



Mandhavani Kriya: Mantra to Clear Blocks

“When your work doesn’t proceed, you get blocked, if you chant this mantra, then not only it will start, it will start like Infinity.”

-Yogi Bhajan 4/11/77

The practice of this meditation, even briefly, locates you in your heart, opens your perception, and lets you immediately recognize the way forward. Mandhavani means being in the presence of intelligence, beauty, and profound caring. It is a state of joy. It’s when you’re so happy that you feel the hand and grace of God accompany each breath and effort. In that state all victory is yours and there is no victory to win but to conquer your own heart.

Posture: Sit in a comfortable cross-legged position with a straight spine.



Mudra: Bring the hands in front of the throat, forearms parallel to the ground. The left hand is palm down; the palm is flat and the fingers point to the right. Extend the left thumb toward the throat. Bring the right thumb between the left thumb and index finger, placing it in the center of the left palm and allow the fingers of the right hand to rest on the back of the left hand. Lock the right thumb in place and apply firm pressure on the left palm. Hold the position at the level of the throat about six inches in front of the body.

Eyes: Closed

Mantra: [Aad Sach, Jugaad Sach, Hai Bhay Sach, Naanak Hosee Bhay Sach](#)

Breath: Inhale deeply and completely exhale as the mantra is chanted in a monotone. Inhale and continue. This mantra is from the 17th Ashtapadi of Sukhmani Sahib

Time: 31 minutes.

Comments: Be sure to keep the arms parallel to the ground. The key to this meditation is locking the right thumb and keeping firm pressure on the center of the left hand. Your thumb may become sore after a while but be strong and don’t give an inch.