

Bandhana Kriya

Seize Infinity Within Your Human Capacity
4/11/79



Sit in Easy Pose with a straight spine. Press your hands together in Prayer Mudra. "When both palms meet and neutralize the pranic energy, it is called *Bandhana* (locked in) *Kriya*." The hands must be exactly pressed together, the fingers must be exactly fitted against each other, the thumbs fully connected, and the palms must be perfectly pressed together. Leave no room for error.

The eyes are nine-tenths closed with a line of vision paralleling the nose. Inhale deeply, hold the breath in, and mentally chant Wha-hay Guroo eight times. Then exhale completely, hold the breath out, and mentally chant Wha-hay Guroo eight times at the same rhythm and rate. Continue 31 Minutes.

"This is the simplest kriya, but it is so powerful. Just do it for 31 minutes, keeping the rhythm while you chant the mantra. It will give you a splendid experience. Be careful that the lock of the hands does not come loose.

"Sometimes, after practicing this, it takes courage to separate the hands. They get totally interlocked by our own magnetic field as we practice this *pranayam*."

"*Bandhana Kriya* is beautiful, it is wonderful, it is the simplest thing to do. If you resolve that, 'This is my kriya and, from today onward, I will do it before going to bed, come what may,' there can be a tremendous change in your destiny, because it brings the neutrality of the *tattvas*."

"Each dawn shall bring a message of freshness and bring you opportunities. As goodies are offered to God, so opportunities and graces are offered to mankind. When you do this kriya and then *Kirtan Sobila* (the nighttime prayer of the Sikhs), the next morning God Himself will bring you the breath of life and make you the purity in essence, so that you can eliminate hassles and life will become healthy, happy, and holy."