



# Yoni Kriya

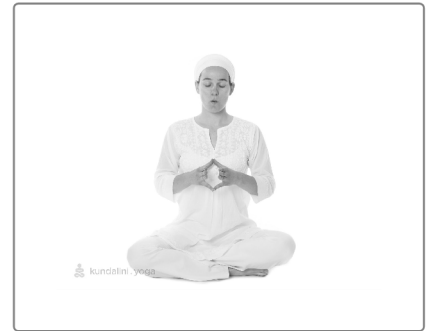
1 exercise 11 min - 11 min *Kriya: Yoga Sets, Meditations, Classic Kriyas*

This is a very sacred kriya. The three fingers represent the past, present, and future. The hole between the hands is the yoni, the female organ, and the thumbs are the male organ. It is a whole science that would take an hour to explain, but just understand that this is the creative cave of organic and inorganic growth. Practice this meditation when there is sufficient time to completely relax afterwards and absorb the effects. Before going to bed is recommended.

## 1. Yoni Kriya

### Yoni Kriya (11 minutes)

1. Sit in Easy Pose with a straight spine.
2. With the elbows relaxed by the sides, draw the forearms up in front of the chest at the level of the heart.
3. Press the thumbs and Mercury (pinky) fingers of the opposite hands together. The other fingers are together, but do not touch, and point out, away from the body.
4. Deeply inhale through the nose and completely exhale through the mouth.
5. Then deeply inhale through the mouth and completely exhale through the nose. On the inhale the lips are pursed almost as if to whistle.
6. Eyes are focused at the tip of the nose.



**Eye Focus** Tip of the Nose

