

# To Experience Infinity

Yoni Kriya

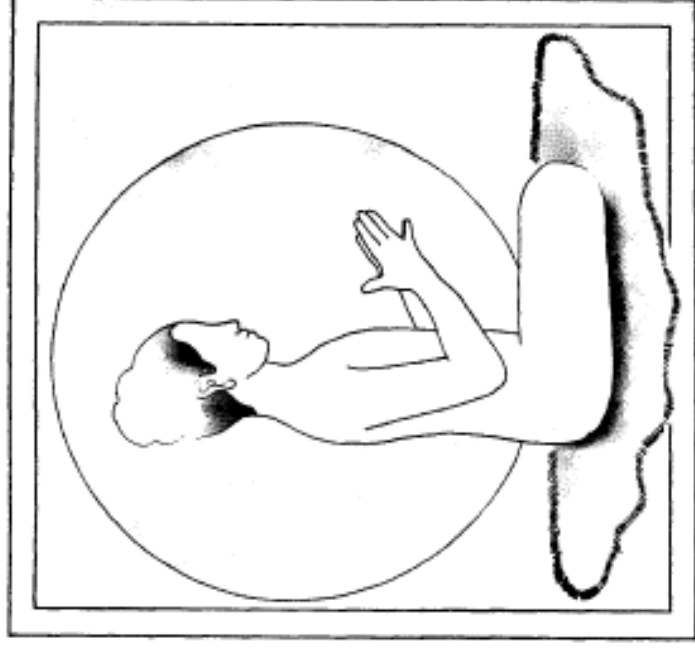
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Sit in Easy Pose with a straight spine. Bring your hands together in front of your chest but not touching it. Hold the hands so that the tips of the thumbs are touching each other and the tips of the Mercury fingers (pinkies) are touching each other. The other three fingers are straight and point away from the chest at a relaxed angle. There is an opening between the hands.

Your eyes look at the tip of the nose.



Pucker your lips and inhale through the *mouth*. Powerfully exhale through the *nose* using the navel point to push all the air out. 11 Minutes. To Finish: Inhale, hold briefly, and relax.



Practice this meditation when there is sufficient time afterward to completely relax. It is a good meditation to practice before going to bed, because it will really relax you and make you feel great.

"The three fingers represent past, present, and future. The space between the hands bounded by the thumbs and the Mercury fingers represents the *yoni*, the female sex organ. The Mercury fingers represent communication. The thumbs represent the male sex organ. It is a whole science, which I don't have time to explain to you. It would take about an hour. Just realize that this mudra is the creative cave of the organic and inorganic growth. This kriya is *Yoni Kriya*. It is a very typical sacred kriya done by very remotely, exclusively known yogis.

"This kriya can space you out and give you lots of experiences. Don't overpressure yourself. Do it normally and within ten to eleven minutes, it can change the total glandular system. It is an unbelievably effective meditation and exercise. Eleven minutes and it can change you topsy-turvy. You can be angered, with fire in your eyes, speaking a language even demons don't speak, and all that, but you just do it for five minutes and then try to speak in anger. You can't. It is that effective."