



Santhika
Retreat
Center

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Exercise Set for Electromagnetic Frequency

Yogi Bhajan

"Kundalini yoga is... a practice of experience of a person's own excellence which is dormant and which is awakened."
– Yogi Bhajan



Sit in Easy Pose. Fully extend the arms out to the sides with the fingers stretched back from the palm and tensed like claws. The entire hand should be rigid and taut, like a lion's paw.



Alternately cross your wrists over your head and return your arms out to your sides, parallel to the ground. Keep the lion's paw tight. Move powerfully and rhythmically. Begin a breath of fire, coordinating one inhale-exhale with each movement. Continue for 9 minutes and...



...and then without stopping, stick your tongue all the way out and continue for 15 seconds more.



Then inhale and hold the arms up at 60° for 15 seconds. Exhale. Repeat. Inhale and hold again for 30 seconds.



Exhale and relax by singing the song "Nobility" from the heart for 3-4 minutes or sit quietly breathing long and gently for 3-4 minutes.



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This short one-exercise kriya has a powerful and immediate effect on the brain and its electromagnetic field. The pressure in the hand position triggers reflexes in the fingertips to each area of the brain. The movement of the arms moves the lymph in the lymphatic system. It also pressurizes the nervous system to change its current state. The Breath of Fire added to the motion enhances functioning of the pituitary and stimulates the pineal gland to increase the radiance and subtle frequency of the brain's projection.