

3HO FOUNDATION INTERNATIONAL

eSajstice

W I N T E R 2 0 2 0

Ganpati Kriya



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This meditation is said to redeem all negativity of the past and present, smooth out your day-to-day problems and create a positive tomorrow. It will change your luck and allow prosperity to flow.

This beautiful and powerful meditation has a history in its name. The ancient symbol for this was the Hindu God of Knowledge and Happiness, Ganesha. The other name for Ganesha is Ganpati. Ganesha was depicted as a rotund man with the head of an elephant. This huge body balances and rides on a rat, conveying the message that even the impossible can be done with this meditation.

The rat represents the quality of penetration. A rat can get in almost any place. So Ganesha can know anything and can get past any blockages. Wisdom and wise choices grant you happiness in your life. The impact of this meditation is to clear the blocks from your own karma.

Each of us has three regions of life to conquer: The past, which is recorded in our samskaras and which brings us the challenges and blessings of fate, and is balanced by these sounds; the present, which must be mastered by karma yoga — the practice of action with integrity in the moment; and the future, recorded in the ether and at its best and most fulfilled, is called dharma.

This kriya allows you to let go of the attachments to the mind and to the impact of past actions so you can create and live a fulfilled life.



INSTRUCTIONS

POSTURE:

Sit in Easy Pose, with a light neck lock.

EYES:

The eyes are 1/10th open. Concentrate at the Third Eye Point.

MUDRA:

Place the wrists over the knees, hands in Gyan Mudra, with the arms and elbows straight.

MANTRA:

Saa-Taa-Naa-Maa-Raa-Maa-Daa-Saa-Saa-Say-So-Hung.

PART I:

Chant the mantra on a single breath, as you press the fingertips of each hand sequentially (thumb to fore finger, thumb to middle finger, thumb to ring finger, thumb to little finger) with each syllable. Use a monotone voice. Continue for 11 minutes.



INSTRUCTIONS (continued)

PART II:

Inhale deeply and hold the breath. Move the body in a slow twist and stretch motion. Move each muscle of the body. Move the head, torso, arms, back, belly and hands. Then exhale powerfully. Repeat this 5 times.

PART III:

Immediately sit straight. Look at the Lotus Point, the tip of the nose. Become totally calm, absolutely still. Meditate for 3 minutes.

TO END:

Inhale and hold the breath for 30 seconds as you physically move and rotate your body as if it is going through spasms. Every muscle must be stretched, squeezed and turned around, from the muscles in your face, head and neck, down to your toes. Exhale. Repeat this 3 more times. Then inhale, sit calmly and concentrate on the tip of your nose for 20 seconds. Exhale, and relax.

