



Indra Nitri Meditation

1 exercise 11 min - 1 hr 2 min *KRI International Teacher Training Manual Level 1*

This meditation was taught by Guru Nanak to his second son, Baba Siri Chand. His son became a great baal yogi. That is a yogi who does not age, who still looks like a young boy, even in his old age. It is said Baba Siri Chand lived over 160 years. He was acknowledged by all the schools of Siddhi Yoga to be a great yogi. Under his guidance all the heads of the schools of yoga came and bowed to Guru Ram Das to seal for the future the lineage of the royal throne of Raj Yoga to his guidance and to his Radiant Body. The yogis who practiced with him were called udasis.

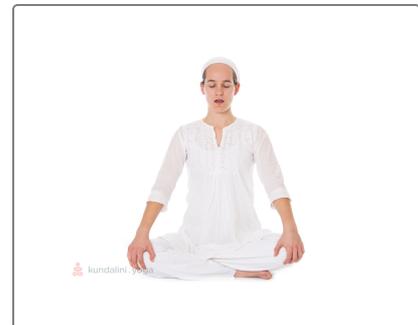
This mantra, the Siri Mantra, contains the essence of the wisdom of the Siri Guru Granth Sahib. It brings great intuition to the practitioner. Indra Nitri means the eyes of Indra. It connotes the feeling that every pore of the body becomes an all-seeing eye. It represents knowledge that comes through the soul and intuition. The body is a temple through which you can experience the consciousness of the Infinite. As that happens all knowledge and bliss flow through you.

After you chant this mantra do not say anything negative for some time. It is a very creative chant. Anything you say will be amplified and created with great force. When you are in this state give your prayers and most positive projections for health, happiness, and holiness.

1. Indra Nitri Meditation

Indra Nitri Meditation (11 minutes to 1 hour 2 minutes)

1. Sit in Easy Pose, with a light jalandhar bandh.
2. The eyes are closed or 1/10th open.
3. Grasp the knees firmly with the hands. Keep the chest and spine lightly lifted.
4. Meditate through the Brow Point on the movements of the tongue as you chant the Siri Mantra in a steady rhythm: "Ek Ong Kaar, Sat Gur Parsaad Sat Gur Parsaad, Ek Ong Kaar".
5. Pull the Navel Point in on "Ek". Release the Navel Point on "Kaar".
6. Lift the diaphragm lock with "Sat" and "Gur". Release the lock on the sound of "Parsaad".
7. This will create a wave-like motion of tension and relaxation in the torso. It will release great heat in the body.



To End

1. Inhale, hold the breath comfortably.
2. Relax.

Eye Focus Closed, 1/10th Open

Mantra

Ek Ong Kaar, Sat Gur Parsaad, Sat Gur Parsaad, Ek Ong Kaar

