



Santhika
Retreat
Center

www.santhikaretreatcenter.com

Adjna Stimulation

Yogi Bhajan

"Develop your Intuition so that the changes in the years to come may be convenient for you." – Yogi Bhajan

Comments: This Kriya is done without rest between exercises. During practicing, it is important to constantly focus on the point of the eyebrow. In the first exercise, the "standing on toes" position activates the endocrine system, the same effect is achieved in the fifth exercise due to the position of the legs. The second and third exercises stimulate the ascending movement of energy in the vital nerve channel, which runs from the big toes along the back of the leg, then along the spine and through the head to the Adjna chakra. The pressure on the nails in the third and eighth exercises stimulates the pituitary gland, an endocrine gland associated with the Adjna chakra. In the third, fourth and fifth exercises, blood flow to the head increases, which affects the higher endocrine glands (pituitary gland, pineal gland). In the seventh exercise, mechanical stimulation of the pituitary gland occurs: pressure on the temples causes a change in the position of the bone that is in direct contact with the pituitary gland. The energetic connection of the Adjna chakra with the navel center is also used here. In the eighth position, the influence of the lower chakras is neutralized by closing the opposite arms and legs, which makes it possible to freely plunge into the layer of consciousness associated with the Adjna chakra.



1. Stand straight with feet shoulder-width apart, rise on your toes. The arms are raised above the head and form an angle of 60°. The fingers are spread out. Breath of Fire 3 min. If you find it difficult to maintain balance with your eyes closed, you can open your eyes and fix your gaze on one point.



2. Frog movement. Sit on your haunches, rest your fingers on the floor (hands go between your knees). While inhaling, without taking your hands off the floor, stand up straightening your legs and keeping your heels on the floor. With an exhalation, return to the starting position. Breathing is deep and powerful. Continue for 3 minutes.



3. Padahasthasana. Bend over with a straight back and straight legs, grab the big toes: the index and middle fingers of each hand pass between the big toes and the rest of the toes, the thumbs forcefully press on the nail plates of the big toes. The body hangs down freely. The neck is also free of tension. Relax in this position for 3 minutes.



Santhika
Retreat
Center

www.santhikaretreatcenter.com

Adjna Stimulation

Yogi Bhajan

"Develop your Intuition so that the changes in the years to come may be convenient for you." – Yogi Bhajan



4. Sit on your knees and heels with your arms hanging freely along your torso. With an exhalation, bend forward, touching the floor with your forehead, with an inhalation - straighten back. 3 minutes. Breathing is deep and powerful.



5. Sitting on your knees and heels, bend forward and place your forehead on the floor. Hands are on the floor. Lift your shins off the floor. Thus, only the forehead, knees and hands touch the floor. Relax in this position for 3 minutes.



6. Sit on your knees and heels. Place your hands on your shoulders (see picture). Inhale to the left, exhale to the right. Continue with powerful deep breathing for 3 minutes.



7. Sitting on your knees and heels, press firmly with your index fingers on the temples, with 3 and 4 fingers press on the eyeballs, moving them towards the center and up. Bhastrika pranayama for 3 minutes. As you inhale, draw in the pranic energy to the navel; as you exhale, imagine how the energy shoots up to the area between the eyebrows (Adjna chakra). Continue for 3 minutes.



8. Pashchimattanasana. Sit with your legs extended forward. Grab the big toes with your hands (as in exercise 3): with the right hand, the big toe of the left foot, and with the left, the big toe of the right. The back is straight, the chest is raised, make a neck lock. Immerse yourself in the space that opens up in the area of the eyebrows, listening to the vibration "Wahe" at the left temple and "Guru" at the right. Continue for 3 minutes.