriya regularly.
- Overall the kriya promotes peace, joy and strength.

- This Medical Meditation helps inner happiness, and ecstasy in life. It gives you a new start, against all odds. When external pressure becomes too great, it brings power from the inside. This Medical Meditation is said to be the most powerful kriya in the history of yoga.¹
- I've noticed over the past three weeks that—on the days I take this class with you—afterwards I feel like I can accomplish so much more. The amount I normally accomplish in a week, I accomplish in a day! It's a very good thing for a busy life!"
-April (Annabel Humble)

Instructions

Time, Set, Setting: The official Kundalini Research Institute (KRI) instructions say to begin with 3 minutes of practice, then work your way up to 11 minutes. Because I prefer to count

¹ Dharma Singh Khalsa & Cameron Stauth, Meditation As Medicine: Activate The Power Of Your Natural Healing Force. 2001



breaths rather than time, I used to do sixteen repetitions; but there are many things going on at the same time in this practice so now I set a timer on my iPhone for eleven minutes.

For maximum benefit, Sodarshan Chakra Kriya is practiced for 31 or even 62 minutes. Regardless of how long you practice at one sitting, the important thing is consistency. In order to reap the full effects, practice Sodarshan Chakra Kriya daily for forty days.

Posture & Props: Sit in Easy Seated Pose (Sukhasana), or simply sit on a chair with your spine straight and your chin level.

Navel pumps in thirds: This may take some practice. I recommend you work on this separately at first until you develop the muscle control to draw the navel back in three segments, like this:

1. Inhale and hold

2. While you hold the air in, focus on drawing your navel back towards your spine
3. 1/3
4. 2/3
5. 3/3
6. Exhale

Wahey Guru! mantra:

Wahey Guru translates as great, indescribable light. It is an exclamation of awe and wonder at the sublime mystery of Existence, of universal love, of the Creator/Creation. Wahey! means something like WOW!; Guru breaks down into gu, darkness, and ru, light: a Guru is any person, situation, event, or thing that brings light, that enlightens you.

If you feel uncomfortable using this mantra, feel free to use Hallelujah, Allah Hu, or another 3-4 syllable phrase that carries the same feeling.

1. On the first pull of your navel, mentally chant Wa!
2. On the second pull, mentally chant Hey!
3. On the third pull, mentally chant G'roo!

One hand operates your nostrils like this:

- Place index and middle fingers between your eyebrows
- Use your thumb to gently open and close one nostril
- Use your ring finger to gently open and close the other nostril
- Apply only enough pressure to control airflow; do not push so hard as to move the septum
- If your hand, arm, shoulder become tired, switch hands during an exhale

Your other hand rests lightly on your thigh with all fingertips touching; use them to count, like this:

- Wahey guru #1: extend index finger
- Wahey guru #2: extend middle finger
- Wahey guru #3: extend ring finger
- Wahey guru #4: extend little finger
- Wahey guru #5: extend thumb
- Wahey guru #6: return to all fingertips touching

Eye gaze (drishti): Eyes are 1/10th to 1/4 open and focused on the fingers operating your nostrils

What to watch for

You may find it difficult to hold your breath long enough at first to repeat Wa-hey Guru sixteen times before exhaling. If so, start out repeating the mantra six times per hold. Work your way up to sixteen as your capacity increases. Do only 1 pump for each chant of Wahey Guru. So in total with your breath held in you will do 16 pumps per cycle. Also, reduce the force of the pump to where you are comfortable.

Practice

1. Start a timer to count down 11 minutes
2. Inhale left nostril
3. Close your right nostril, pressing only enough to block the air and force the inhale through your left nostril
4. While holding the air inside, mentally repeat the mantra, Wa-hey-G'roo, six times. Pull your navel back towards your spine with each part: pull on "Wa," pull on "hey," pull on "Guru." This means you pull backward on the navel a total of 18 times during each breath hold.
5. Exhale slowly through your right nostril
)Optional: mentally say Hallelujah during exhale)
6. Inhale, hold, repeat until timer sounds

Follow up

To end, inhale deeply and hold your breath for five or ten seconds, then exhale a delicious "ahhh." Stretch your body any way that feels good.

Sit a few moments and enjoy the effects! Lift the corners of your mouth in a slight Buddha smile, dear one, and wake up to see that you are the eyes of existence!

Further

You may find it difficult to hold your breath long enough at first to repeat Wahey Guru six times before exhaling. If so, start out repeating the mantra once per hold. Do only 1 pump for each chant of Wahey Guru.

Work your way up to six Wahey Gurus as your capacity increases. Then, gradually increase the number of Wahey Gurus per held breath, one by one, up to a total of 16. When you get to 16, you will be opening and closing the counting hand three times before exhaling ($3 \times 6 = 18$).