



Nao Niddh Kriya

1 exercise 16 min - 16 min *Lecture*

"This is Nao Niddh. Nine occult powers shall come to you when you block the Mercury of the right hand and rest of the fingers you open. It is painful. It hurts." Don't cheat, don't let the fingers curl or losing their spread. Hold the posture and mudras perfectly. "Do not let the lips meet. Keep the form of the "O" correct because this is the Vagus Nerve which is involved, not you. I want you to do it like a science so that you can understand the results and then you go home and you can do it right. Keep spine straight, chin in, chest out. First few minutes you have to get rid of all the fatigue. Fingers separate, steady, hard. Breathe through the center of God that is O, and breathe out the same way, now it's going to become troublesome, that's okay. Breathe it like a flying kiss, bring the lips to together in O and breathe in and breathe out, that's all I am asking! One who knows the medical science knows wrong injection does a bad thing. Try to qualify yourself, not to lose. You guys are going to feel very fatigued and fatigue will leave you. There is going to be a gap, don't worry. You have come here to earn the science of Shakti, not to lose. Do it right and get the result."

1. Nao Niddh Kriya

O Breath (9 minutes 30 seconds)

1. Sit in Easy Pose with the spine straight.
2. Palms of the hands face forward, level with the head, elbows bent at the sides.
3. Right Hand: Place the thumb over the nail of the pinky finger. The Mercury mound (base of the palm under little finger) and the Venus mound (base of the palm under the thumb) are covered in this mudra.
4. Left Hand: Fingers and thumb are spread wide.
5. Close your eyes.
6. Make an "O" of your mouth.
7. Breath long, deep, and powerful, in and out through the mouth. Keep the O shape perfect.
8. Listen to the current of the music "I am Thine, in Mine, Myself, Wahe Guru" by Livtar Singh. Concentrate this current at the spinal column.

Chanting (5 minutes 30 seconds)

1. Continue by singing along with the Music, I am Thine, in Mine, Myself, Wahe Guru.
2. Repeat the words with the tip of the tongue.
3. Working the central nervous system, use the tip of the tongue.
4. Open up your heart. Say it with power to gain an experience. Use your pranic force.
5. Let the fingers be antennas, make them tight.
6. Sing from the heart.

To End

1. Inhale and hold. Tighten the body and pump the navel point to the fullest. Exhale.
2. Inhale deep, hold the breath, tighten the body and pump the navel. Move the energy to all facets of the body. Cannon fire the breath out.
3. Inhale and repeat, best effort! Cannon fire out.
4. Inhale deep again, hold tight, pump the navel. Cannon fire out.
5. Inhale deep last time, hold tight, pump the navel continuously for 20 seconds.
6. Relax.

Right Hand Twirling (20 seconds)

1. One more thing, you have to neutralize yourself before the kriya is over.
2. Place your left hand over the heart and hold your right hand up at head level.
3. Bend the elbow, make a fist with the index finger up. Begin rotating the finger in a circle around the vertical axis.
4. Move fast, like you are throwing a discus out. Your spine, your butt, your everything will move.

Left Hand Twirling (10 seconds)

1. Without pause switch hands and continue. Move fast.

Both Hands Twirling (10 seconds)

1. Now twirl both hands, index fingers straight and pointing up. Move heavily so everything vibrates.
2. Relax.

Eye Focus Closed

Breath O Breath

Mantra

I Am Thine, In Mine, Myself, Wahe Guru

