

Doei Shabd Kriya— **WORKING ALL THE LOCKS**

This is a Laya Yoga meditation which works all three *bandhas*. It is a meditation and an exercise combined. It is a powerful physical rejuvenator since it works all nine major glands. It can work out the entire system, and give you a strength and grace to be victorious in the face of challenge and change. It gives you the intuition and sensitivity to establish yourself in relation to the Truth. It awakens the inner realization of your consciousness, so you may find Truth everywhere. *Doei* means two. *Shabd* means a current of sound that relates you to the Infinite. This meditation uses two sounds or *shabds*:

Sat Naam means the true reality identified in Truth, or "I call on Truth, the essence of all Being." *Wahe Guru*, which means the ecstasy of dwelling in the Infinite Truth. *Wahe* is the feeling of ecstasy; *Guru* is the knowledge or means that guides you to that state of being.

HOW TO DO IT:

▶ Sit in Easy Pose with both hands in Gyan Mudra, the index and thumb tips together. Concentrate at the Navel Point.

▶ Chant the sound *Sat* as you pull the navel point in and apply *mulbandh*. Keep that lock applied as you shift concentration to the heart center. Chant the sound *Naam* as you apply *uddiyana bandh* and *jalandhar bandh* firmly.

▶ Shift your concentration to the area in front of the throat. As you relax the *jalandhar* and *uddiyana bandhas* halfway, chant the sound *Wha-hay*. Concentrate at the Brow Point and relax the lower locks as you chant the sound *Guroo*. Imagine the sound traveling from the Brow Point down the nose to the horizon. The *jalandhar bandh* stays slightly applied the whole time.

▶ The impact of this meditation depends on the rhythmic application of the locks, the systematic shift of concentration, and the musical chanting of the sound. The breath will regulate itself automatically with the rhythm and the effort if you concentrate on the sound current.

▶ Continue for **3 to 11 minutes**. Gradually build up to 31 minutes with perfect concentration.

▶ To end, inhale and exhale three times. Inhale deeply and retain the breath as you concentrate at the pineal gland at the center of the brain, for 1 minute.

▶ Stretch the legs forward and grasp the toes. Holding the toes, inhale up, exhale forward. Continue quickly for **2 minutes**. *Then inhale, hold briefly, exhale + relax completely*

Yogi Bhajan on Doei Shabd Kriya

This is the sound current, it is the master key. It relates Infinity to the finite, and the finite to Infinity. It creates a total unity. There is no *naadam*, which is beyond it, and no *naadam* which is not in it. If you chant this and do not come out into an ecstasy it is impossible. This is not a personal possession—it belongs to everyone. Those who receive it and practice it and perfect it become masters. It requires practice. It does not happen in a moment like magic. You must get into the rhythm of it so the whole universe dances around you, and you dance around the whole universe. Then you can enjoy the indescribable ecstasy of the Word. That is *naadam*, or *naam*.

This whole world was created in the vibration of the Word. When this sound runs in us and we link to a part of this current, then that current opens everything up. You can see with the inner heart. If it is correctly done, the kundalini must go up. Practice it 31 minutes on a regular basis and have the experience that produces wisdom. This technique is not a religion or sect. This is an honest ecstasy of the universality of the spirit which resides in all for all. We are not creating anything. We are linking to the totality which is already created and present for us to enjoy.

▶ Start slowly. As each lock and sound becomes well placed, speed up the sound and create the sound current flow. Practice this *kriya* every day for 120 days.

COMMENTS:

This Kundalini Kriya can take you beyond the finite self and connect your conscious and subconscious with your superconscious divine self. It is from the discipline of Laya Yoga which uses the sound current and the awakening of the chakras to transform your awareness. The two sounds *Sat Naam* and