

MENTAL CONTROL

Brahm Kalaa

August 12, 1977

Sit in easy pose, cross the arms in front of the chest, elbows with a 90° bend, arms parallel to the ground. Place the right palm on top of the left upper arm and the top of left hand under the right upper arm, fingers together and straight. In this position, close the eyes, balance the posture, and stretch the arms out from the shoulders as much as possible. The breath will become very slow.

Time: begin with 3 minutes and gradually increase to 11 minutes.

Kalaa is another name for Kundalini, one's creative life energy. In this kriya it is like one is stretching into the universe. Practice of Brahm Kalaa can give control over one's own death.