

# KUNDALINI YOGA KRIYA PITTRA KRIYA

Yogi Bhajan • November 18, 1991

1. *Pittra Kriya*: Your left hand rests on your Heart Center and your right hand is cupped in front of you with your elbow relaxed by your side. Eyes are on the tip of the nose. The right hand lifts up and passes the ear, as if you are splashing water over your shoulder. You will feel the wind pass your ear as the hand moves toward the shoulder. Your wrist must cross the earlobe; the hand must travel that far back.

## 11 minutes.

TO END: Inhale and suspend the breath for 15 seconds—stretch the hand back as far as you can. Exhale. Repeat twice more.

*It will hit the kidney energy. . . it will start working with the adrenals and then the whole system. . . the lungs . . . the central line . . . your hip-area, pelvic bone area; it is going to affect your body and you will become very relaxed. Do it with a rhythm and do it with a devotion and do it just to get rid of this stress . . . get rid of this inner mental and physical tension. . . You are your vitality, minus tension, you are fine.*



1



2

2. Place the elbows on the second rib below the base of the breast, in line with the nipple. Hands are slightly wider than the elbows and the palms are facing up in Shuni Mudra. The thumb covers the nail of the Saturn finger (middle finger). Eyes are at the tip of the nose. As you repeat **Har**, flick the Saturn finger. The sound **Har** is very specific and made with the tip of the tongue. The mouth remains slightly open as you generate the sound. **11 minutes.**

TO END: Inhale deeply. Continue moving the fingers. Suspend the breath for 15 seconds, and let it open your ribcage... it will balance the chakras. Then Cannon Fire exhale. Repeat three times more.

*You have to touch the upper palate—34, 35, 36 meridian points that relate to the hypothalamus will regulate the pituitary and take the secretion which you have created and start asking the energy to open up the chakras. It will start changing the serum of your spine. It will revitalize the gray matter in the brain.*



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3. Bring the arms out in front of you in a V, about 15° above shoulder height: Superman Pose. Hands are flat and facing down. At the rate of one repetition per second, repeat **Har** as in the second exercise, crossing the hands in front of you and keeping the arms straight. Do not bend the elbows. Alternately cross one hand over the other. Eyes are at the tip of the nose. **11 minutes.**

TO END: Keep moving the arms and inhale, hold for 10 seconds and Cannon Breath out. Repeat three more times, moving the hands as fast as possible during the last repetition.

### COMMENTS:

*There are thirty three minutes in your life, if you can spare, you can eat up your own stress. . . One exercise you are going to do is going to take care of your glandular system and will affect the liver; it will relax you. . . The second exercise will balance the chakras and the third exercise will balance your nervous system: parasympathetic, sympathetic, and all that.*

*Note: These kriyas must be done together and should never be done for less than or more than 11 minutes.*

3

