



# EnKriya For Kundalini Awakening and Health

## 7 Step Kriya

The SPH Nithyānanda Paramashivam



Invoke the presence of our Guru the SPH Nithyānanda Paramashivam nityānandaṁ paramasukhadaṁ kevalaṁ jñānamūrṭiṁ dvandvātītaṁ gaganasadr̥ṣaṁ tattvamasyādi-lakṣyaṁ | ekaṁ nityaṁ vimalaṁ acalaṁ sarvadhī-  
sākṣi-bhūtaṁ bhāvātītaṁ triguṇa-rahitaṁ sadguruṁ tam namāmi || I surrender to that Sadguru who is the eternal bliss, the bestower of supreme happiness, the One, who is the embodiment of wisdom, who is beyond  
duality, who is omnipresent, to whom the Supreme goal is giving the Enlightenment experience, who is eternal, pure and unshakable, who is the silent spectator of all thought processes, who is beyond emotions, who is  
without the three qualities called Sattva, Rajas and Tamas.

- 1 Sit straight. Inhaling through one nostril – left and exhaling through the right, then inhaling through the right and exhaling through the left. 11 times
- 2 Bhastrika – means pull your lower abdomen in and up. You will automatically exhale. Do this 21 times
- 3 Inhale as slowly as possible. Hold the lungs full as long as possible. Exhale as slowly as possible. Hold the lungs empty as long as possible. This is called one cycle. Do this for 21 times
- 4 You need to lock your hands and the senses. Thumbs on the ears, index and middle finger on the eyes, ring fingers on the nostrils and little fingers on the lips. Suddenly block all the 5 senses including breathing. After some time you will feel the suffocation, you cannot hold breath anymore, you will feel as if you are going to faint. Then relax the nostrils and allow body to balance. 21 times
- 5 Intense humming
- 6 Connect with Guru's energy, receive it fully and then empty it down to the earth. Means you become a channel for energy to flow through you. this is called shakti dharana. Do this 7 times.
- 7 Create a strong pressure on the nostrils, on the ears and as much as you can on the eyes. Hold as long as you can

Close with chanting the Poorna Mantra and thanking Paramaśiva, the great Hindu lineage of Guru Sishya Parampara, our Guru The SPH Nithyānanda Paramashivam Poornamadhaḥ Poornamidham Poornaath Poornam Udhachyathey |

Poornasya Poornamaadhaaya  
Poornamevaavasishyathey ||

“From the space of Completion only Completion comes out. Even when Completion comes out, Completion remains as Completion. When the Completion goes back, Completion remains as Completion”.

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DISCLAIMER: This technique is not intended to be a substitute for professional medical diagnosis or treatment. Individuals with any type of medical condition, the elderly, children below 14, women who are pregnant or suspect they may be pregnant are advised to seek professional medical advice before practicing this technique. Viewers who are not on two-way video conferencing are cautioned that they are practicing these techniques at their own risk.

Individual Results Not Guaranteed.

