

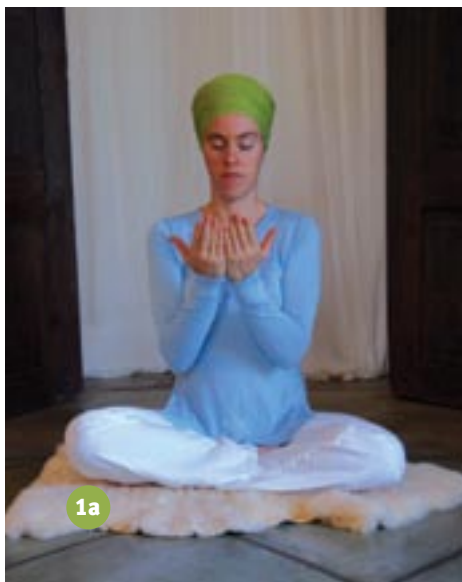


Kundalini Yoga: Subagh Kriya

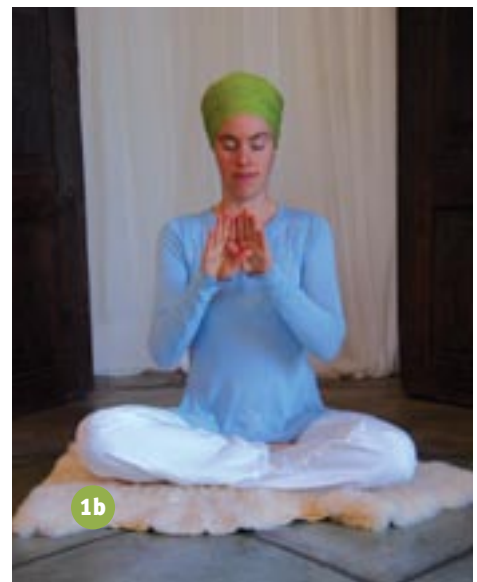
It's a complete set. This is all called *Subagh Kriya*. If God has written with His own hands that you shall live under misfortune, then by doing *Subagh Kriya* you can turn your misfortune into prosperity, fortune, and good luck.

Yogi Bhajan

This is a 5-part kriya.* Each part must be practiced for an equal amount of time, either 3 minutes or 11 minutes. Do not exceed 11 minutes. The first exercise of this kriya may be practiced on its own, separately from the other exercises.



1. Sit in Easy Pose* with a straight spine. Allow your upper arms to be relaxed, with the elbows bent and the palms facing the chest. Strike the outer edges of the hands together, forcefully hitting the area from the base of the little finger (Mercury finger) to the base of the palm. This area is called the Moon area. Next turn the palms outward and strike the sides of the index fingers (Jupiter fingers) together. Hit hard! Alternately strike the Moon area and the Jupiter area as you chant *Har* (rhymes with bud) with the tip of your tongue, pulling the navel with each *Har*. Your eyes are focused at the tip of your nose. This meditation was taught to the rhythm of *Tantric Har* by Simran Kaur.¹ Chant from the navel.



I'm going to give you a very handy tool, one that you can use anywhere, and you'll become rich. To become rich and prosperous, with wealth and values, is to have the strength to come through. It means that transmissions from your brain and the power of your intuition can immediately tell you what to do. *Yogi Bhajan*



2. This exercise is also done to the rhythm of *Tantric Har*, but this time you do not chant with the tape. **Stretch your arms out to the sides** and up at a sixty degree angle. Spread your fingers wide, making them stiff. The palms face forward. Cross your arms in front of your face. Alternate

the position of the arms as they cross: first the left arm crosses in front of the right and then the right arm crosses in front of the left. Continue crossing the arms, keeping the elbows straight and the fingers open and stiff.

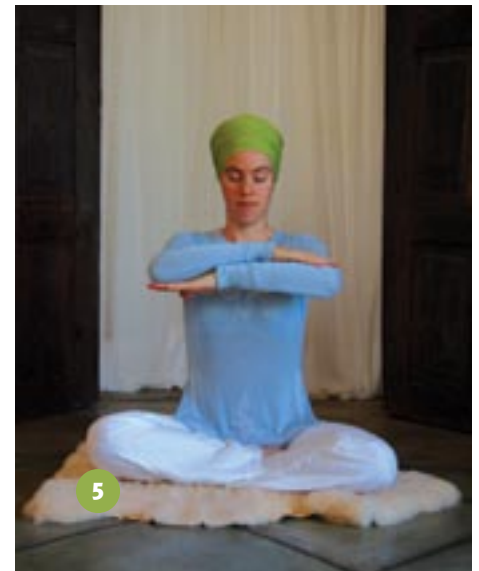
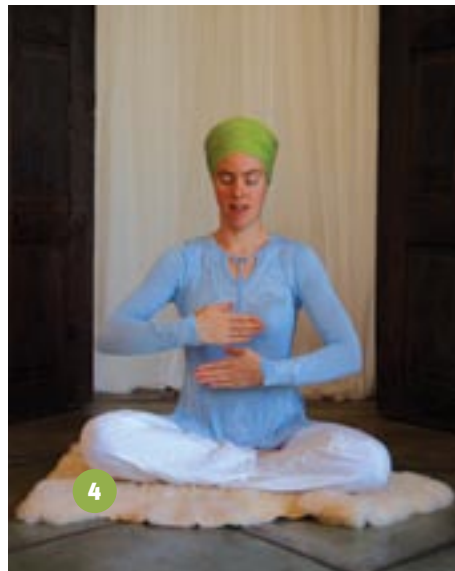
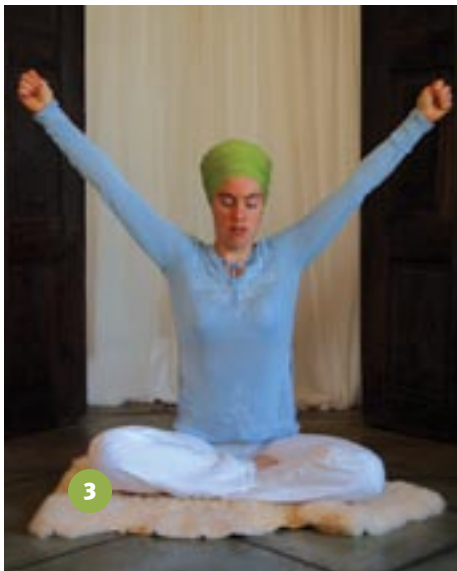


3. **Keep your arms out and up at sixty degrees** as in the previous exercise. With your hands, make fists around your thumbs, squeezing your thumbs tightly as if you are trying to squeeze all the blood out of them. Move your arms in small backward circles as you continue squeezing your thumbs. Your arms are stretched and the elbows stay straight. Chant the mantra "God" powerfully from your navel. One backward circle of the arms equals one repetition of "God." The speed and rhythm of the chanting is the same as in the previous exercises. Move powerfully so that your entire spine shakes; you may even be lifted slightly up off the ground by the movement.

4. **Bend your arms so that your elbows point to the sides.** The forearms are parallel to the floor and the palms face the body around the level of the diaphragm. The right hand moves up a few inches as the left hand moves down. Then the left hand moves up as the right hand moves down. The hands move alternately up and down between the heart and navel. (Hands do not touch.) As the hands move, chant *Har Haray Haree, Wha-hay Guroo* in a deep monotone with one repetition of the mantra approximately every 4 seconds. Chant from your navel. If you are practicing the exercises for 11 minutes each, then you will chant the mantra out loud for 6 minutes, whisper it

strongly for 3 minutes, and then whistle it for 2 minutes. If you are practicing the exercises for 3 minutes each, then you will chant the mantra out loud for 1 minute, whisper it strongly for 1 minute, and then whistle it for 1 minute.

5. **Bend your elbows and rest your right forearm on your left forearm,** with your palms down. The arms are held in front of your body at shoulder height. Close your eyes, keep your arms steady. Keep your spine straight and your arms parallel to the floor. Breathe slowly and deeply so that one breath takes a full minute. Inhale for 20 seconds, hold for 20 seconds, and exhale for 20 seconds.



This kriya can be found in *Self Experience*, pp. 43-44, available at www.a-healing.com and www.spiritvoyage.com.

*See Glossary, p. 45.

¹ Available at www.a-healing.com and www.spiritvoyage.com