Get a grip on yourself

Lakkaraju Sailaja recommends Isha Kriya founded by Sadhguru Jaggi Vasudev for experiencing enlightenment. She says you will only perceive life the way it is necessary for your survival and not the way it really is.

Once you understand this, you naturally become meditative; you want to clear up everything and just look at life the way it is, because you want to walk through life with least amount of friction, without stumbling on this or that.

Isha Kriya is a simple practice that will create a certain space between you and your body, between you and your mind. If at all there is any struggle in your life, it is because you identify yourself with these limited aspects of yourself. If you distance yourself from these, can there be suffering in you? This is the end of suffering.

How to do Isha Kriya:

Preparation
- Preferably, sit in a cross-legged posture, with your spine comfortably erect.
- Keep your hands upon your thighs, with your palms facing up.
- With your face slightly upturned, eyes closed, keep a mild focus between your eyebrows.

The Meditation
This meditation will happen in three stages:

Stage 1:
- Inhale and exhale gently, slowly.
- With each inhalation, mentally say to yourself: “I am not the body.” The inhalation should last the whole duration of that thought.
- With each exhalation, mentally say to yourself: “I am not even the mind.” The exhalation should last for the whole duration of that thought.
- Repeat this for 7 to 11 minutes.

Stage 2:
- Uter a long “Ah” sound (“ah” as in father). The sound should come from just below the navel. You need not utter it very loud but loud enough to feel the vibration.
- Uter the sound “Ah” 7 times, exhaling fully into each sound.

Stage 3:
- Sit for 5 to 6 minutes with a slightly upturned face and keep a mild focus between your eyebrows.
- The total time of this practice is between 12 to 18 minutes. You can sit longer if you want.

The breathing should be as shown in this diagram.

**PLEASE NOTE:**
While you sit for the Isha Kriya, do not pay attention to the activity of the mind or body. Whatever is happening in your body or your mind, just ignore it and simply sit there.

Do not take a break in between, as it will disturb the reorganization of energies that happens during the practice.

Each time you do the kriya, you must do it for a minimum of 12 minutes, and twice a day for 41 days (considered as a full mandala or cycle) or once a day for 50 days. The purpose of the mandala is to firmly establish the practice in your system. Thereafter, you can do it for a minimum of once a day.

Anyone can practice this kriya and enjoy its benefits. Simply follow the instructions without making any changes. This is a simple but very potent kriya.

You can remind yourself that “I am not the body, I am not even the mind” anytime during the day.

“Yogic practice involving life energies Over 4 million people have benefited from Isha Kriya. To learn more and go through the free guided meditation, visit www.ishakriya.com.”