



1. Sit in Easy Pose with your chin in and chest out. Place your left palm against the center of your chest, the heart center. The fingers of your left hand point toward the right, thumb extended toward your chin. Hold your right hand, palm outward, next to your right shoulder with the Jupiter (index) finger pointing straight upward and the rest of the fingers curled into a fist and locked down with the thumb. Put your front teeth together so that they rest on top of each other and inhale powerfully through the lock of the teeth. Exhale completely through the nose. Keep your eyes open, look straight, and do not blink. 11 Minutes. Inhale deeply and immediately move into the next position.



In this meditation the saliva will go with the breath. It will give your blood the power to increase the magnitude of its genetic cells a hundred thousand times. It is a very pure science. Also, they say that the breath should be forcefully inhaled. Stimulate your nervous system to get force into it. One mistake you can do: if you change your eyes or wink. That will delete the health benefits that this kriya is designed to give to you. You must use force to breath in through the lock of the teeth so that maximum saliva can concentrate with your breath and go into your lungs to enrich you. Exhale through the nostrils with such a power that all genetic diseases will leave.

In the sixth and seventh minutes of this kriya, you will enter a twilight zone, which will test your will to continue. A lot of weaknesses in the body are being attacked simultaneously and your discipline is being challenged. Keep up and keep going.

2. Interlock your fingers and raise your arms up over your head. Your arms and hands will create a circle around your head. It is your arcline. Make an "O" of your mouth and inhale and exhale long and deep through the "O" mouth. 9 Minutes.
3. Place your palms together as if in prayer, with the thumbs extended. Gently place the pads of the thumbs on either side of the roof of the nose, under the eyebrows, right above the inside corners of the eyes. Whistle along with [Ardas Bhaae Instrumental Version](#). 4 ½ Minutes. Inhale deeply and immediately move into the next position.
4. Stretch your arms straight out in front of you with no bend in the elbows. The right palm is flat and faces upwards the Heavens. The left palm is flat and faces downward toward the Earth. Breathe as you please. Sit very straight. Keep your shoulder blades down and firm so that they can support your extended arms.





Santhika
Retreat
Center

Taking Our Soul to Infinity

Yogi Bhajan · April 2, 1997

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"Mind is a link between Infinity and you." – Yogi Bhajan

Spine has to be straight because all the tissues and muscles will be put in a toning. That pressure is required from the sciatic nerve to the upper central nerve. Spine will become automatically straight because otherwise, without that, the nervous system will crunch it.

After 2 ½ Minutes, begin Breath of Fire and continue for 1 Minute more. Inhale deeply and immediately move into the next position.

5. Place your left hand at the heart center (the center of your chest) and place your right hand over it. Calm down and breathe slowly. In this peace and tranquility, let spirit, mind, and body create a relationship for everlasting bonding. As it is the will of God, so be it. 30 Seconds.

Now begin consciously inhaling long and deeply and exhaling long and deeply. Do the best you can do for another 30 Seconds.

We have to learn to penetrate. We have to learn to consciously take our soul to Infinity. We have to practice those practice that create a blueprint and, when we build on that blueprint, we will become real. It is not a mystery. It is not a miracle. It is a reality. You are a temple of God. Simply you need to recharge yourself to face the obstacles and

height of time and space. You have two challenges: time and space. You and your spirit are two dominant forces within you. And when the spirit is dominantly helping your mind and body, you are successful.

