



Santhika  
Retreat  
Center

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## Four Exercises to Welcome Success and Happiness and Expel Grief and Guilt

Yogi Bhajan

*"The past does not exist. Don't relate to it. You are the only one who can free yourself from the imaginary illusion of the past. Stop the indulgence." - Yogi Bhajan*

This kriya is for healing the body and liberating the mind from old emotional blocks. In order to maximize the effect of this kriya, eat only light food, it is good to eat large amounts of melon throughout the day. Practice it only in the evening. Do it every day for 40 days.



1. Sit with your legs crossed and your back straight. The eyes remain wide open. Place your palms on the backs of your knees, there is no tension in the elbows. In one motion, as if you are throwing something behind your back, raise your arms up and back until they stop. At the same time, exhale forcefully through your mouth, sticking out your tongue. With a powerful breath, return your hands to their original position, while pulling your tongue back.

Continue this cycle with powerful, rapid breathing for 6-11 minutes. At the end, take a deep breath, hold your breath and press the tip of your tongue against the upper palate. Hold your breath for 20-30 seconds. Exhale. Repeat this cycle two more times.

Music: [Say Saraswati](#)

Benefits: This exercise is known as Siddh Shiva Kriya. It opens up the lungs and improves digestion. On an emotional level, it frees us from the burden of suffering and pain that has accumulated throughout our life. Many things pass us by, we lose something, unresolved pain keeps us in the past. We strive to reclaim what we have lost. But as a result, we lose the ability to be fully included in the present and betray our future. This exercise, changing the old mental structures, returns us to the present, giving attention to the future.



2. Sit with your legs crossed and your back straight. Stretch your arms up over your head without bending your elbows, palms facing forward, and thumbs stretched and pointing towards each other. Roll your eyes up. Start rotating with straight arms in small circles. The left hand moves clockwise and the right hand moves counterclockwise when viewed from bottom to top. Hand movements are not necessarily synchronized with each other, it is more important not to stop.

Continue for 11 minutes. At the end, inhale and stretch your arms and head up, stretching your spine.

Music: [Heal Me](#)



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Benefits: This exercise changes the relationship between the tattwas. The movement of the hands stimulates the element of ether. It creates emotions filled with lightness and new perspectives and allows experiences of joy, happiness and pleasure to anchor in our aura. Some people feel guilty when they achieve success or enjoy pleasure, this exercise allows us to learn how to properly deal with these positive experiences.



3. Sit with your legs crossed and your back straight. Close your right nostril with the thumb of your right hand, with the rest of the fingers pointing up, and inhale through the left. Change the position of the fingers: close the left nostril with the index finger of the right hand, open the right and exhale through it (inhale with the left nostril, exhale with the right).

Continue for 3 to 11 minutes.

Music: [Wahe Guru Sat Nam Jee](#)

Benefits: This exercise integrates the work of the two hemispheres of the brain, increases lung capacity, leads to a state of deep rest and balances the subtle energies in the two main channels of our body: Ida and Pingala.



4. Sit with your legs crossed and your back straight. Grasp your knees firmly with your hands. As you exhale, bend forward with a straight back, while inhaling, straighten back.

Continue with a steady rhythm and vigorous breathing for 3 to 11 minutes. Then inhale and, while holding your breath, strain your entire body. Shake your whole body for 15-30 seconds. Repeat this 4 more times.

Music: [Hume Hum Toomee Toon](#)

Benefits: This exercise distributes the breath energy in the central spinal canal - sushumna. It reinforces the effect of whole kriya in the body and awakens the body's ability to heal itself.