



Santhika
Retreat
Center

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Kundalini Yoga Kriyas For Male Potency

Yogi Bhajan



SAT KRIYA FOR MALE POTENCY.

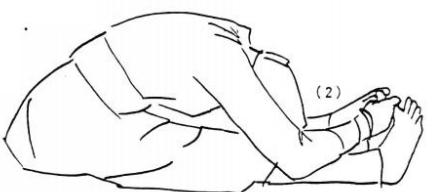
Sit on the heels, arms hugging the head, palms touching. If you are new to Kundalini yoga, or if you have been doing drugs or have been ill recently, interlace the fingers with the index fingers pointing up and touching each other along their length. Otherwise, have all the fingers extended and touching along their length.

At a moderate pace, in a constant rhythm and quiet tone of voice, begin repeating the mantra SAT NAAM. When you say SAT, pull up and in slightly on the navel point. When you say NAAM, relax the stomach.

Visualize energy flowing from the base of the spine through the top of the skull with each repetition of the mantra.

Continue for 3 minutes. Over the period of time, and with due respect for the tremendous power of this kriya, you can build up to 31 minutes.

When you have finished, inhale. Exhale, hold, and apply mool bhand (pull in and up on the anus, sex organs, and navel point.) Repeat. Inhale, exhale, and relax on your back, arms along your sides, palms facing up, for at least as long as you practiced the kriya.



GURUKA KRIYA FOR MALE POTENCY.

1. Sit with the soles of your feet touching. Put your hands in front of you on the ground, and shift your weight forward till you are balanced on the sides of your feet and your hands. Buttocks are off the ground. Begin bouncing. Feel horny and think of sex.
2. Rest in life nerve position legs stretched out in front of you, index fingers of each hand curled around the corresponding big toe, with the thumb applying 10-15 pounds of pressure to the toenail. Relax in the position; normal breathing.
3. Sat kriya in rock pose.
4. Laya Yoga: Sit in a comfortable crossed leg position. Hands are resting on the knees in gyan mudra (thumb and forefinger touching). The mantra is [Ek ONG KAAR-A](#), [SATA NAAM-A](#), SIRI WHA-A, HAY GUROO. The vibration of the mantra is 3½ cycles per breath, and the rhythm gives a sense of spinning. Pull mool bhand throughout. On "Ek", pull in sharply on the navel point and



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visualize energy starting from that point and coursing downward. On the final "A" of "KAAR-A" pull up on the diaphragm so that the rib cage lifts and visualize energy piercing the first chakra at the base of the spine. On the final "A" of "NAAM-A" pull diaphragm lock and visualize the energy spinning through the lock at the diaphragm and heart center. On the final "A" of "WHA-A", pull diaphragm lock and visualize the energy spinning through the throat chakra. On "HAY" relax the stomach and diaphragm and visualize the energy spinning out of the crown chakra at the top of the skull into infinity. As you get into the rhythm of the chant, allow yourself to spin with the breath and the sound current up the spine. Let go and get lost in the spin.

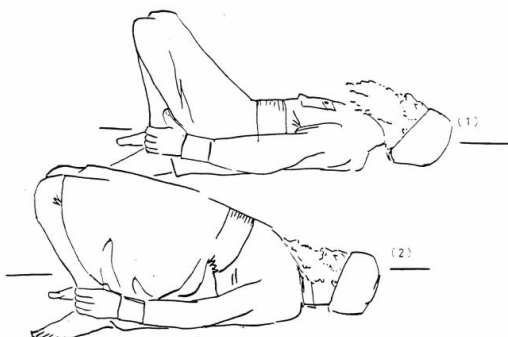
Continue for 11-31 minutes. The spine will heat up and sweat.

5. Relax on your back in corpse pose, arms along your sides, palms facing up. Just relax.

ASANA TO VITALIZE THE SEX ORGAN.

Squat in crow pose, feet flat on the ground. Wrap your arms around the outside of your thighs with your hands holding the ankles from the inside.

Do breath of fire for 3 minutes.



INVERTED BOW POSE FOR MALE POTENCY.

Lie on your back. Bending the knees with your feet on the ground, grasp the ankles. Inhale and raise the buttocks, pushing the navel point up. Exhale and relax down.

Continue for total of 26 times.



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ARCHER POSE FOR MALE POTENCY.

Stand with the right leg bent forward enough so the toes can't be seen over the knee. The left leg is straight back with the foot flat on the ground at a 45° angle to the front foot. Raise the right arm straight in front, parallel to the ground.

Make a fist as if grasping a bow. Pull your left arm back to the shoulder. Create a tension across the chest.

Face forward. Fix the eyes above the front fist to the horizon.

Hold the position for 3-5 minutes, then switch legs and arms and repeat.



LOTUS ROLLS FOR MALE POTENCY.

Sit in lotus pose: knees bent, each foot folded onto the opposite thigh at the groin. Grasp the knees. Begin rocking back and forth on the spine. When you rock back, rock all the way back till your knees touch the ground behind you. When you rock forward, rock all the way forward till you are sitting up.

Continue for 1-3 minutes.

Caution: This exercise should only be practiced if your body is supple enough to accommodate lotus pose without discomfort!





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LEG LIFT FOR MALE POTENCY.

Lie down on your back. Bring your legs to 90°. Hold onto your toes. The breath is normal.

Time is open.