

Mahan Gyan Mudra

Originally taught by Yogi Bhajan in October 1972

Sit in an Easy Pose, with a light *jalandhar bandh*.

EYE POSITION: Focus the concentration at the top of the head.

MUDRA: Make the lower arms perpendicular to the upper arms, with the elbows at shoulder height. Pull the elbows in and the shoulders back, creating a pressure on the spine between the shoulders and the nape of the neck. Place the thumbs over the Sun and Mercury (the third and fourth) fingers. Extend the Jupiter and Saturn (the index and middle) fingers straight upward.

BREATH PATTERN: Breathe long and deep.

TIME: Continue for **11 minutes**.

COMMENTS

Feel that you are very saintly. Don't say that Jesus was great; say that he was a great master who taught the technique to be great. This meditation brings the realm of thoughtlessness quickly. It brings the awareness that redemption is not necessary—we are already redeemed. When calmness is experienced inside, it leads you to the experience of the entire universe, and nature serves you in harmony.

