



Wealth Management through eN-Kriya

7 Step Kriya

The SPH Nithyānanda Paramashivam



Invoke the presence of our Guru the SPH Nithyānanda Paramashivam nityānandaṁ paramasukhadaṁ kevalaṁ jñānamūrṭiṁ dvandvātītaṁ gaganasadr̥ṣaṁ tattvamasyādi-lakṣyam | 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.

First step is cleaning the nostrils:

Sit in padmasana (sit and place the left foot on the inner right thigh, place the right foot on the left thigh, spine straight) OR Vajrasana (kneel down and sit with the feet on either side of the anus, engage the thigh, keep hands on the knee, spine straight)

Nadi Shodhana: inhaling deeply, exhaling deeply 11 times. That's all. If you inhale and exhale it is once, it's called one circle, one cycle.

Do this for 11 times

Second step: **Bhastrika.**

Bhastrika: lower abdomen pull in and up. Don't move shoulders. 21 times do Bhastrika, pull your lower abdomen in and up.

Third step: **Samana Kriya:**

inhale as slowly as possible, fill your lungs, hold as long as possible, exhale as slowly as possible, hold your lungs empty as long as possible. Inhale as slowly as possible, hold your lungs full as long as possible, exhale as slowly as possible, hold your lungs empty as long as possible.

Do this 21 times.

Fourth step: **The Sambhavi**

Mudra: the thumbs on the ears, index finger and middle finger on the eyes, ring finger on the nostrils, little finger on the lips. Lock all the senses including your nostrils. Stop the breath.

Lock all the senses, turn the energy inside, you will see this is the moment that kundalini awakens suddenly, this is the moment for sudden enlightenment.

Do this 21 times.





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Fifth step: **intense humming** for 7 minutes.

Preparing the body for kundalini awakening, levitation or balancing the energy, settling the energy

Sixth step: **Shakti Dharana:** raise your hand, receive Darshan of the Kalpavriksha Banyan Tree, feel connected to Guru's energy. When you are filled, pour yourself on the ground. Again fill yourself, pour yourself to the ground. Do this 7 times. Be a open channel between the sky and the earth.

Seventh step: just sit and feel connected to the Guru intensely and send a deep, loving, compassionate, blissful vibrations to whole world. That's a moment you will experience the levitation and kundalini awakening.

Close with chanting the Poorna Mantra and thanking Paramaśiva, the great Hindu lineage of Guru Sishya Parampara, our Guru The SPH Nithyānanda Paramashivam
Poornamadhah 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”.

