

## Workshop: “Sudarshan Chakra Kriya Meditation”

There are two very different practices which are often confused. “SuDarshan Chakra Kriya” is from Yogi Bhajan’s Kundalini Yoga while “Sodarshan Kriya” is from Sri Sri Ravi Shankar’s Art of Living Foundation. I am presenting Yogi Bhajan’s SuDarshan Chakra Kriya in this workshop. There will be breathing exercises, pranayams, presented in this workshop which are similar to Sri Sri’s techniques, but I am not authorized to present “Sodarshan Kriya” itself.

### Basic Technique of Sudarshan Chakra Kriya:

Sudarshan Chakra Kriya is a simple yet powerful meditation practice wherein you inhale through the left nostril, hold the breath in whilst pumping the navel point in concert with the silent mantra “Wahe Guru,” and then exhale through the right nostril. This simple technique can be practiced for different lengths of time, but my practice is repeat it for sixteen rounds. The fingers are used to count out the sixteen repetitions within each round, so on each held breath you repeat “Wahe Guru” sixteen times, pulling the navel point three times in concert with “Wa,” “He,” and “Guru.”

“Start slowly. The slower the better. Start with five minutes a day and gradually build the time to either 31 or 62 minutes. Maximum time is 2-1/2 hours. ”

-Yogi Bhajan

KRI International Teacher Training Manual

Sudarshan Chakra Kriya has been hailed by many as the most potent of all the Kundalini Kriya. Here are a few quotes:

“This Medical Meditation helps inner happiness, and ecstasy in life. It gives you a new start, against all odds. When external pressure becomes too great, it brings power from the inside. This Medical Meditation is said to be the most powerful Kriya in the history of yoga.”

–Dharma Singh Khalsa, Meditation as Medicine.

“It (the purpose of Sudarshan Chakra Kriya) is to create:

1. neutral points through each chakra
2. powerful integration at fifth chakra to enhance power of word
3. change parasympathetic strength through the breath rhythm and navel energy pulse
4. slowly create a moment of selfless self to be neutral, compassionate and kind.”

- Gurucharan Khalsa (via email)

“There is no time, no place, no space, and no condition attached to this mantra. Each garbage pit has its own time to clear. If you are going to clean your garbage, you can clean it as fast as you can, or as slowly as you want.”

-Yogi Bhajan

Why is it called “Sudarshan Chakra Kriya”?

Sudarshan (Su means auspicious and Darshan means sight, vision, viewpoint) Chakra (disc, spinning wheel) Kriya (completed action, cause that effects the desired consequence).

In Hindu mythology:

The Sudarshana Chakra is a spinning, disk-like super weapon with 108 serrated edges used by Lord Vishnu. The Sudarshana Chakra is portrayed on the right rear hand of the four hands of Vishnu, who also holds a Shankha (a conch shell) in his left rear hand, a Gada (mace) in his right fore hand, and a Padma (lotus) in his left fore hand.

According to the Puranas, Sudarshana Chakra is used for the ultimate destruction of an enemy. The depiction of Vishnu with Sudarshan Chakra also means that Vishnu is the keeper-owner of the celestial bodies and heavens.

The word SuDarshan is derived from two words, su and darshan. It means the vision (darshan) of which is auspicious (su). The word chakra is derived from chruhu which means movement and kruhu which means to do. Thus chakra means that which is mobile. Of all weapons this is the only one which is constantly in motion.

This 'Sudarshana chakra' contains the full power of the VIRAT region. This VIRAT region is that region of the universe where events happen first in the non-material spiritual form and then these same events reoccur or happen in this material world, a full 40 years after it has actually happened in the virata region.

My experience, my comments, what I say about SuDarshan Chakra Kriya:

I don't know how this meditation does what it does, but I do know from experience that it works. When I practice this meditation regularly my insides feel brighter; I feel more positive, less depressed, less burdened. I feel like somehow the lights have been turned up inside of me. Life looks more beautiful when I practice this meditation regularly. I highly suggest you give this one a serious try. In order to experience the full effect, you

will need to repeat it daily for 40 days straight. Don't worry- it only takes a few minutes to do!

In a way similar to Laughter Yoga, SuDarshan Chakra Kriya seems to work by voluntarily –you might say artificially–cultivating a state of joy and radiance and happiness. The body does not know the difference between genuine laughter and fake laughter; the serotonin release is identical. The bodyheartmindspirit can be brought to joy by external circumstances or by internal conditions; the results are identical.

You could call SuDarshan Chakra Kriya the practice of radiance.

Why do refer to SuDarshan Chakra Kriya as the "Hallelujah Meditation?"

The tradition that I originally learned SuDarshan Chakra Kriya from is the Kundalini Yoga school of Yogi Bhajan. The silent mantra used is "Wahe Guru," which is usually translated into something like "great indescribable light!" Knowing that all translations are, by nature, imperfect and subject to different interpretations, I felt the need to find some translation that would 'hit home.'

So, one morning while in the middle of my practice I heard myself say "Hallelujah!" and it felt as though a bell had been struck inside my head. The sound and sensation and meaning of the word "Hallelujah!" seems to hit just the right note of praise and gratitude that matches my understanding of the original intention of the mantra "Wahe Guru."

So it stuck.

After some time of substituting Hallelujah for Wahe Guru I asked my Kundalini Yoga teacher what he thought. Since he 'defied' Yogi Bhajan and parted ways with the 3HO organization I expected to get a positive response. I was surprised at his reply: "You are altering what is an

objective technique into a subjective one. Just stick with the meditation the way it is given. Don't make something subjective out of it."

Unsatisfied, I next asked Erich Schiffman, who continues to be my most reliable sounding board on these matters. His answer (paraphrased here) seemed just right: "Many yogis get way too hung up on details, and lose sight of what these techniques are actually for. They lose sight of the forest because they are obsessed with the bark on one tree. I'd totally go with Hallelujah if that's what rings your bell!"

After experimenting with using Hallelujah in place of Wahe Guru for a while, I settled on my current practice, which is to repeat "Wahe Guru" with each belly pump and then one long "Hallelujah!" while exhaling. So I do the meditation the way it is taught in Kundalini Yoga but with the addition of "Hallelujah!"

Works for me.