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KRIYA FOR SEX ENERGY TRANSFORMATION

(For Female and Male Sexual Potency)



On stomach, place hands directly under the shoulders and arch up into Cobra Pose. Then inhale, raising hips, into Front Platform Pose. Exhale to Cobra, inhale to Platform 26 times, and then relax for 2 minutes on the stomach. To keep the rhythm and mind focus, the teacher should chant ONG (infinite, Creative Consciousness) on the inhale and SOHUNG (I am Thou) on the exhale.

Exercise activates the 2nd (sex) Chakra.



In Cow Pose, on hands and knees, stretch forward, exhaling, touching chin and hips to the floor, keeping head up and arms bent. Inhale back into Cow Pose, the teacher chanting ONG on the down motion, and SOHUNG on the up, 26 times to activate the 2nd and 3rd (Navel) Chakras.





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Without pause, lie on back, grab ankles and inhale, raising the hips, exhale lowering them 26 times. Rest for 2 minutes and repeat 26 more times. For second chakra, tension in the ovaries and the lower spine.



Without pause, raise both legs 18" with long, deep, powerful breathing for 30 seconds. Then alternately bring knees to the chest, with each deep inhale, in a push-pull action for 45 seconds to 1 minute. Then inhale holding both legs straight out for 5 seconds and relax.

Moves energy out of the digestive system.





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Still on back, bend knees and touch souls of feet together, clasping them with the hands and rock back and forth for 30-45 seconds.



Deep relaxation for 2 minutes



Stretch Pose, with normal breathing. Feet and head raised 6'', eyes fixed on toes. Hold for up to 7 minutes. Then deeply inhale, completely exhale, and holding the breath out, apply Mulband, holding for as long as possible. Repeat (inhale, exhale, Mulband) 4 more times. Then relax. This distributes energy.



Completely relax for 5 minutes, allow the energy to circulate. Think of God and God Consciousness. Feel unlimited.

Then, still lying on the back, repeat:

God and Me, Me and God, are One about 12 times, raising the pitch and volume regularly. Deeply inhale, hold for 15 seconds and exhale. Then resume the chanting very powerfully from the solar plexus, with the eyes closed, without shyness.

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Then deeply inhale and exhale 8 times, inhale, hold and raise both legs to 90° for 15 seconds. Exhale and relax.

In Siddhasana (Perfect Pose), or Easy Pose, using the tip of the thumb and the tip of the little finger of one hand to close alternate nostrils.

1. Inhale through the left nostril, thinking SAT (truth), and exhale through the right, thinking NAM (identity) for 1 minute.
2. Then Breath of Fire, in through the left nostril, out through the right, for 1 minute.
3. Without pause, inhale and exhale through the left nostril, only, moderately fast for 15 seconds.
4. Then Breath of Fire through the left nostril for 15 seconds.
5. Then Breath of Fire through the right nostril for 15 seconds.
6. Then breathe 5 seconds through each nostril.
7. Then inhale through both nostrils and hold for 5 seconds. Exhale, hold the breath out and mentally repeat SAT NAM making the sound follow an upward spiral around the spine for 30 seconds.

Then visualize SAT going down both sides of the spine and entering the base of the spine, and NAM rising up the middle of the spine. Hold the mind against every other thing and concentrate. NOW is the time. Deeply inhale, exhale and repeat.

Completely opens psychic channels, moving Kundalini Energy up to the highest chakras.

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