

## Inner Sun Kriya as a Prevention for Viral Conditions

Taught April 15, 1986

Learn more about this meditation:

<https://www.youtube.com/watch?v=TV5AGqlqpWM>

### Instructions:

1. Sit in Easy Pose with your spine aligned. Cover your head to prevent a headache.
2. Bend the left elbow, holding it slightly away from the side of your body, forearm perpendicular to the ground. Place the hand at shoulder height in Surya Mudra, Sun Finger (ring finger) and thumb tips touch, palm faces forward.
3. Close the right nostril with the right Jupiter Finger (index finger), curl the rest of the fingers onto the mounds at the base of the fingers and hold them with the thumb.
4. Inhale and exhale rhythmically through the left nostril, moving the navel with the breath. Breathe rhythmically with the music, "*Sat Nam Ji, Sat Nam Ji, Wahe Guru*" by Singh Kaur. The breath will become similar to Breath of Fire.

Continue for up to 15 minutes. This is the maximum time for this meditation practice in one sitting.

**To End:** Inhale deeply and interlace the fingers at the chest, palms facing down, elbows out to the sides. Pull the hands apart without letting go to create a pressure on the fingers, using all your force. According to Yogic Tradition, this exalts all ten parts of the brain and brings your hidden talents to the surface. Retain the posture and the breath for 25 seconds. Exhale completely then inhale deeply, retaining the breath, the posture and pulling of the hands for 15 seconds. Exhale. Inhale deeply and repeat one more time. Exhale and Relax.

This information comes from ancient yogic traditions. Nothing should be construed as medical advice. Always check with your personal physician or licensed health care practitioner before practicing this meditation to ensure that this practice is appropriate for you.