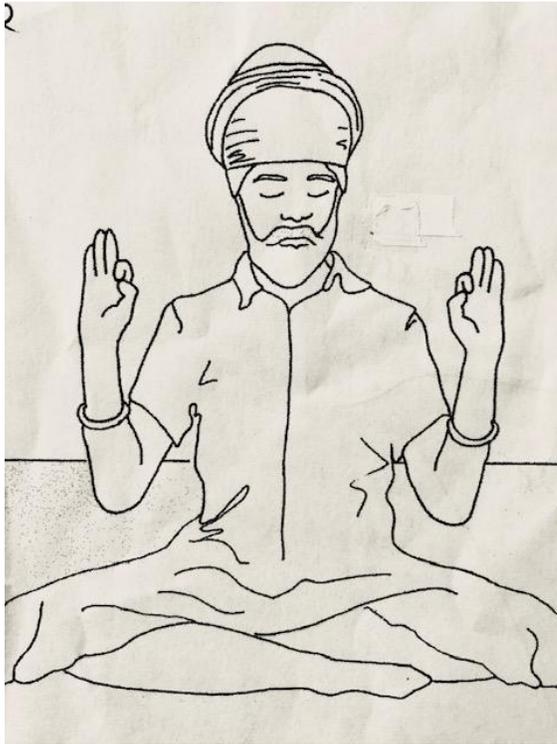


## Trikuti Turvani Kriya



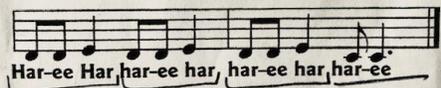
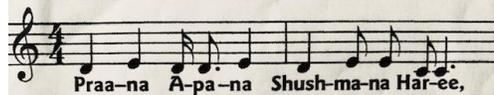
- Sit in Easy Pose or other comfortable seated position with a straight spine. Bring the hands into Gyan Mudra at shoulder height – three or four inches wider than the shoulders – palms facing forward. This is called Dhyana Mudra.

- The eyes look at the tip of the nose.

- Deeply inhale and completely exhale as the mantra is chanted **three times on one breath**.

- Prana Apana Shushmana Haree,
- Haree Har
- Haree Har
- Haree Har Haree

The **eyes look at the tip of the nose**. Deeply inhale and completely exhale as the mantra is chanted **three times on one breath**.



Be sure to chant all three repetitions of the mantra on only one breath. Chant the mantra in a fairly rapid rhythm, pronouncing each word properly. The mantra may be chanted at any pitch.

- Be sure to chant all three repetitions of the mantra on only one breath. Chant the mantra in a fairly rapid rhythm, pronouncing each word properly. The mantra may be chanted at any pitch.

- This mantra is challenging to translate directly. It describes the flow of the life force: Inflow of Cosmic Energy, Outflow of Cosmic Energy, balance of Cosmic Energy through the central channel, Manifested Creativity. The three **gunas** are invoked, '**haree har, haree har, haree har**' and then manifested through the final word '**Haree,**' your projected consciousness at the Brow Point, and the flow of the Universe within you.

### Comments

This mantra should be in every survival backpack. As we enter a period of time with high background radiation from our nuclear ambitions and from natural causes of climate and ozone changes this will be very useful. It balances your energy from the inside so you can deal with the outside.

There is no recommended time limit. Yogi Bhajan noted that "it is timeless...I have to proceed with this meditation because there is so much radiation in the atmosphere that your nerves cannot stand it, and you get grouchy and upset. Those who have poor sympathetic nervous systems cannot keep their cool, and they do wrong things...In the case of atomic energy radiation or total destruction, if you perfect your mind with this it may help you...The simpler you make it, the happier you will be. It works fast and it is very sure. It is one of the most sacred mantras. It is so sacred I will pay your airfare, plus a thousand dollars, if you can find a single person who can repeat it to you...This kriya works right on the spot. It's not that you chant it today, it will work tomorrow. It will work right there...As much as you will chant, that much it will return to you. It will cut out the karma and that much dharma will enter. It takes care of your entire texture. *Trikuti* is the triangle at the third eye, the individual. *Turvani* means cosmic triangle, where the flows meet. These two triangles are very important...People who eat meat, people who kill other animals, and take in their bad vibes, and then in return complete their cycle (the animal's), this redeems them. This is actually the offering to God, and it's a most beautiful offering of *praana*...This mantra can stop the cosmic disturbance. In very, very old times when the typhoons used to come, when destruction used to come from heavens, people used to practice this mantra. When they thought there was no escape, they would sit down together, meditate, and chant. Somehow miracle of God, hand of God, would save them...This is the basic mantra.