

LA820 950118 Stimulate the Kundalini point



Kriya 11 minutes: Sit in Buddha posture, go then degree little back, Chin in and chest out and kindly close your eyes, Put Tantric Har, and with the navel chant HAR, use the tip of the tongue and pull the navel. And starts Navel and the tip of the tongue work together

12:47 Stand by Inhale deep, deep keep pumping harder ... harder and hold the breath tight, tight, breath out. Inhale deep again pumping hard hard tight, breath out Breath again keep up, pumping up old the breath tight Breathing out Breathing in pumping hard hardrelax

Eleven minutes the second kriya the join the Saturn and Jupiter energies Try your self If 10 degree back you pull, increase 80% more pressure in the kundalini point