

PINEAL GLAND KRIYA

1. In Shakti Pose, clasp hands in Venus Lock about 4 inches above top of head, and holding the lock tightly, try to pull the hands apart with long, deep breathing for 2½ minutes. **1'30 / 2' / 2'30**

Then meditate with hands on knees in Gyan Mudra for 5 minutes. **3' / 4' / 5'**

2. In the same mudra, unclasp thumbs and press them straight back and hold with long, deep breathing for 2½ minutes. **1'30 / 2' / 2'30**

Then meditate with hands in Gyan Mudra on knees for 5 minutes. **3' / 4' / 5'**

3. In the same position, thumbs clasped again, raise index fingers and point them straight up, pulling on the Venus Lock, resist and hold with long, deep breathing for 2½ minutes. **1'30 / 2' / 2'30**

4. Still sitting, raise arms up to 60°, spread fingers wide apart and hold with Breath of Fire, creating a funnel leading to the 10th gate (Crown Chakra), for 3-5 minutes. **3' / 4' / 5'**

5. Relax arms down in Gyan Mudra on the knees and meditate, going out of the top of the head. Time open. **4' / 5' / 6'**

