



Santhika  
Retreat  
Center

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## Kantha Padma Kriya

Yogi Bhajan

*"Raise your words, not your voice. It is rain that grows flowers, not thunder." - Rumi*



1. Start In: Standing Namaste Pose 3 minutes  
Stand Straight with hands at the center of the chest in Prayer Pose  
Inhale deeply and bring the arm straight up to 60 degrees. Bring the head back. You don't have to tilt the body back just the head. It isn't much of a tilt. Create a steady motion with the breath. Look up like you are looking at the sky.



2. Start In: Rock Pose - (Vajrasana) 3 minutes  
Come sitting into rock pose. Bring the arms out to the side with the palms up. Turn the head to the left and inhale. Turn the head to the right and exhale. Mental think SAT on the inhale. Think NAM on the exhale.  
Focus your eyes on the 3rd eye.



3. Start In: Easy Pose - (Sukasana) - Comfortable cross-legged posture. 2 minutes  
Come into easy pose. Bring the hands palms down holding the knees and do alternate shoulder shrugs. Inhale as you lift the shoulder. Keep the concentration on your breath with the eyes focused up.  
Most people carry tension in their shoulders. (1min)  
Lift and drop both shoulder simultaneously (1 min)  
Inhale both shoulders up. Relax. Think SAT on the inhale. Think NAM on the exhale.  
Balance any tension.



4. Start In: Rock Pose - (Vajrasana) - (Heroes Pose) 3 minutes  
Stretch the palms forward -and lock the elbows. Palms are down. Drop the head back and do Breath of Fire (see footnotes for explanation). Be Great! Keep the head back - it won't fall off. Inhale deeply as you bring your head slowly forward and tuck it into the notch of the chest, dig it in. Relax



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5. Start In: Easy Pose - (Sukasana) - Comfortable cross-legged posture. 3 minutes  
Relax into easy pose. Interlock the hands into Venus lock. (see footnotes). This stimulates all the tatavas in the body and is a good way to pray over your food. Bring the hands behind your back still in Venus lock and place the hands in the small of the back. Bring your chin to your chest and do Breath of Fire (see footnotes). Try to get your chin into the little notch at the sternum. Keep the spine straight. Inhale slowly and bring the head up to level.



6. Start In: Easy Pose - (Sukasana) - Comfortable cross-legged posture. 3 minutes  
Sit in easy cross-legged posture and bring the hands into Gyan Mudra. Inhale as you turn the head to the right thinking SAT and exhale as you turn the head to the left thinking NAM. Maximum breath. Maximum concentration. Turn the head, not the shoulders. Sat on the inhale Nam on the exhale. It works on the thymus gland that controls the immune system. Inhale to the center. Roll the eyes up, pull Mulbandha. Exhale relax. Keep the eyes focused up.



7. Start In: Modified Easy Pose - (Sukasana) Sit on the floor with your legs straight out in front. 5 minutes  
Stretch the legs straight out in front. Bring the trunk back 30 degrees supported with your arms elbows locked palms on the floor behind you. That's half of 60 degrees. That's not a lot. Drop the head back. Inhale long and deep, keep the head back. Concentrate. To end inhale deeply and slowly bring the head forward keeping the body straight.



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8. Start in: Rock Pose - (Vajrasana) raise the arms straight up for Sat Kriya (Sit on heels in rock pose and rise the hands straight up over the head palms together) 3 minutes.

Sit on the heels in rock pose with the arms over your head. The elbows are hugging the ears. Palms together (alternate: fingers interlock index finger up or easy pose if rock pose is not possible). Palms together over the head and stretch up.

Rock from the hips 30 degrees forward and 30 degrees back. Thinking SAT Inhale forward and thinking NAM exhale back. Just pivot from the hips keeping arms, head and back in line. To end inhale Straighten, stretch, exhale, inhale. Pull Mahabanda.



9. Start in: Savasana (Corpse Pose) (deep relaxation pose) Come lying on the floor with the arms and legs extended arms by your sides palms up. Relax in corpse pose as you breathe in and out at your throat. Meditate at that chakra. Then concentrate down to the heart center - Anahata. Meditate on the sound ANG as you Inhale, meditate on the sound SOHUNG as you Exhale. This is the sound of the breath.

This is a complete complex of Kundalini Yoga for the thyroid and parathyroid glands. It also helps for the thymus and the immune system. After this complex it is good to do meditation on the Heart Center or on one of the upper chakras. If you want to truly experience the energy advancement and beauty of Kundalini Yoga, do this kriya daily for 40 days. Do it all the time at the same time.

After performing the Kundalini Yoga Kriya for the throat lotus (Kantha Padma Kriya), chant the mantra "Sat Nam, Sat Nam, Sat Nam, Sat Nam, Sat Nam, Sat Nam, Wahei Guru." Sing it in a steady rhythm with a short, quick breath after the word "Guru". Meditate in this way for 31 minutes. Then sit in silence and remember all the words you spoke the previous day to see if you spoke truthfully and from your heart. During these 40 days, be humble, speak bluntly, sincerely, and truthfully. This will reveal the power of Bacchus Siddhi - the power of your word. You will understand the real meaning of what is being said. You will increase your sensitivity to truthful words. Your word will gain strength for you and for others.