



Santhika
Retreat
Center

www.santhikaretreatcenter.com

Kriya to transform the lowest triangle to the highest triangle.

Yogi Bhajan

*"When you are attached, how can you be universal?" -
Yogi Bhajan*



1. Come into camel pose: sit on the heels, grab the ankles, and arch up so the navel point is the highest point. Head is relaxed back. Begin breath of fire powerfully. Mentally inhale SAT, and exhale NAM. Continue for 3 minutes. Then inhale and hold the breath for 10 seconds. In the same pose, begin Sat Kriya: apply mulabandha while exhaling with a vocal SAT, inhaling and relaxing with a vocal NAM. Continue for 3 minutes.

Benefits: conquer the rule of hunger, thirst, and poor digestion.



2. Immediately bring the head forward to the ground. Lock hands in Venus lock on the back. Raise the feet and forelegs off the ground near the buttocks. Balance and meditate at the brow point for 3 minutes.

Benefits: releases energy to the brain and is known as Adha Shakti Chalnee Kriya. It gives clarity of thought and clear sparkling eyes. Sciatica can never be a problem.



3. Sit as in part 2 and extend the left leg straight back and up to 60 degrees. Then bend it towards the buttocks and start kicking the buttocks as you do breath of fire. Continue for 2 minutes. Switch legs and repeat 2 minutes.

Benefits: releases energy to the brain and is known as Adha Shakti Chalnee Kriya. It gives clarity of thought and clear sparkling eyes. Sciatica can never be a problem.





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4. Immediately come back into celibate pose with buttocks on the ground between the heels. Begin long, deep, and slow breathing for 2 minutes.
Benefits: is for potency.

5. Sit as in part 4 above and lie back on the ground. Extend the hands straight up over the head perpendicular to the ground. The palms are flat together. Begin Sat Kriya in this position for 3 to 5 minutes.
Benefits: eliminates wet dreams and enables you to gain sensitivity to the truth in any situation. It creates alliance between your mind and soul so that your mind will never bow before the ego of man. It gives you a radiant power.

6. Come into camel pose. Begin long, deep, and slow breathing for 2 minutes and then begin breath of fire for 2 minutes. Inhale, hold briefly, and with the exhale, come forward with the head on the ground.
Benefits: conquer the rule of hunger, thirst, and poor digestion. You will sweat. Any pain that occurs is a result of too much sexual activity or activity with the wrong frame of mind and tension.

7. With the head on the ground, extend the arms straight with the palms together. The elbows will hug the ears. This is Gurpranam. Continue for 3 minutes.
Benefits: is for the head centers.

8. Lie on the back and come into stretch pose. Raise head and feet 6 inches off the ground, toes pointed. Begin breath of fire for 3 minutes.



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Then immediately begin to inhale deeply and lift the knees to the heart. Exhale and put the legs straight on the ground. Continue with long, deep, and slow breathing for 2 minutes.

Benefits: is for the navel point energy release.

9. Raise up into shoulder stand. Support the spine with the hands with the weight on the elbows. Begin breath of fire for 3 minutes.
Benefits: opens the digestion and elimination of the intestines.

10. From the previous position, lower the legs over the head to the ground in plough pose with the arms straight back. Begin breath of fire for 3 minutes. Then raise up to shoulder stand and do breath of fire for 3 minutes again. Relax on the back afterwards.
Benefits: adjust the navel point and balances the aura and distributes the sexual energy smoothly.

11. Repeat Part 8.
Lie on the back and come into stretch pose. Raise head and feet 6 inches off the ground, toes pointed. Begin breath of fire for 3 minutes.



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Then immediately begin to inhale deeply and lift the knees to the heart. Exhale and put the legs straight on the ground. Continue with long, deep, and slow breathing for 2 minutes.

12. Roll immediately onto the stomach. Put the hands together behind the back and lift the head and shoulders off the ground. Begin breath of fire for 3 minutes and then relax.

Benefits: adjust the navel point and balances the aura and distributes the sexual energy smoothly.

13. In the same position as in part 12 but with the chest relaxed on the ground, begin to kick the buttocks with alternate legs. Continue for 3 minutes.

Benefits: adjust the navel point and balances the aura and distributes the sexual energy smoothly.

14. Reach back, grab the ankles, and arch up into bow pose. Rock gently back and forth. Continue for 2 to 3 minutes.

Benefits: adjust the navel point and balances the aura and distributes the sexual energy smoothly.



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15. Come up into cobra pose. Begin breath of fire for 3 minutes. Relax.
Benefits: adjust the navel point and balances the aura and distributes the sexual energy smoothly.

16. Sit up and bring the soles of the feet together. Hold the toes with both hands. Rock back and forth in rhythm with the chant:
Gobinde, Mukunde, Udhare, Apare,
Hariang, Kariang, Nirname, Akame.
<https://drive.google.com/file/d/1iTcgvQuEkNwUOJHGunaXN2B9YilXvkwy/view?usp=sharing>
Continue for 5 to 31 minutes. This is a chant of bliss and joy. Put the heart and lungs into it.

Comments:

If the energy in the lower triangle of chakras is not balanced and allowed to transform to higher energy frequencies, man is totally a slave to his hunger, thirst, and sexuality. He follows the whim of the body and has great difficulty with any form of discipline. The sexual potency of that person will be sporadic. This set stimulates the energy of the lower triangle: rectum, sex organs, navel point, and transforms their energy into the higher brain structures: pituitary, pineal, memory gland. The rest between exercises is short and all breathing should be done with enthusiasm. After this kriya, meditation becomes automatic.