

# KUNDALINI YOGA:

## TERSHULA KRIYA “THUNDERBOLT OF SHIVA”



*Tershula* is the thunderbolt of Shiva (one of the Hindu Trinity of gods: Brahma, Vishnu, and Shiva). Shiva is the destroyer or regenerator. *Tershula kriya* can activate the self-healing process. This meditation balances the three *gunas*—the three qualities that permeate all creation: *rajas*, *tamas*, and *sattva*.<sup>1</sup> It brings the three nervous systems (sympathetic, parasympathetic, and autonomic) together. It is said that this meditation gives you the ability to heal at a distance, through your touch, or through your projection; that many psychological disorders or imbalances in the personality can be healed through practice of this *kriya*; and that it is helpful in getting rid of phobias, especially father phobia.

**Posture:** Sit in Easy Pose,<sup>2</sup> with a light *jalandhar bandh*.<sup>3</sup>

**Eyes:** The eyes are closed, looking at the back of the eyelids.

**Mudra:** Bring the elbows next to the ribs, forearms extended in front of you, with the hands in front of the heart, right over left, palms up. The hands are approximately 10 degrees higher than the elbows. There is no bend in the wrists. The arms from the fingertips to the elbows form a straight line. The thumbs are extended out to the sides of the hands, the fingertips and palms are slightly offset.

**Mantra:** Mentally chant the mantra:  
*Har<sup>4</sup> Har Har Wahe Guru (Har Har Wha-Hay Gu-Roo)*

**Breath and Visualization:** Inhale through the nostrils, pull back on the navel, and suspend the breath. Mentally chant the mantra for as long as you are able, while retaining the breath. While chanting, visualize your hands surrounded by white light. Exhale through the nostrils and visualize lightning shooting out from your fingertips. When you have completely exhaled, hold the breath out, pull *mulbandh*,<sup>5</sup> and again mentally recite the mantra as long as you are able. Inhale deeply and continue.

**Time:** 31 – 62 minutes.

It is suggested that this meditation be done in a cool room, or at night when the temperature is cooler, since it directly stimulates the kundalini energy and generates a great deal of heat in the body.

<sup>2</sup> A comfortable cross-legged sitting position

<sup>3</sup> Neck Lock; stretch the back of the neck gently straight by pulling the chin straight back and lifting the chest

<sup>4</sup> The ‘a’ is as the ‘u’ in ‘up’ and the ‘r’ is rolled so it almost sounds like a ‘d’.

<sup>5</sup> Root Lock, simultaneously contract the muscles of the rectum, sex organs, lower abdomen, and navel point

<sup>1</sup> *Rajas*: energetic/initiative; *tamas*: lethargy; *sattva*: balance/moderation