

Transforming the Lower Triangle to the Higher Triangle 1 of 2

1) **Camel Pose.** Come into Camel Pose—sit on the heels, grab the ankles, and arch up, lifting the Heart Center upward. Letting the hips follow, lifting them as high as you can. Head is relaxed back. Begin Breath of Fire powerfully. Mentally inhale **Sat**, and exhale **Naam**. Continue for **3 minutes**. Then inhale and hold the breath for **10 seconds**. In the same pose, begin **Sat Kriya**: apply *mulbandh* while exhaling with a vocal **Sat**, inhaling and relaxing with a vocal **Naam**. Continue for **3 minutes**.

2) **Knee and Forehead Balance.** Immediately bring the head forward to the ground. Lock hands in Venus Lock on the back. Raise the feet and shins off the ground near the buttocks. Balance on the knees and forehead and meditate at the brow point for **3 minutes**.

3) **Knee and Forehead Balance with Buttock Kick.** Sit as in #2 above and extend the left leg straight back and up to 60 degrees, then bend it towards the buttocks and start kicking the buttocks coordinated with Breath of Fire. Continue for **2 minutes**. Switch legs and repeat **2 minutes**.

4) **Celibate Pose.** Immediately come back into Celibate Pose with buttocks on the ground between the heels. Begin long, deep, and slow breathing for **2 minutes**.

5) **Fish Pose in Celibate Pose.** Sit as above and lie back on the ground. Extend the hands straight up over the head perpendicular to the ground. The palms are flat together. Begin **Sat Kriya** in this position for **3 to 5 minutes**.

6) **Camel Pose.** Come up into Camel Pose. Begin long, deep, and slow breathing for **2 minutes** and then begin Breath of Fire for **2 minutes**. Inhale, hold briefly, and with the exhale, come forward with the head on the ground.

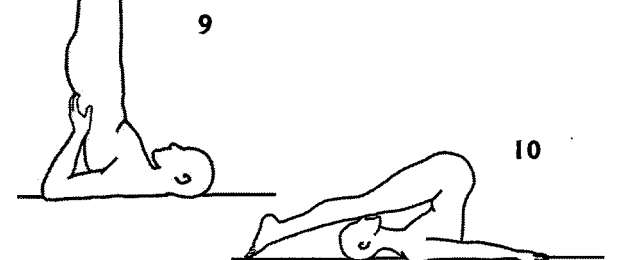
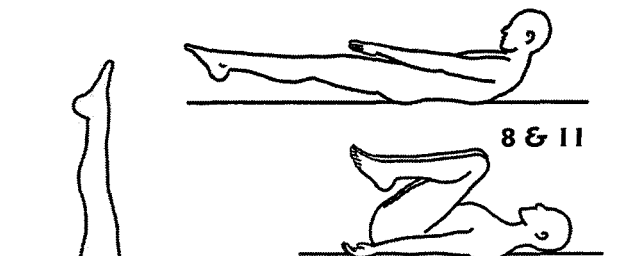
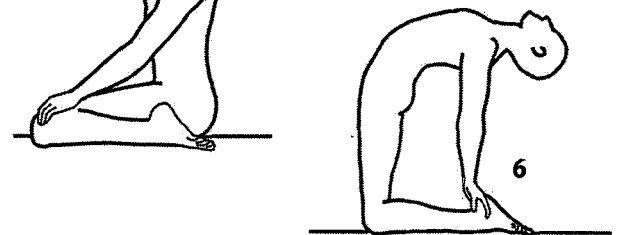
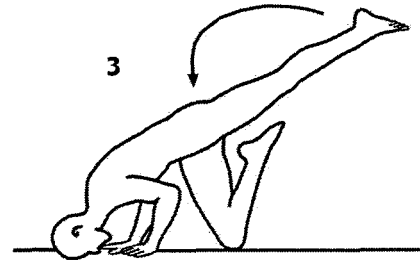
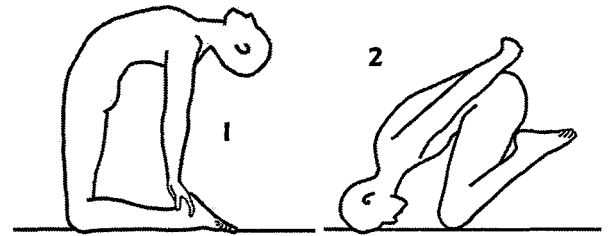
7) **Guru Pranam.** With the head on the ground, extend the arms straight with the palms together. The elbows will hug the ears. Continue for **3 minutes**.

8) **Stretch Pose Sequence.** Lie on the back and come into Stretch Pose. (Head up, and feet 6 inches off the ground, toes pointed, fingers pointing towards the toes. Begin Breath of Fire for **3 minutes**. Then immediately begin to inhale deeply and lift the knees to the heart. Exhale and put the legs straight on the ground. Continue with long, deep, and slow breathing for **2 minutes**.

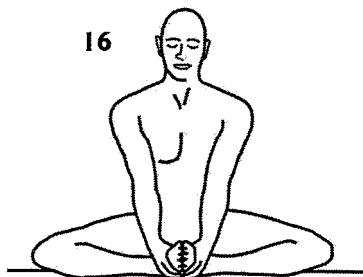
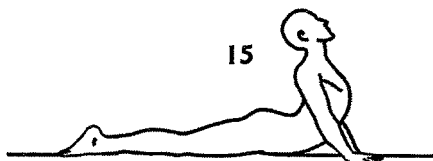
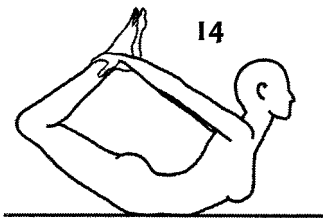
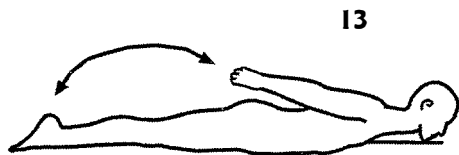
9) **Shoulder Stand.** Raise up into Shoulder Stand. Support the spine with the hands with the weight on the elbows. Begin Breath of Fire for **3 minutes**.

10) **Plow Pose.** From Shoulder Stand, lower the legs over the head to the ground in Plow Pose with the arms straight back. Begin Breath of Fire for **3 minutes**. Then raise up to shoulder stand and do Breath of Fire for **3 minutes** again. *Relax on the back afterwards.*

11) **Stretch Pose sequence.** Repeat exercise 8.



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12) Roll immediately onto the stomach. Interlace the hands together (palms face the head) behind the back and lift the head and shoulders off the ground. Begin Breath of Fire for **3 minutes** and then relax.

13) **Buttock Kicks.** In the same position as Exercise 12, but with the chest relaxed on the ground, begin to kick the buttocks with alternate legs. Continue for **3 minutes**.

14) **Bow Pose.** Reach back, grab the ankles, and arch up into Bow Pose. Rock gently back and forth. Continue for **2 to 3 minutes**.

15) **Cobra Pose.** Come up into Cobra Pose. Begin Breath of Fire for **3 minutes**. Relax.

16) **Butterfly Pose.** Sit up and bring the soles of the feet together. Hold the toes with both hands. Rock back and forth in rhythm with the chant:

**Gobinday Mukanday Udharay Aparay
Hareung Kareung Nirnamay Akamay**

Continue for **5 to 31 minutes**. This is a chant of bliss and joy. Put the heart and lungs into it.

COMMENTS:

If the energy in the lower triangle of chakras is not balanced and allowed to transform to higher energy frequencies, one is totally a slave to hunger, thirst and sexuality, following the whim of the body. This creates great difficulty with any form of discipline. The sexual potency of that person will be sporadic. This set stimulates the energy of the lower triangle: rectum, sex organs, Navel Point, and transforms their energy into the higher brain structures: Pituitary, Pineal, and Memory glands. The relaxation between exercises is short and all breathing should be done with enthusiasm.

Exercises 1 & 6 conquer the rule of hunger, thirst, and poor digestion. Exercises 2 & 3 release energy to the brain and are known as *Adha Shakti Chalnee Kriya*. It gives clarity of thought and clear sparkling eyes. Sciatica can never be a problem. Exercise 4 is for potency and exercise 5 eliminates wet dreams, enabling you to gain sensitivity to the truth in any situation. It creates alliance between your mind and soul so that your mind will never bow before the ego of man. It gives you radiant power. In exercise 6 you will sweat. Any pain that occurs is a result of too much sexual activity or activity with the wrong frame of mind and tension. Exercise 7 is for the upper centers of the head. Exercise 8 is for the Navel Point energy release. Exercise 9 opens the digestion and elimination of the intestines. Exercises 10 through 15 adjust the Navel Point and balance the aura, distributing the sexual energy smoothly. After this *kriya*, meditation becomes automatic.

This set was originally taught by Yogi Bhajan June 11, 1971.