



關於叟達珊脈輪奎亞的疑問與解答

2019 年 11 月 25 日

問：有的老師說是 Wa-收丹田；He-繼續收丹田；Guru-更向內收丹田；然後放鬆。有的老師則說是 Wa-丹田內收然後鬆開；He-丹田內收然後鬆開；Guru-丹田內收然後鬆開。請告訴我們究竟哪一種方式是正確的呢？

答：Sat Naam，這兩種都是正確的。Yogi Bhajan 兩種方式都教過。他最後一次教授的是你描述的第一種方法，即：分三部分向內收丹田隨著每個梵音不斷地深入。因此，這也是我們“所建議的”方式，就是說這一方式是被印刷在最新版本的手冊中的。但是，兩種方式都可以作為練習的方式。

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Question and Answer about Sodarshan Chakra Kriya

Question: Some teacher said, Wa ...navel in, He ...navel more in ...Guru ...even more in ...then relax. Some teacher said: Wa...navel in then relax, He ...navel in and relax, Guru ...navel in and relax. Kindly let us know which is the right one?

Answer: Sat naam. They are both correct. Yogi Bhajan taught it both ways. The last way he taught it was the one you described first - three partial pulls in for each repetition of the mantra. Hence that is the one we are making the “recommended” one - meaning that it’s the one we are printing in the new versions of the manual. But both are fine to practice.

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