

## SMILING BUDDHA KRIYA

Yogi Bhajan 11/71



A) Sit in easy pose. Curl the ring and little fingers and press them down with the thumb keeping the first two fingers straight. Bring the arms up so the elbows are pushed back and a 30 degree angle is made between the upper arm and forearm. The forearms must be parallel. The palms face forward. (A) Concentrate at the third eye very powerfully. Chant mentally at the point of the third eye:



SA - TA - NA - MA

Sa—Infinite  
Ta—Life, existence  
Na—Death  
Ma—Regeneration, light

The whole mantra means, "I am Truth." Make sure the elbows are pressed back and the chest is out. Do this for 11 minutes, then inhale deeply, exhale, open and close the fists several times, and relax.

### COMMENTS:

Historically this is a very outstanding kriya. It was practiced by both Buddha and Christ. The great brahman who taught Buddha this kriya found him in a nearly starved and unhappy condition. Buddha was unable to walk after his 40-day fast under the fig tree. He began eating slowly. That great brahman fed him and massaged him. When Buddha finally started smiling again, the brahman gave him this one kriya to practice.

Jesus also learned this in his travels. It was the first of many that he practiced. If you love a man as great as he, it is important to practice what he practiced in order to earn his state of consciousness. You have probably seen this hand mudra or gesture in paintings and statues. It is a gesture and exercise of happiness and it opens the flow of the heart center.

You needn't worry about learning this kriya to be a Buddha or a Jesus, just learn it to be yourself. Be a little selfish for your higher consciousness. Master the technique and experience the state it brings, then share it by creating beauty and peace.