

KRI's 2008 Meditation:

Ten-Stroke Breath to Experience the World Beyond & The Triple Mantra for Protection

Ten-Stroke Breath to Experience the World Beyond

Sit in Easy Pose with a straight spine. Split your fingers into a "V" so that the Mercury (pinkie) and Sun (ring) fingers are together and the Jupiter (index) and Saturn (middle) fingers are together. The thumbs spread away from the hand. The base of the hand is approximately at shoulder level with the palms facing forward. The hands and elbows are vertically aligned. Evenly press the shoulder blades together so that you keep inside edges of them parallel to each other. Look at the tip of your nose.



Inhale through the nose in ten equal strokes
(about 2 strokes per second = 5 seconds for the inhalation).

Exhale through the nose in ten equal strokes
(about 2 strokes per second = 5 seconds for the exhalation).

Practice time is 11-31 Minutes.

To Finish: Inhale, stretch your arms up over your head, and hold the breath 5-10 seconds as you stretch your spine upward. Exhale and repeat this breath sequence two more times. Give yourself plenty of time to relax and return to normal after practicing this kriya.

“Looking at the tip of your nose concentrates on and directs the optical nerve which is the nearest to the sensory system of the brain which thinks, imagines, and does. By splitting the fingers you are

controlling both hemispheres of the brain. Separating the thumbs splits the ego.

“It creates a different state of consciousness to carry you through this confined, limited situation to a very unconfined situation. In this way you may know that beyond your world there is another world and you may start searching for that world.

“There is definitely a technique of the mind as there is a technique of the machinery. Within the human machinery, if the meditative mind can be achieved and used, mankind can bring all the happiness to itself.”



The Triple Mantra

The Triple Mantra tunes our mind into the cosmic dance. As we chant this mantra, our mind talks to itself in a cosmic way. In the process, we connect and surrender to the universal dance of polarities.

Triple mantra reprograms our mind so that we can operate from the Neutral Mind—so that we can move out of duality into the dance of universal polarities. Triple Mantra clears all types of mental, psychic, and physical obstacles in one's daily life. It protects against accidents. It cuts through opposing vibrations, thoughts, words and actions. It strengthens your mind and magnetic field and keeps negativity away.

This mantra opens us up to be guided by faith instead of fear. If we are guided by fear, we block ourselves. If we are guided by faith, we open ourselves up to expansion and creation.

Triple Mantra consists of three mantras that are recited in sequence:

1. Aad Guray Nameh

Jugaad Guray Nameh

Sat Guray Nameh

Siri Guroo Dayv-ay Nameh

I bow to the primal guru

I bow to the truth throughout the ages

I bow to True Wisdom

I bow to the great unseen wisdom

This mantra puts you into the mode of acceptance and surrender to Universal Truth and wisdom. It surrounds you with a powerful light of protection. Your aura protects you by becoming light and clear.

2. Aad such

Jugaad such

HaiBhee such

Naanak Hosee Bhee Such

3. Aad such

Jugaad such

HaiBhay Such

Naanak Hosee Bhay Such

Parts 2 and 3 translate as:

True in the beginning

True throughout all the Ages

True even now

Pure one, the truth will always be true.

Both forms of this mantra align our energy with the truth. Together they balance allowing and participating and archive a union between passive and active. The complete mantra solidifies the cosmic dance within us.

The first form, Part 2, the 'Bhee' puts us into an accepting, allowing and surrender mode. This is the last four lines of the Mul Mantra. This mantra embodies the vibration of stability and eternal truth, that which never changes.

The second form, Part 3, the 'Bhay' is active. This mantra embodies the active, creative, evolutionary aspect of the universe. It breaks through energetic blocks and opens the space for things to happen. It also aligns your energy field so you can attract opportunities and take advantage of them.

Chant the 'suchhhhh' like the hiss of a snake and feel it in your spine. The first form of the mantra is chanted softer. The second is chanted in a more emphatic tone.

When you are finished, sit quietly and listen inside. Simply Listen. This is an important part of the meditation.

The complete sequence is recited in a monotone. You can also chant along with musical versions available.

Chant this mantra for 11, 15, 22, or 31 minutes for 40 days to be able to call upon its power and its promise.