

To Counter the Effects of Radiation & Stop Cosmic Disturbances

Trikurti Turvani Kriya

Taught by Yogi Bhajan May 15, 1978 - Los Angeles, California



Mudra: Sit in easy pose with a straight spine, bend the elbows down into the sides. Bring the hands with the palms flat, facing forward next to each shoulder at the level of the neck. Bend the index finger into the palm, and touch it to the tip of the thumb (giaan mudra). The other 3 fingers point up.

Eyes: Look at the tip of the nose.

Breath & Mantra: Inhale deeply and chant the following mantra three times on one breath:

Praanaa Apaanaa Shushmanaa Haree, Haree Har Haree Har Haree Har Haree

Chant the mantra at a fairly rapid pace, to be able to repeat it 3 times on one breath. Continue for as long as you want – singly or in a group.

Comments: PRAANAA is the life force corresponding to the electron, APANAA is the eliminating force corresponding to the proton and SHUSHMNAA is the central force corresponding to the neutron. The beauty of this mantra is in the touch of the palate and tongue.

There is so much radiation in the atmosphere that your nerves cannot stand it and you get grouchy and upset. Those who have poor sympathetic nervous systems cannot keep their cool, and they do wrong things. In case of atomic energy radiation or total destruction, if you can perfect your mind with this, it may help you. This is one of the most sacred mantras. This kriya works right on the spot. It's not that if we chant it today, it will work tomorrow. It will work right then and there. As much as you will chant, that much it will return to you. It will cut out that karma and that much dharma will enter. It takes care of your entire texture. Trikurti is the triangle at the third eye. Turvani means cosmic triangle. These two triangles are very important. People who eat meat, people who kill animals and take their bad vibes, this redeems them. This is actually the offering to God, and it's a most beautiful offering of prana. This mantra can stop the cosmic disturbance. In very, very old times when typhoons used to come, when destruction used to come from the heavens, people used to practice this mantra. When they would think there was no escape, they would sit down together, meditate and chant. Somehow the miracle of God, the hand of God would save them. This is the basic mantra.

If in the event of an atomic war you are not destroyed, radiation will not kill you if your gene aura is 1 inch thick.

“If your inside is in a turmoil, this meditation will prevent you from dying. It can be done anytime, and its effect will be to calm you, to energize you, and to relax you.”

– Yogi Bhajan

– Kundalini Yoga as taught by Yogi Bhajan ®