

# Lotus Eyes Kriya

(Madhur Nain Kriya)

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**Source:** [www.LibraryofTeachings.com](http://www.LibraryofTeachings.com)

**Total Time:** 24 min

Originally taught in Espanola, NM

Sit in Easy Pose or Full Lotus Pose with a straight spine and a light neck lock.

**Eyes:** Closed and rolled down to focus at the Moon Center (Chin)

**Mantra:** Har (When chanting “Har” the tip of the tongue touches the upper palate, sounds like “hud”) Pace was not set or specified. In the video it was faster than 1 per second.

## **Part 1:** 18 Minutes

Hands rest on the knees, with the arms straight, in gyan mudra.

Pump the navel at a steady pace. Allow the breath to self-regulate, independent of the movement of the navel point.

Mentally chant Har with each pump of the navel.

## **Part 2:** 4 Minutes

Remain in the same posture, begin chanting “Har” out loud with each pump of the navel.

## **Part 3:** 2 Minutes

Still in easy pose, continue chanting out loud, bring the hands together interlacing the fingers and raise the hands overhead, palms facing down.

## **To end:**

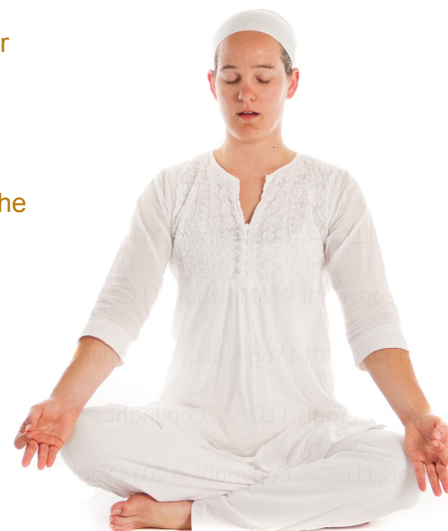
- Remaining in the posture, Inhale deeply and hold the breath, lock the fingers tightly and squeeze your entire body for 10 seconds. Canon fire exhale (Powerful exhale through O shaped mouth, there should be no bulging of the cheeks).
- Inhale deeply again and hold the breath for 15 seconds. Squeeze the entire body from head to toe. Canon fire exhale
- Inhale very deep, as much air as you can squeeze in, and hold the breath for 15 seconds, canon fire exhale
- Relax.

## **Comments:**

Open up your Lotus Eyes, awaken the eyes of your inner self and you can see the beauty and the bounty of your soul.

This meditation works on your frontal lobe. The frontal lobe dominates your personality.

Pumping the naval point stimulates and supports the adrenals, kidneys, and muscles.



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