

## Venus Kriyas

Venus Kriyas are Kundalini Yoga exercises done with a partner, usually a partner of the opposite sex. Although Venus Kriyas are less intense than Tantric Yoga, they fall into the category of a more advanced Kundalini Yoga practice, because they intensify the experience of the exercise through the polarities of the male-female interaction. Therefore, it is important to adhere closely to the following guidelines when teaching Venus Kriyas:

- ▶ Always tune in with *Ong Namō Guru Dev Namō* before practicing Venus Kriyas.
- ▶ Do not line the students up in lines as in Tantric Yoga. Two people can sit together anywhere. If you line up, then the energy is shared diagonally. That is not the intention of Venus Kriyas. The energy is only intended to be shared between partners.
- ▶ Venus Kriyas should never be done to sensually or sexually seduce one's partner. Explain the importance of approaching these exercises with neutrality and purity. If done with the wrong intention, they lose their effectiveness and in fact, it can be more damaging than helpful.
- ▶ Limit the exercise to 3 minutes (unless specifically taught otherwise by Yogi Bhajan.) Yogi Bhajan has said that doing these *kriyas* correctly for 3 minutes, and no more than 3 minutes, is very lucky.
- ▶ Do not teach Venus Kriyas in Beginners classes, or a class with even one or two beginner students. Reserve Venus Kriyas for those with Kundalini Yoga experience. Use your judgement to assess when students have the discipline to practice Venus Kriyas without sexual connotation.
- ▶ Do not create an entire class using Venus Kriyas. Just use one or two along with a Kundalini Yoga *kriya*.
- ▶ Venus Kriyas are NOT to be done by pregnant women.

Here are two separate Venus Kriyas.

### Heart Lotus

Sit in Easy Pose or Lotus Pose across from your partner. Look into his or her eyes.

#### Part 1

Form your hands into a lotus: all your fingers are spread with the hands cupped, and only your little fingers will touch. The man suspends his little fingers under the woman's little fingers, but the fingers of the partners DO NOT touch. This makes a heart lotus. Look into the soul, the heart of your partner, through the eyes. Continue for **1-1/2 to 3 minutes**.

#### Part 2

Now place one hand over the other at the Heart Center. Close your eyes and meditate on the Heart Center. Go deep within, to the center of your being. Continue for **1-1/2 to 3 minutes**.

**TO END:** Inhale deeply and exhale deeply **3 times**, then relax.



### Pushing Palms (Mitna Kriya)

Sit in Easy Pose facing your partner, knees touching. Look into your partner's eyes. Place your palms on your partner's. Begin pushing the palms alternately while rhythmically chanting the Guru Gaitri Mantra:

**GOBINDAY, MUKANDAY, UDAARAY, APAARAY,  
HAREEUNG, KAREEUNG, NIRNAAMAY, AKAAMAY**

The woman chants the entire mantra first, then the man.