



Santhika  
Retreat  
Center

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## Praanayam for Purification

Yogi Bhajan

*"Try to realize that there is a built-in cleansing process in your body, like lymph glands, sweat glands, liver cleans your blood, kidneys clean your blood. There are so many cleansing systems in your mechanical body. In your mental body also, there is a huge vastness of consciousness, which cleanses you always, always, and forever if you want it." - Yogi Bhajan*

Sit on your left heel with your right leg stretched straight out in front. (Your left heel will press on the perineum in between the sitting bones, with the sex organ in front and the anus in back.) Stretch your right arm straight up and make a tight fist. Breathe deeply through the right nostril only. Mentally vibrate "Sat" on the inhalation and "Nam" on exhalation. Continue for 3 minutes.

Then switch arms, legs, and nostrils and continue for another 3 Minutes.



This kriya increases nerve energy in the entire body and stimulates the lymph system to clean itself. It eliminates negativity and purifies the psyche, thereby quelling the urge to slander others.

In this kriya you have to control which nostril is working without the benefit of using your fingers. It is possible to do this through concentration and by applying the following hint. When the right nostril is to be working, the right arm is straight up. When the left nostril is to be working, the left arm is straight up. Keeping the arm actively stretching upward and the fist tight will help to guide the breath through the correct nostril.