



About This Kriya

In our culture, we are taught to view sex in terms of pleasure and reproduction. We are not taught how important moderation in sex is in order to maintain our health and nerve balance. Sexual experience in the correct consciousness can give you the experience of God and bliss, but before that can ever occur you must charge your sexual batteries and nurture real potency. The seminal fluids produced in the male and the fluids produced in the female contain high concentrations of minerals and elements that are crucial to proper nerve balance and brain functioning. According to yogic tradition, these sexual fluids called *ojas*, are reabsorbed by the body, if allowed to mature, and the minerals and nutrient elements taken into the spinal fluid. Running your brain without the *ojas* is like running a car without oil—you wear out quickly. It was said that the main use of the sexual energy was to repair and rejuvenate the organs of the body. If the body is well cared for and nutrition is well-balanced, the yogi maintains potency and sexual interest throughout one's lifespan.

It is common to see potency waning as early as in the 40s. This kriya will generate sexual energy and transmute it into *ojas* for healing and continued sexual vitality. The first three exercises activate the Second Chakra; then the Navel Point and lower spine. Exercise 3 is especially effective for relieving tension and problems of the ovaries. Exercises 4 and 5 move the energy out of the digestive system. Exercise 7 distributes the energy from the Navel Point above the solar plexus to the Heart Center. Exercise 9 uses *pranayam* to completely open your psychic channels and move the kundalini energy all the way to the highest chakras. Exercise 10 uses the kundalini energy in the mantra to project the mind into the infinity of the Cosmos and beyond our normal earthly consciousness.