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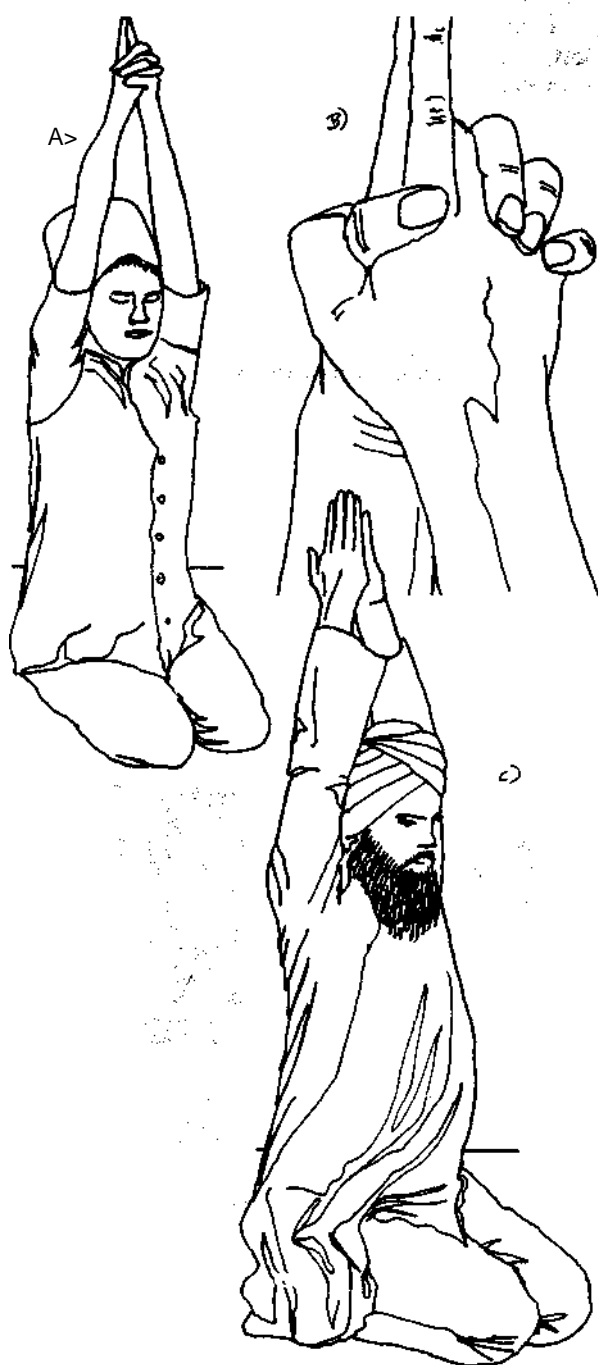
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SAT KRIYA

Sit on the heels and stretch the arms over the head so that the elbows hug the ears (A). Interlock the fingers except the first ones (index) which are straight up (B). Begin to chant "*Sat Nam*" rhythmically in a constant rhythm about eight times

10 seconds. Chant the sound "*Sat*" from the navel point and solar plexus, and pull the umbilicus the way in toward the spine. On "*Nam*" relax the belly. Continue at least 3 minutes, then inhale and squeeze the muscles tightly from the buttocks all the way up the back, past the shoulders. Mentally allow energy to flow through the top of the skull. Ideally, you should relax for twice the length of time the kriya was practiced.



COMMENTS:

Sat Kriya is fundamental to Kundalini yoga and should be practiced every day for at least 3 minutes. Its effects are numerous. Sat Kriya strengthens the entire sexual system and stimulates its natural flow of energy. This relaxes phobias about sexuality. It allows you to control the insistent sexual impulse by rechannelizing sexual energy to creative and healing activities in the body. People who are severely maladjusted or who have mental problems benefit from this kriya since these disturbances are always connected with an imbalance in the energies of the lower three chakras. General physical health is improved since all the internal organs receive a gentle rhythmic massage from this exercise. The heart gets stronger from the rhythmic up-and-down of blood pressure you generate from the pumping motion of the navel point. This exercise works directly on stimulating and channelizing the kundalini energy, so it must always be practiced with the mantra "*Sat Nam*."

You may build the time of the kriya to 31 minutes, but remember to have a long, deep relaxation immediately afterwards. A good way to build the time up is to do the kriya for 3 minutes, then rest 2 minutes. Repeat this cycle until you have completed 15 minutes of Sat Kriya and 10 minutes of rest. Finish the required relaxation by resting an additional 15-20 minutes. Do not try to jump to 31 minutes because you feel you are strong, virile or happen to be a yoga teacher. Respect the inherent power of the technique. Let the kriya prepare the ground of your body properly to plant the seed of higher experience. It is not just an exercise, it is a kriya that works on all levels of your being—known and unknown. You might block the more subtle experiences of higher energies by pushing the physical body too much. You could have a huge rush of energy. You may have an experience of higher consciousness, but not be able to integrate the experience into your psyche. So prepare yourself with constancy, patience and moderation. The end result is assured.

If you have not taken drugs or have cleared your system of all their effects, you may choose to practice this kriya with the palms open, pressing flat against each other (C). This releases more energy than the other method. It is generally not taught this way in a public class because someone in the class may have totally weakened his nerves through drug abuse.

Notice that you emphasize pulling the navel point in. Don't try to apply mul bhand. Mul bhand happens automatically if the navel is pulled. Consequently, the hips and lumbar spine do not rotate or flex. Your spine stays straight and the only motion your arms make is a slight up-and-down stretch with each "*Sat Nam*" as your chest lifts.

If you have time for nothing else, make this kriya part of your every day promise to yourself to keep the body a clean and vital temple of God.

BASIC SPINAL ENERGY SERIES

2) Sit on heels. Place the hands flat on the thighs.

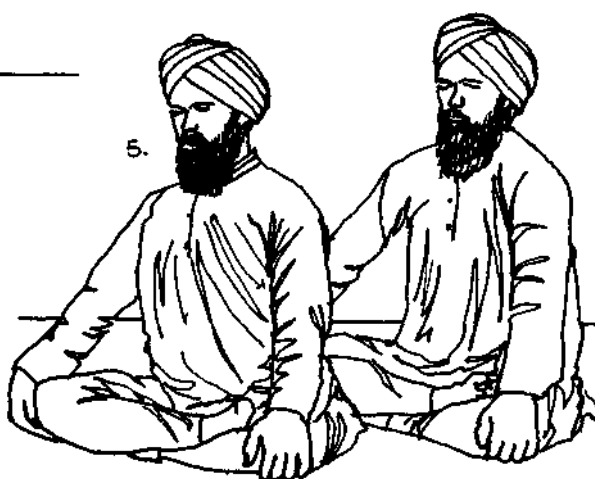
1) Sit in easy pose. Grab the ankles with both hands and deeply inhale. Flex the spine forward and lift the chest up (1A). On the exhale, flex the spine backwards (1B). Keep the head level so it does not "flip-flop." Repeat 108 times, then inhale. Rest 1 minute.

Flex spine forward with the inhale (2A), backward with the exhale (2B). Think "Sat" on the inhale, "Nam" on the exhale. Repeat 108 times. Rest 2 minutes.

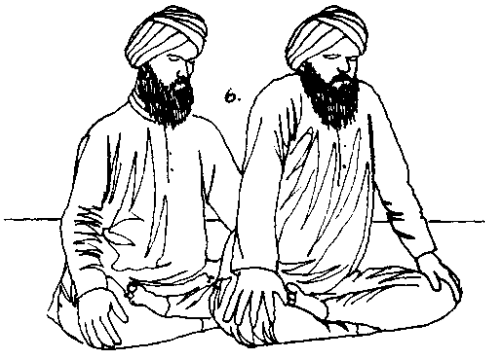
2) In easy pose, grasp the shoulders with fingers in front, thumbs in back. Inhale and twist to the left, exhale and twist to the right. Breathing is long and deep. Continue 26 times and inhale facing forward. Rest 1 minute.

2) Lock the fingers in bear grip at the heart center (4A). Move the elbows in a see-saw motion, breathing long and deep with the motion (4B). Continue 26 times and inhale, exhale, pull on the lock. Relax 30 seconds.

5) In easy pose, grasp the knees firmly and, keeping the elbows straight, begin to flex the upper spine. Inhale forward, exhale back. Repeat 108 times, rest 1 minute.



6) Shrug both shoulders up with the inhale, down with the exhale. Do this for less than 2 minutes. Inhale and hold 15 seconds with shoulders pressed up. Relax the shoulders.



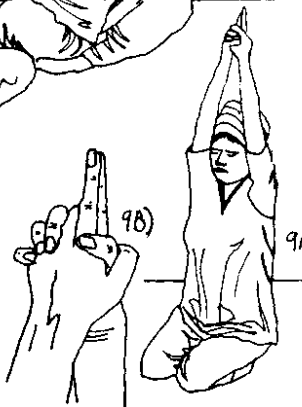
7) Roll the neck slowly to the right 5 times, then to the left 5 times. Inhale, pull the neck straight.



8) Lock the fingers in bear grip at the throat level (8A). Inhale — apply mul bhand. Exhale — apply mul bhand. Then raise the hands above the top of the head (8B). Inhale — apply mul bhand. Exhale — apply mul bhand. Repeat the cycle two more times.



9) Sat Kriya: Sit on heels with arms stretched over the head (9A). Interlock the fingers except for the two index fingers which point straight up (9B). Say "Sat" and pull the navel point in; say "Nam" and relax it. Continue at least 3 minutes. Then inhale—squeeze the energy from the base of the spine to the top of the skull.



10) Relax completely on your back for 15 minutes.

COMMENTS:

Age is measured by the flexibility of the spine; to stay young, stay flexible. This series works systematically from the base of the spine to the top. All 26 vertebrae receive stimulation and all the chakras receive a burst of energy. This makes it a good series to do before meditation.

In a beginner's class, each exercise that lists 108 repetitions can be done 26 times. The rest peri-

Many people report greater mental clarity and alacrity after regular practice of this kriya. A contributing factor is the increased circulation of the spinal fluid, which is crucially linked to having a good memory.

A study done by Neil Goodman, Ph.D., December, 1973, at University of California at Davis, showed that the spinal flex exercise created large changes in EEG activity during and after the exercise. The exercise has a "multi-stage reaction pattern" that greatly alters the proportions and strengths of alpha, theta and delta waves. More research is being conducted.

AND THE SPINE



1) Archer Pose: Stand with the right leg bent forward so the knee is over the toes. The left leg is straight back with the foot flat on the ground, at a 45° angle to the front foot. Raise the right arm straight in front, parallel to the ground and make a fist as if grasping a bow. Pull the left arm back as if pulling the bowstring back to the shoulder. Feel a tension across the chest. Face forward and fix the eyes above the fist to the horizon. Hold the position 3 to 5 minutes, then switch legs and arms and repeat

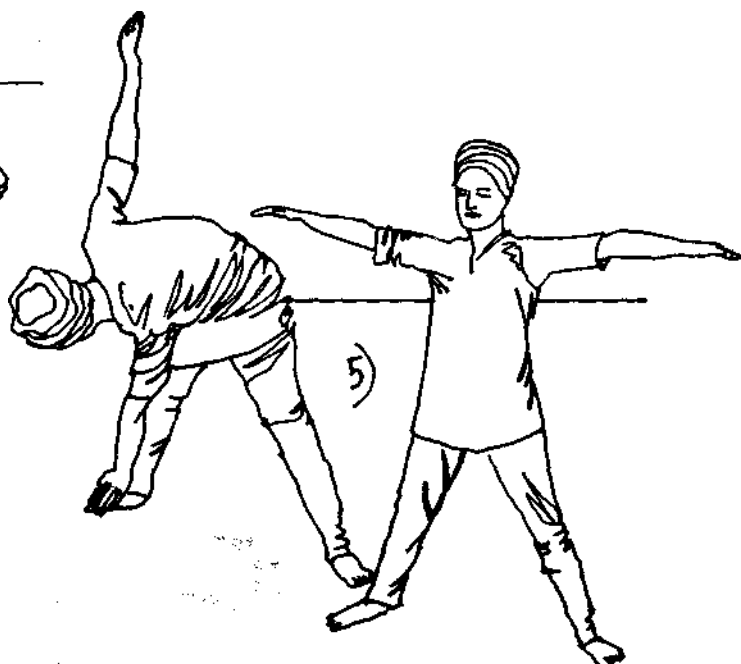


2) Immediately lie on the back. Put the heels together and lift both legs two feet from the ground. Hold the position 1 to 3 minutes with long deep breathing.

3) Locust pose: Lie down on the stomach. Make fists with the hands and put them on the lower abdomen inside the front hip bones near the groin. Keeping the heels together and the legs straight, lift them up as high as possible and hold this position for 3 minutes.

4) Bow pose: Still on the stomach, reach back and firmly grasp the ankles. Arch the back up from the ground and balance by pulling the ankles. Hold the position for 2 to 3 minutes.

5) Stand up straight and spread the legs two feet apart. Touch the right hand to the floor in front of the left foot. The left arm is pointing back. Switch sides and continue this alternate motion with long breaths. On the inhale, rise up completely; on the exhale touch the toe. Repeat 25 times on each side.



6) Stand up with the legs 6 inches apart. Bend forward and place the palms flat on the ground and exhale (6A). Inhale and rise up stretching back wards with the arms over the head (6B). Continue 25 times.

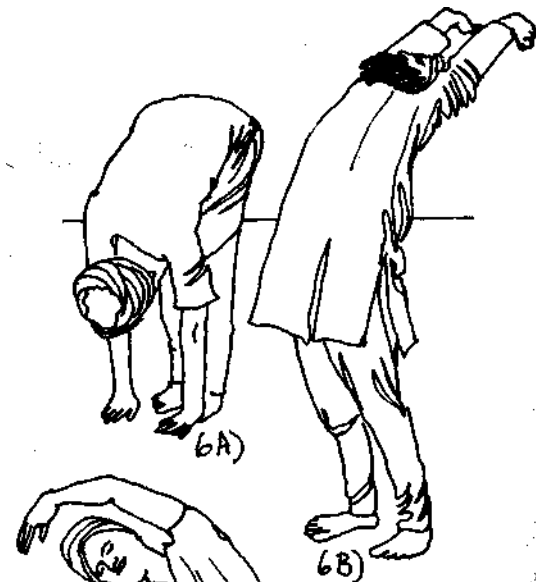
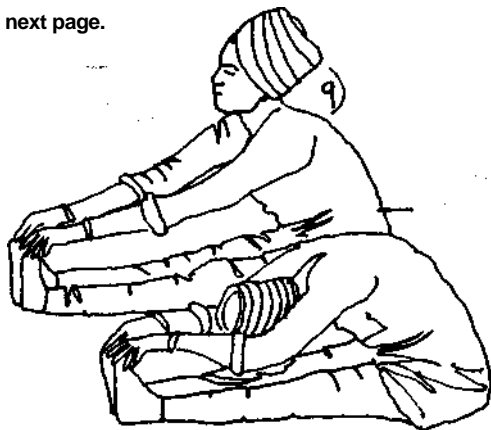
7) Stand with the legs 6 inches apart. Bend side ways stretching the arm over the head. Alternate smoothly from side to side, inhaling down and exhaling up. Do not let the body bend forward or backward. Continue 25 times on each side.

8) Sit down and extend the legs out in front, spread ing them wide. Grab the big toe of each foot by locking the forefingers around the toe and the thumb pressing the toenail. Keeping a firm grip on both toes, inhale and arch the spine up straight. Exhale and touch the head to the right knee. Inhale to the original position, and exhale down to the left knee. Continue to alternate toe touches 25 times on each side. Inhale, hold the breath and exhale.

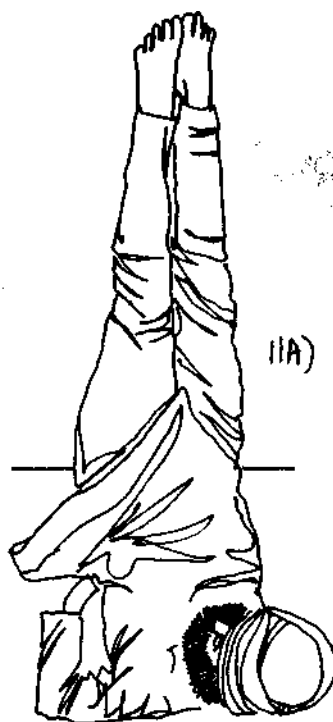
9) In this same sitting position, bring the legs together while still holding onto the toes. Inhale and arch up, exhale and pull the head down to the knees. Continue this pumping motion 25 times.

10) Plow pose: Lie flat on the back. Slowly raise the legs over the head until they touch the floor. The arms should be over the head pointing towards the toes. Keep the knees straight and point the toes towards the head, stretching the heels back. Relax in this position for 5 minutes. Slowly lower the legs back down to the ground.

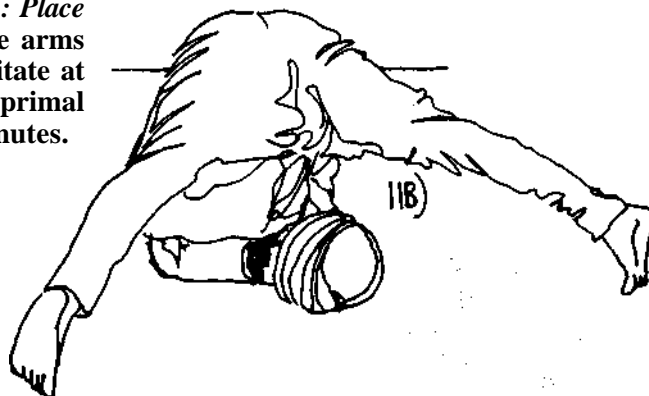
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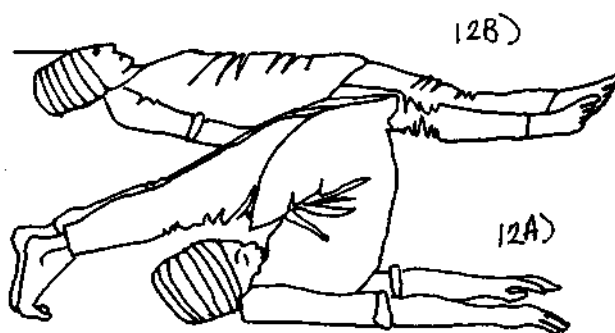
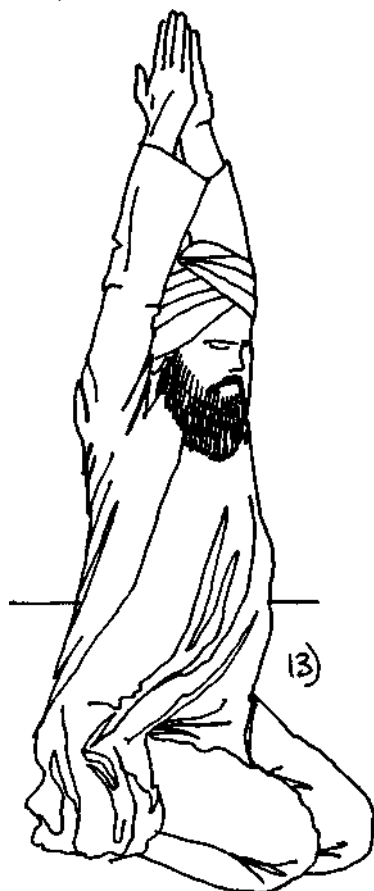
11) **Shoulder stand:** Come into this position by raising the legs straight up towards the ceiling (11 A). Support the spine perpendicular to the ground with the hands. Let most of the weight be on the elbows. Hold this position for 3 to 5 minutes. Then bring the legs down in back of the head as in plow pose, but spread the legs wide apart (11B). Slowly go from this position to shoulder stand 4 times. Lower the legs and spine and rest on the back.



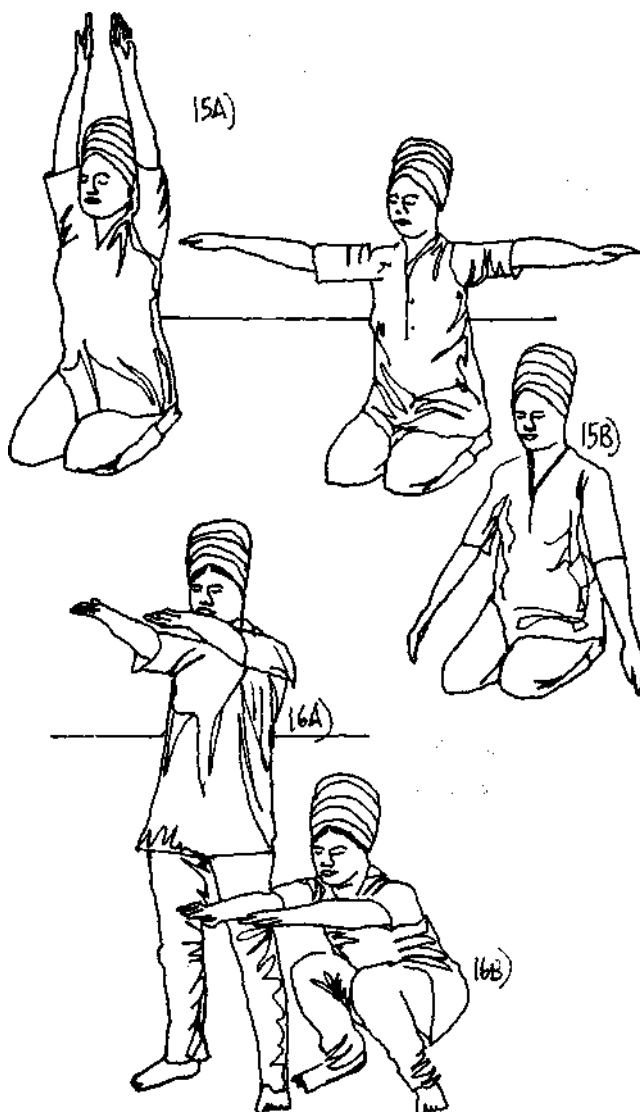
12) Come into plow pose with the arms along the ground in back of the spine (12A). Alternate from plow pose to lying flat on the back (12B). Continue 50 complete times. The hands may be used to lift the legs up and back. Relax for 3 minutes.



13) **Sat Kriya:** Sit on the heels with the arms over head and the palms together. Chant "Sat" and pull the navel point in; chant "Nam" and release it. Continue powerfully with a steady rhythm for 5 minutes. Inhale and draw the energy up the spine to the brow point.



14) Immediately bend forward in *gurpranam*: Place the forehead on the ground and stretch the arms overhead, keeping the palms together. Meditate at the brow point by silently projecting the primal sounds, "So To No Mo." Continue for 31 minutes.



15) Sit in easy pose. Inhale and raise both arms over the head bringing the backs of the hands together (15A). Exhale and lower the arms letting just the fingertips touch the floor (15B). Continue this motion for 5 minutes.

16) Stand up and extend the arms straight forward parallel to the ground (16A). Begin 25 deep knee-bends into crow pose, keeping the spine straight and the feet flat (16B).

17) Cat-Cow: Rest on the hands and knees. Arch the spine down and raise the head with the inhale (17A). With the exhale arch up the spine and lower the head (17B). Continue for 5 minutes.

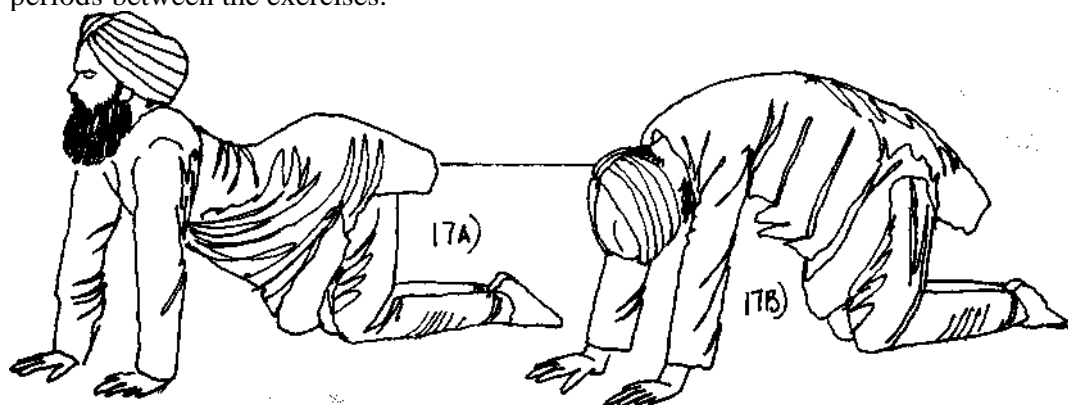
18) Deeply relax for 15 to 30 minutes on the back. Cover the body with a blanket to keep from getting cold.

COMMENTS:

This set is an example of a series which would not be given in a normal Kundalini yoga class. It is for students who have attained a moderate degree of flexibility and coordination in regular classes and Sadhana and who want to eject residual poisons and drugs from the muscle tissue. If the set is done every morning for six months, it adjusts the spine so well that many future chiropractic bills will be unnecessary. Before attempting this set under guidance, be sure you have no major physical problem that will prevent you from doing any of the exercises.

Unlike most Kundalini yoga kriyas, you do not take a 2-3 minute rest between each exercise unless it is explicitly stated. The set can be adapted

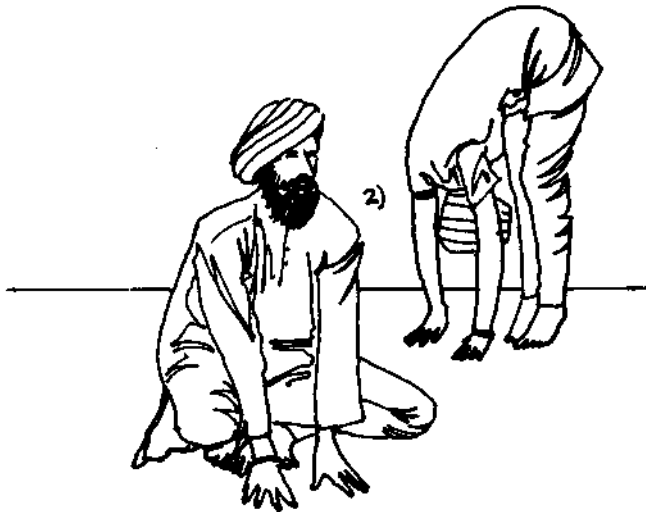
to a regular class by keeping the time of the exercises to 1-2 minutes and by adding rest periods between the exercises.



LIFE NERVE STIMULATION



1) Sit in a comfortable pose. Massage the Achilles tendon with the thumbs of both hands. The area to rub is from the heel up the tendon about 4 inches. If you press correctly, the toes will flex slightly. Rub firmly and rhythmically. After rubbing one foot for 2 minutes, rub the other foot for 2 more minutes.



2) Come into frog pose: Squat down so the buttocks are on your heels. The heels are off the ground and touching each other. Put the fingertips on the ground between the knees. Keep the head up. In hale, raise the buttocks high, keeping the fingers on the ground. Exhale, come down and let the buttocks strike the heels. The exhale should be strong. Continue this cycle for 3 to 5 minutes.



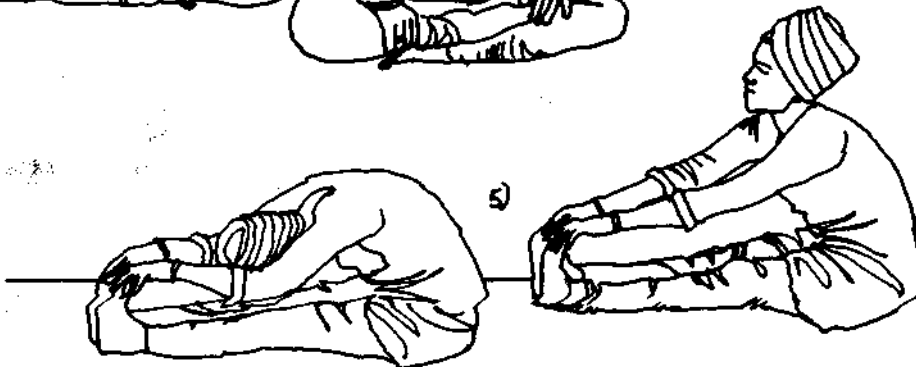
3) Sit in an easy cross-legged pose. Grasp the big toe of each foot with your hands. Press the fleshy part of the big toe with 10-15 lbs. pressure. Use the thumb tip or knuckle of the thumb to apply the pressure. Keep the pressure strong and constant. Begin to flex the spine. Inhale — press the spine forward. Exhale and let the spine flex backwards. Continue rhythmically with deep breaths for 3 minutes. Then inhale, hold briefly, and relax the breath.

4) Repeat Exercise 2 for 3 to 5 minutes.

5) Stretch both legs out straight in front on the ground. Bend forward and grasp the toes with both hands. Pull back on the toes for 30 seconds. Then hold onto the toes as you inhale — arch up, then exhale — bend forward. Do 26 of these pumps with deep breaths, then inhale — arch the head up. Relax the breath.

COMMENTS:

This kriya invigorates the heart and gives energy to the regenerative and sexual system. Rubbing near the heels breaks up long-term crystal (calcium deposit) build-up. This in turn helps improve circulation to the legs. Two complete cycles of this kriya at maximum times is a good workout.



KRIYA FOR LOWER SPINE AND ELIMINATION

1) Sit up straight with the legs stretched out. Bring the left leg under the buttocks so you sit on the left heel. Place both hands palms down next to the hips. Inhale deeply. As you exhale bend forward. Inhale — raise up. Continue for 2 minutes.

2) Do the same as in Exercise 1 but keep both legs extended straight forward. Continue for 2 minutes.

3) Lie down on the back. Inhale deeply. As you exhale, sit up, grasp the toes, and bend forward. Inhale and lie down again. Mentally vibrate "Sat" on the inhale, "Nam" on the exhale. Continue with deep breaths for 2 minutes.

4) Lie on the back. Raise the legs slowly up until the feet touch the ground over the head. This is plow pose. Let the legs back down. Sit up and grasp the toes. Continue alternating between plow pose and the forward stretching smoothly and continuously for 2 minutes.

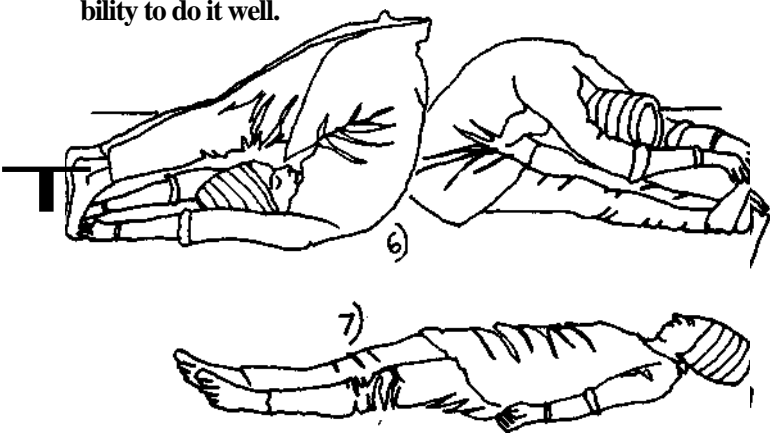
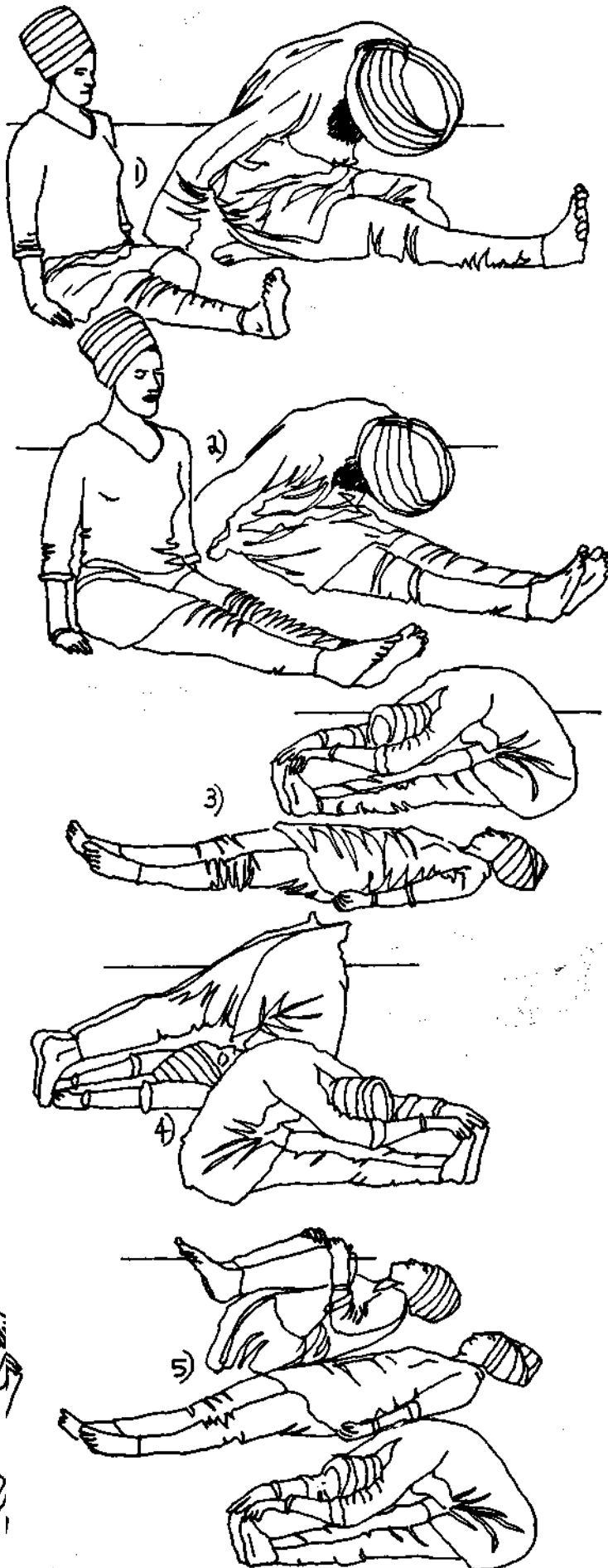
5) Lie on the back. Bring the knees onto the chest and press them close with your hands. Extend the legs straight on the ground. Sit up and grasp the toes. Continue this cycle rhythmically for 2 minutes.

6) Bend forward and grasp the toes with the legs out straight. Do not let go of the toes as you roll back on your spine until you are in plow pose. Roll back and forth without letting go of the toes. Continue for 2 minutes.

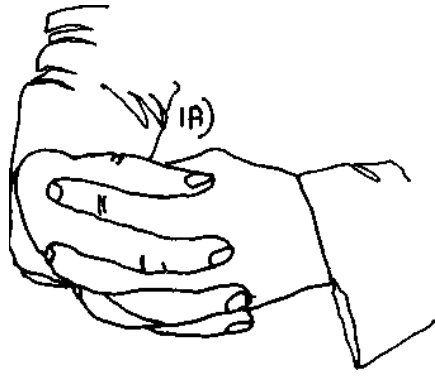
7) Relax completely.

COMMENTS:

The first, second and third chakras associated with the rectum, sex organs and navel point are thoroughly exercised in this kriya. It gives flexibility of the spine and improves the power of digestion and elimination of waste and toxins. It is not good to practice as a beginning set. You need some flexibility to do it well.



BEGINNERS CLEANSING SET

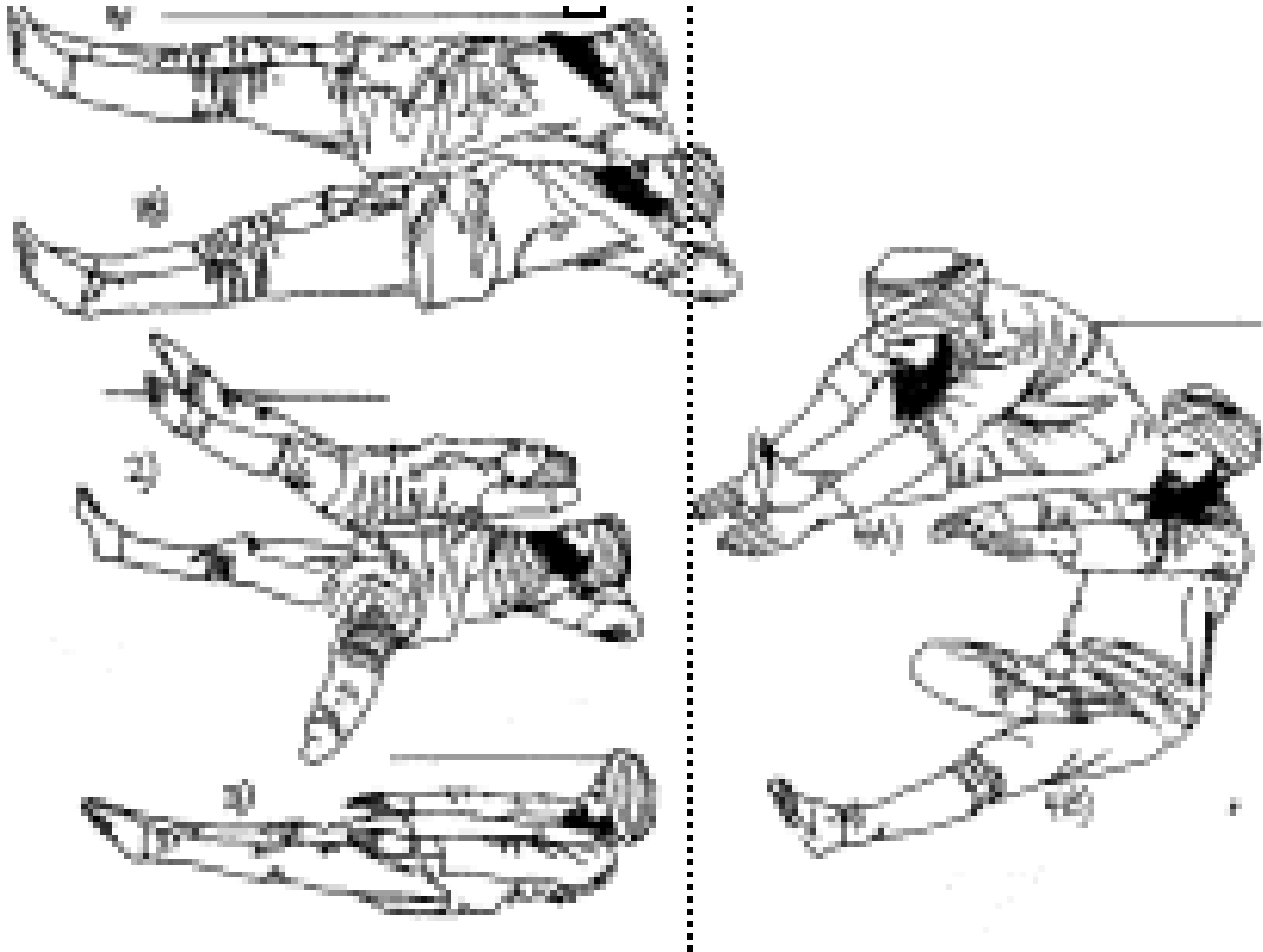


1) Lying on the back, place the hands in back of the neck in venus lock under any loose hair (1A & B). Begin breath of fire for 1 1/2 minutes, inhale and hold for 20 seconds. Repeat breath of fire, inhale and hold for 30 seconds. Relax the breath. Inhale deeply raising both of the legs one foot high (1C). Hold for 15 seconds, exhale, inhale, and relax.

2) In this same position, spread the legs wide open. Begin breath of fire for 1 minute. Inhale — raise the legs 3 feet from the ground and hold for 5 seconds. Relax the legs on the ground. Repeat 3 times, doing breath of fire for 1 minute each time. Repeat breath of fire 1 more time, then inhale, raising the legs one foot. Hold as long as comfortable. This kriya stimulates the sex energy channels in the upper thigh.

3) Stretch pose: Lie on the back with legs together and raise the heels six inches. Raise the head and shoulders six inches and look at your toes. In this position begin breath of fire and continue for 3 minutes. Inhale and relax.

4) Sit up, with the legs out straight. Put the left leg on the thigh of the right leg. Keep the hands parallel to the ground, palms down, on each side of the left foot. Inhale, exhale and reach past the toes (4A). Inhale deeply and sit up leaning back 30° (4B). Exhale grabbing the toes. Repeat 25 times and switch legs.

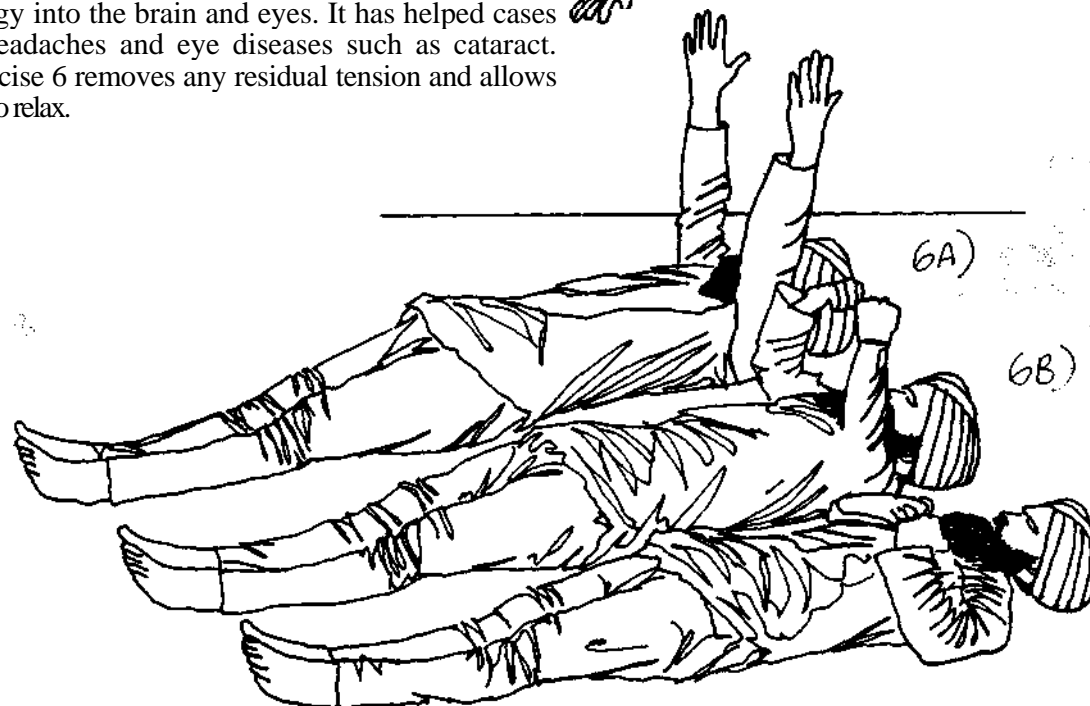
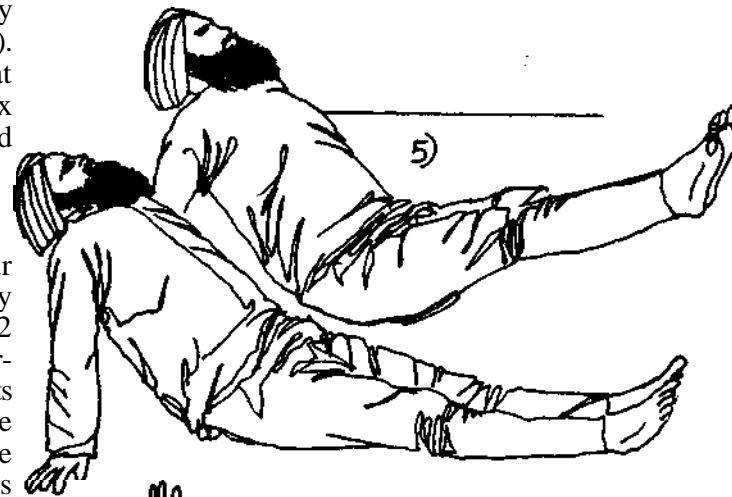


5) Sit up and lean back 60° from the ground. Put the palms on the ground behind the back as a brace. Drop the neck back and look at the ceiling, fixing the eyesight on one point. Do not wink or blink. Begin breath of fire for 2 minutes. *Inhale* — raise both feet 12 inches from the ground, keeping the vision steady. Hold for 15 to 20 seconds, exhale down. Repeat breath of fire for 1 minute. *Inhale* — raise both feet 12 inches. Hold for 15 seconds. Exhale down and relax completely on the back.

6) Lying on the back, inhale deeply. Exhale completely. Raise hands to the sky, fingers outstretched (6A). Bring hands together into tight fists and slowly bring them down to the chest, bending elbows (6B). Keep tension in the arms as if struggling so that the fists shake as they touch the chest (6C). Relax the breath. Repeat the exercise with the breath held in. Deeply and completely relax for 5 minutes.

COMMENTS:

This easy series can beautify and lighten your body. Exercise 1 stimulates the navel point energy and blood circulation into the lungs. Exercise 2 adds the creative power of the sexual energy. Exercise 3 restimulates the navel point. Exercise 4 adjusts the chemical balance in the blood and helps the lower back and waistline. Exercise 5 moves the energy into the brain and eyes. It has helped cases of headaches and eye diseases such as cataract. Exercise 6 removes any residual tension and allows you to relax.



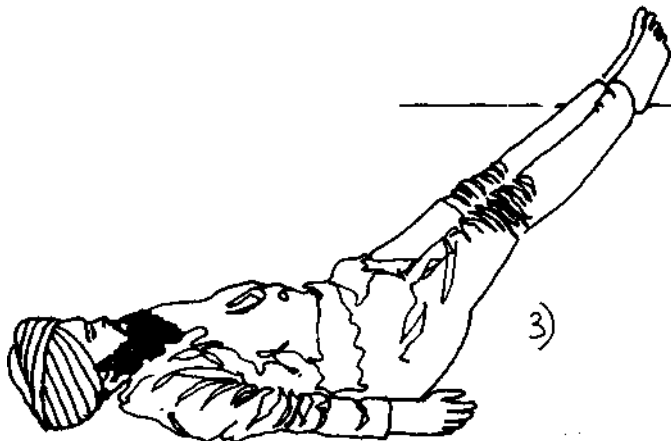
ELIMINATION (APANA) EXERCISES



1) Vatskar Kriya: Sit in easy pose with hands on knees. Make a beak of the mouth and drink as much air as you can into the stomach using short, continuous sips, as if you were swallowing. Pull in and hold. Roll the stomach to the left, then reverse the direction to the right when the breath has been held in for half its maximum time. Continue rolling the stomach as long as possible with neck lock applied. When the breath can be held in no longer, straighten the spine and exhale slowly (not powerfully) through the nose. Repeat the complete exercise 2 times. Always do this on an empty stomach and not more than twice per day.



2) Sit on the heels and touch the forehead to the ground. Keep hands down at sides. Imagine that there is a big tail coming off the end of the spine and wag it. Imagine the tail weighs 100 pounds and try to make it break the wall. Continue for 3 minutes followed by 5 minutes of rest.



3) Lie down on the back. Press the toes forward. Lift both legs three feet up. Start long deep breathing. Continue for 2 to 3 minutes. Inhale — hold briefly and relax.

4) Lying down on the back, bring the legs over head and catch the toes. Roll back and forth from the base of the spine to the neck. Hold onto the toes and keep rocking for 3 minutes.



5) Sit up immediately in easy pose. As calmly as possible, make a "U" of the right hand and close the right nostril with the thumb of the right hand. Use the little finger to close the left nostril. Inhale



through the left nostril, exhale through the right. Continue for 3 minutes, then inhale and feel the energy radiate throughout the body, giving health and life.

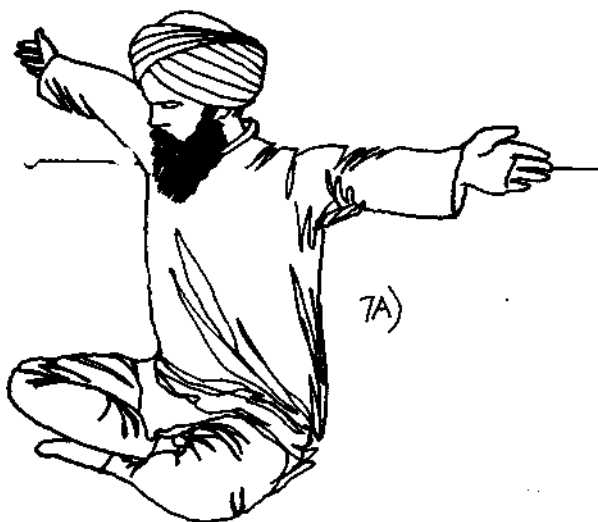
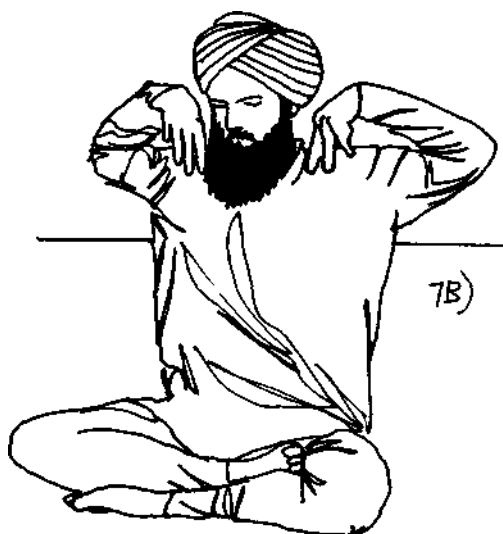
6) Sit in easy pose. Place the venus lock (fingers interlocked with right thumb over left) in front of the chest at the heart level with the palms facing the chest. Turn the head left and right. Inhale as the chin goes over the left shoulder, exhale as it turns right. Continue for 3 minutes.

7) Sit in easy pose, arms out parallel to the ground. Swing arms backward in a rolling motion as if swimming (7A). Continue for 1 minute. Inhale — bend the elbows to bring the fingertips onto the shoulders (7B). This remagnetizes the electric current. While the breath is held, the energy starts circulating. Exhale — let the energy flow to all parts and feel refreshed.

COMMENTS:

This is a good example of a simple but powerful series that was kept secret by those few yogis who learned it. This will allow you to completely master your digestive system and give a youthful appearance to your skin. Aging does not start with years; it begins with nutritional deficiency, intestinal problems and an inflexible spine that disrupts the flow of spinal fluid.

Exercise 1 adjusts the acid-base balance in the stomach, *but it must be done regularly without* mtesMff 3 sj/?g)e fay. Exeotoe 2 strengthens the heart, Exercise 3 slims the waistline and deans the gallbladder, Exercise 4 flushes the circulation and balances the nerves. Exercises 5 and 6 distribute the pranic force and stimulate the thyroid and parathyroid. Exercise 7 remagnetizes the aura.



ABDOMINAL STRENGTHENING

1) Sit on the heels. Interlock the fingers (venus lock) behind the neck. Spread the elbows wide apart. Begin breath of fire for 2 minutes.

2) Lie on the stomach. Reach back and grab the ankles. Pull the ankles toward the buttocks keeping the chest on the ground. Hold for 2 minutes with normal breathing.

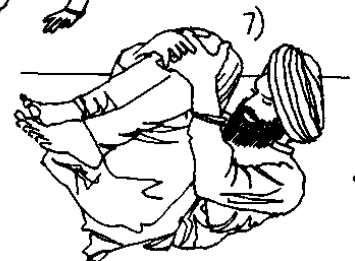
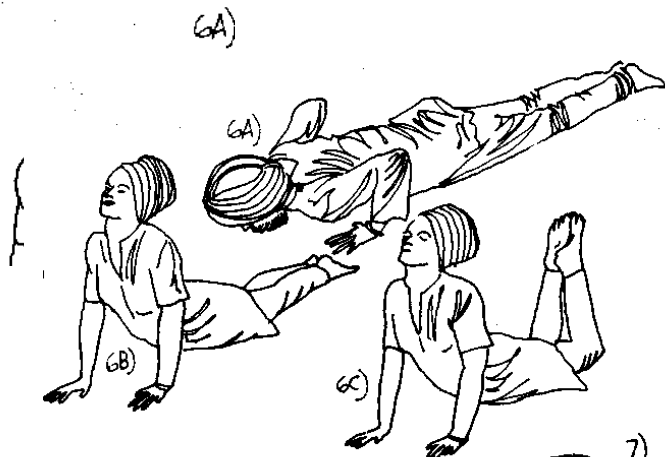
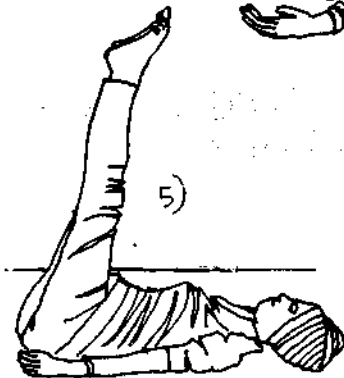
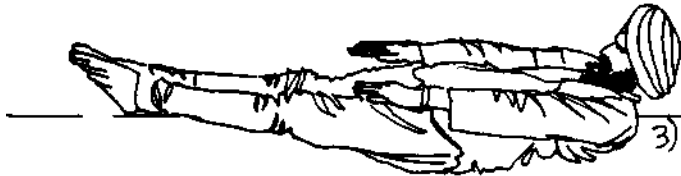
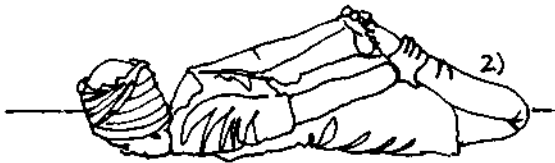
3) Stretch pose: Lie on the back. Raise the head and heels six inches off the ground. Point the hands toward the toes. Begin breath of fire for 2 minutes.

4) Lie on the back. Begin a bicycling motion with the legs keeping them parallel to the ground. Use deep breaths. Continue for 2 minutes.

5) Still on the back, keep the legs together with the toes pointed forward. Inhale and smoothly raise both legs to 90°. Then exhale as you lower them. Use deep breaths. Continue for 2 minutes.

6) Lie on the stomach. Place the palms on the ground under the shoulders (6A). Slowly arch up into cobra pose (6B). Lift the feet up toward the head (6C). Hold for 2 minutes.

7) Lie on the back. Bring both knees up to the chest and hold them there with the hands. Roll for ward and back on the spine. Continue for 2 minutes.





8) Lie on the stomach. Extend the arms forward with the palms flat together. Arch the back so the arms, chest and legs lift off the ground. Hold this extended locust with breath of fire for 2 minutes.



9) Still on the stomach, reach back and grasp the ankles. Arch up into bow pose. Do breath of fire for 2 minutes, then relax.



10) Stand up straight. Keep the legs together. Extend the arms to the sides, parallel to the ground with palms facing down. Without twisting the torso, bend to the left with a deep inhale, then bend to the right with the exhale. Continue this pendulum-like motion for 2 minutes.



11) Still standing, spread the legs $1\frac{1}{4}$ to 2 feet apart. Then swing one arm out to the side, parallel to the ground as the other arm bends in with the palm on the chest. Then switch arms. Inhale as the left arm swings out, exhale as the right arm swings out. Continue for 2 minutes.

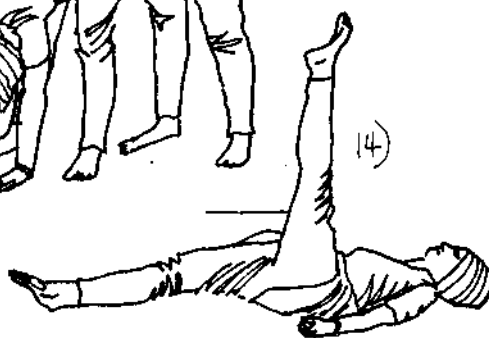


12) Still standing, raise both arms straight up with palms facing up (12A). Exhale as you bend forward and try to put the palms on the ground (12B). Inhale as you raise up. Continue for 2 minutes.



13) Lie on the back. Repeat the fourth exercise, the parallel bicycle, for 2 minutes.

14) On the back, inhale while raising the left leg to 90° . Exhale as you lower it. Repeat with the right leg. For 2 minutes, continue this alternate leg lifting with deep breaths.



15) Sit on the heels with the arms stretched up and the palms together. Begin Sat Kriya. Pull in the navel point and say, "So*," relax the navel point and say "Nam." Continue rhythmically for 2 minutes. Then inhale deeply, hold, apply mul bhand. Relax.



16) Sit straight with both legs extended. Lift the legs up 60° from the ground. Extend the arms parallel to the ground with palms down. Begin breath of fire. Continue for 2 minutes. Then totally relax.

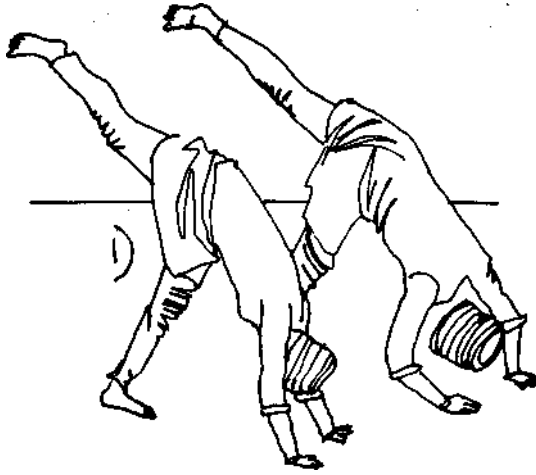


COMMENTS:

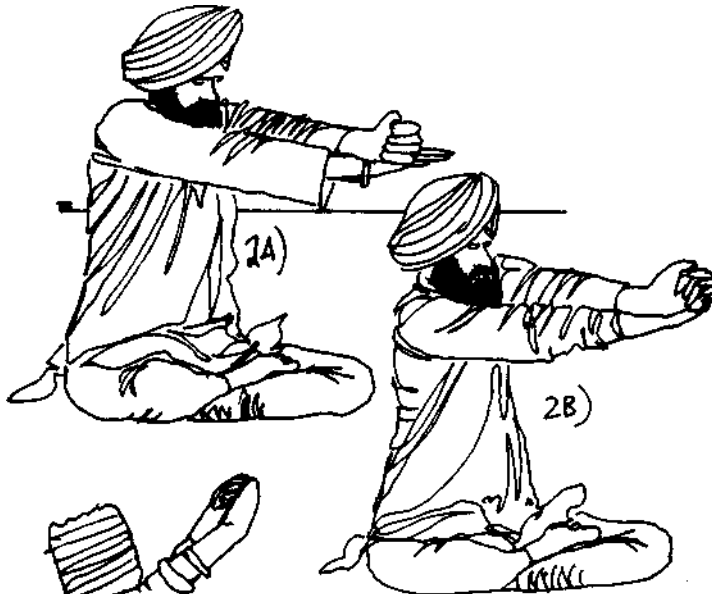
This kriya gives you a good physical workout. It strengthens the navel point, abdominal muscles, and lower back. It improves circulation. It strengthens the nervous system so that your behavior can be constant and direct. It is an excellent set for strengthening the digestive system.

STRENGTHENING THE AURA

1) Stand up. Bend forward so the palms are on the ground and the body forms a triangle. Raise the right leg up with the knee straight. Exhale — bend the arms and bring the head near the ground. Inhale — raise up to the original triangle pose. Continue this triangle push-up for $\frac{1}{4}$ minutes. Switch legs and continue for another $1\frac{1}{4}$ minutes.



2) Sit in easy pose. Extend the left hand forward as if grasping a pole so the palm faces to the right. Put the right palm facing down crossed under the left wrist (2A). Raise the right hand up over the back the left hand so both palms face right and the fingers lock (2B). Inhale — raise the arms to 60° (2C). Exhale — bring the arms down. Keep the elbows straight. *Breathe deeply* for 2 to 3 minutes. Then inhale — stretch the arms up (2D). Relax.



3) Put both arms forward, parallel to the ground with palms facing each other about 6 inches apart. As you inhale, let the arms drop back and stretch toward each other. Exhale — bring them forward to the original position. Continue 3 minutes with deep rhythmic breaths.

COMMENTS:

This is a great kriya for keeping disease away and developing your aura. The time can be built up to $7\frac{1}{2}$ minutes for each side in Exercise 1, and 15 minutes each for Exercises 2 and 3. That will create a tremendous sweat. It will rid almost any digestive problem. It gives strength to the arms and it extends the power of protection and projection in the personality.



>TRENGTH TO SACRIFICE

1) Sit in easy pose with the spine straight and the chest lifted. Put the fingertips together to form a tent-like shape (1A). Hold the hands palms down at the level of the chin (1B). Chant "**God and me, me and God are one.**" Keep the fingers pressed tightly together as you chant. Continue for 3 to 6 minutes.

2) Lock the middle fingers of both hands together at chest level. Pull the fingers as hard as you can. Be constant. Hold for 1 1/2 minutes.

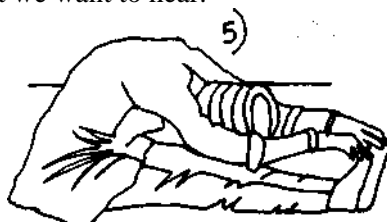
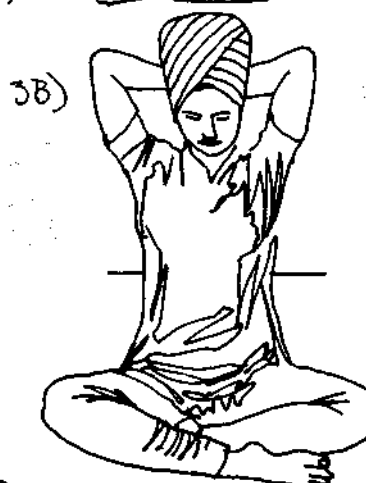
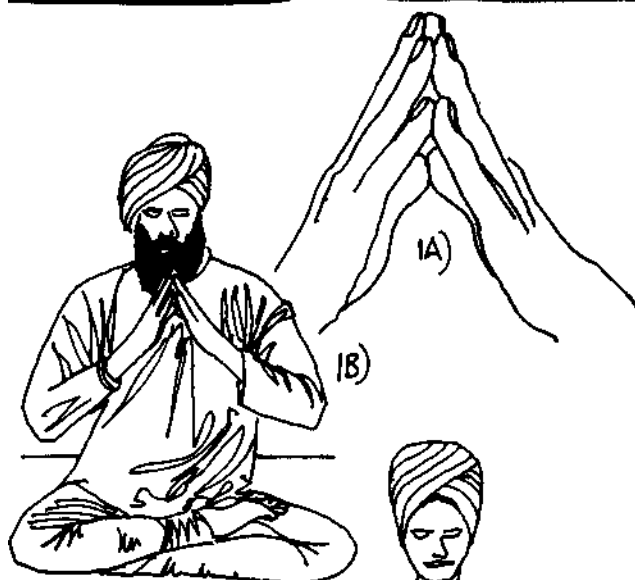
3) In easy pose with a straight spine, grasp both wrists with opposite hands (3A). Place this lock behind the neck and pull the hands and forearms down (3B). Hold the position with long deep breathing for 3 minutes.

4) Now grasp the fingertips of each hand by bending the left arm behind the back with palm out, and bending the right arm over the right shoulder. Then inhale, exhale deeply, hold the breath out and pull the navel lock tightly. For 3 minutes, repeat the breath and lock cycle.

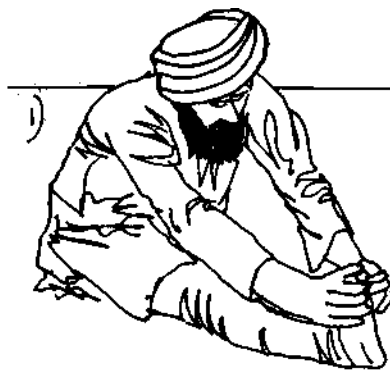
5) Stretch the legs out straight. Bend forward and grab the toes. Hold as still as a rock for 10 seconds. Then relax.

COMMENTS:

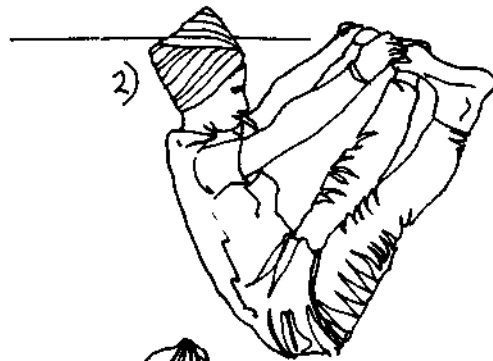
The capacity to transcend the sacrifice of the body is required of the yogi and the saint. For this the nerves must be strong and balanced. The circumvent magnetic force of the aura must be so strong that no negativity can enter your field. The ability to teach well requires the capacity to speak directly only to receptive ears. You need the strength not to be provoked to answers by foolish discussion. Your words should be pure. A sense of reality sometimes comes in the transcendence of minor pains. This kriya helps conquer two great negative gifts of man: the ability and tendency to escape from situations, self commitment, and the ability to hear only what we want to hear.



KRIYA FOR NERVE, NAVEL, AND LOWER SPINE STRENGTH



1) Sit with the left heel at the rectum and the right leg extended straight forward. Bend forward and grasp the toes with both hands. Straighten the spine and look forward to the toes. Stay perfectly still with normal breathing. Keep a light mul bhand applied. Continue for 3 minutes. Then inhale deeply and pull back on the toes. Completely exhale, pull back more and apply a strong mul bhand. Repeat this deep breath 2 more times. Relax.



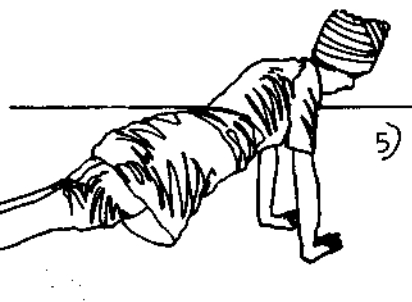
2) Come into the kundalini lotus pose: Balance on the sacrum by holding the toes of both feet, spreading the legs wide, and raising the legs off the ground 60°. Keep the spine straight. Apply a constant mul bhand. Use normal breathing. Hold for 3 minutes. Then inhale deeply, exhale and apply a strong mul bhand. Repeat the deep breath 2 more times. Relax.



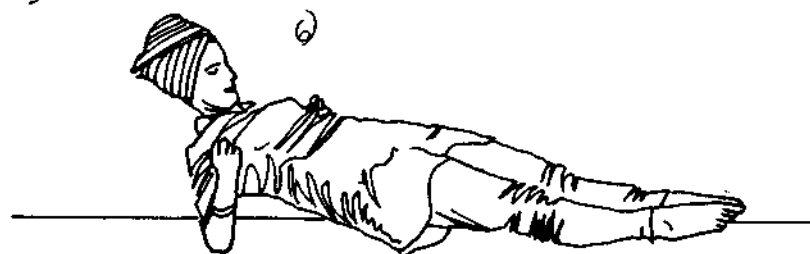
2) Extend both legs straight. Reach forward and hold onto the toes. Pull the spine up straight by pulling back on the toes. Pull the chin straight back. Begin long deep breaths. Continue for 3 minutes. Then apply a strong mul bhand on the exhale of a deep breath. Repeat mul bhand 2 more times.



2) Form a back platform pose: keep the legs extended straight. Put the palms on the ground behind you. Lift the stomach and buttocks up until the body is straight with only the heels and palms on the ground. Bring the chin to the chest. Press the toes forward. Hold the position with normal breathing. Continue for 3 minutes. Inhale deeply, exhale and apply mul bhand. Repeat the breath 2 more times. Relax.



2) Lie on the stomach. Put the palms on the ground under the shoulders. Push up off the ground with the body straight until you form a front platform. Exhale as you slowly go down to the ground. Inhale as you slowly rise up. Do not apply mul bhand. Continue with deep, slow breaths 26 times. Relax.



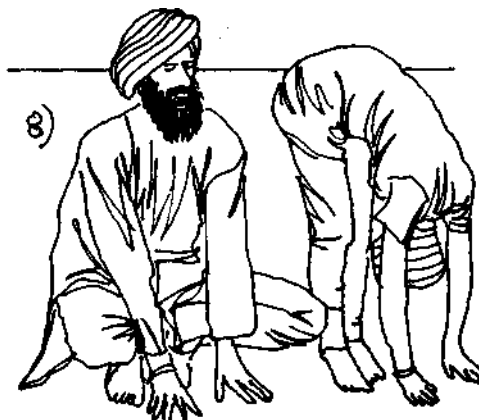
2) Lie on the back. Raise up on the elbows. Place the elbows under the shoulders. Raise the buttocks up so the spine and body are straight. Only the heels

and elbows are on the ground. Press the toes forward. Hold the pose with long deep breathing. Continue for 3 minutes. Then exhale completely and apply mul bhand.

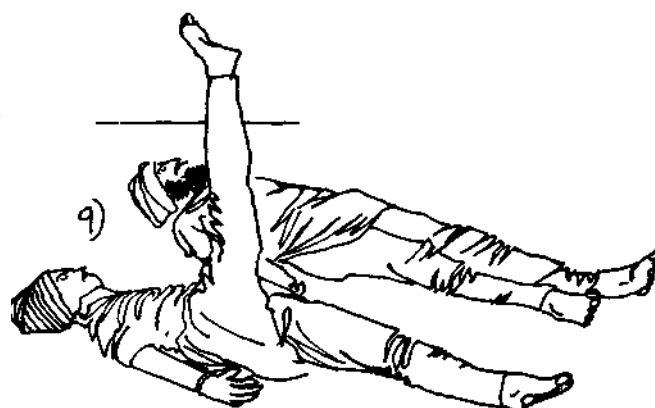
7) Sit on the heels. Slowly lean back until the head and possibly the shoulders are on the ground. The arms are relaxed on the ground beside the legs. Keep a light, constant mul bhand applied. Begin deep breaths. Continue for 3 minutes. Then exhale completely, and apply a strong mul bhand. Inhale. Repeat the complete exhale and mul bhand 2 more times. Relax.



8) Come into frog pose: squat down with the toes on the ground, the heels together off the ground, and the fingers on the ground between spread knees. Inhale — raise the buttocks up as the head goes down. Exhale — squat down to the original position. Continue with deep breaths 30 times.



9) Lie on the back. Place the arms relaxed along the sides with the palms up. Inhale — lift one leg up to 90°. Exhale — let it down smoothly to the ground. Switch legs with each breath cycle. With each inhale apply a slight mul bhand. Continue for 3 minutes.



10) Sit in a comfortable meditation posture. Pull in the navel point and apply mul bhand. Mentally view the entire body. Then negate each identity that comes to mind: "I am not a man, not a woman, not a student, not a teacher, not sitting, etc." You are not the body, mind, or spirit but the consciousness that gives rise to and integrates them all. Continue at least 3 minutes.

COMMENTS:

This kriya is not recommended for early beginners. It is a good physical workout that requires flexibility and endurance. The lower nerve plexi are pressured and the vital energy is raised above the diaphragm. This set is of great value for any consistent difficulty with digestion or elimination. If you get very nervous and shaky under tense situations, this set is excellent. It is an excellent preparatory kriya for meditations that release you from false identifications to the body or mind.



STRENGTHENING THE INNER LIGHT

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1) Sit in easy pose with a straight spine. Place the hands in gyan mudra with straight arms resting on the knees. Close the eyelids and focus deeply. Inhale and exhale deeply. This cycle will take about 8 seconds. Take a total of 12 breaths. On the thirteenth breath cycle, exhale completely and hold the breath out. Pump the stomach in and out at a moderate pace. (You may add a mentally repeated "Sat" as you pull the belly in, and "Nam" as you relax it and push it out.) When you can no longer hold the breath out, repeat the exercise. Continue for 3 minutes.



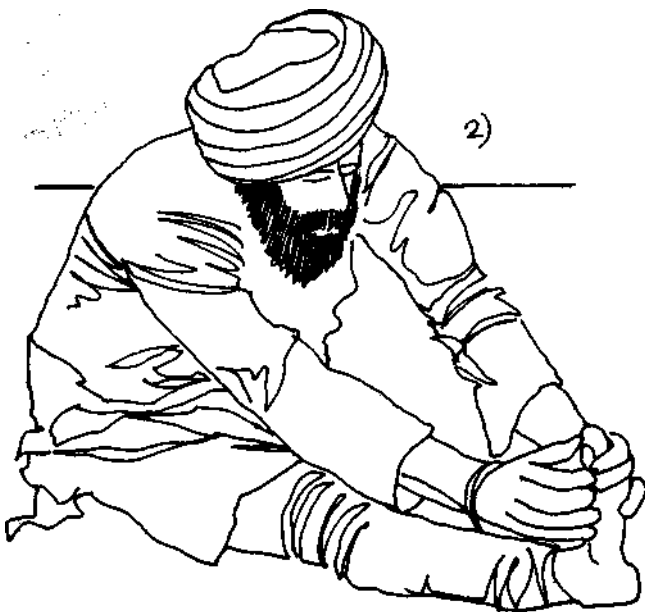
2) Stretch the legs forward. Keep the spine erect. Bend the right leg so the right foot rests on top of the left thigh at the hip-groin level. Bend forward at the waist and grasp the toes of the left foot with both hands. Keep the spine as straight as you can and look toward the toes. Breathe long and deeply. As you breathe, constrict the tip of your nose as if you were "sniffing." Continue for 3 minutes. Then inhale, hold briefly, and relax.

3) Sit straight and meditate on the calm flow of the breath. Briefly visualize your spine from the base to the top and then to the brow point. Relax and meditate.

COMMENTS:

This kriya helps you gain endurance and constancy. The first exercise stimulates the navel center and digestion. The second exercise gives energy to the upper body and stretches the life nerves in the legs. The third allows the energy changes to stabilize and consolidate themselves.

In life, we must increase our wisdom and experience so we can live normally but with higher consciousness. The yogic aim is to live with maximum light and effectiveness but also very humbly. This is why a teacher remains a student throughout his life and grows more humble with age. This kriya lets the Self take care of the gross self so that the physical body can have the energy to carry out the Self's desires. Regular practice of this kriya helps balance the difference between your inner reality and your expression. A good way to practice this kriya is to repeat the set 3 to 4 times, then deeply relax for 5 to 10 minutes.



KRIYA FOR TOLERANCE

1) Sit in easy pose with the spine straight. Lock the fingertips together like hooks with the right palm facing down. Push the side of the hands into the belly. As you press the hands in, exhale completely, hold the breath out, then inhale and hold the breath for 7 to 8 seconds. Continue this cycle for 3 minutes.

2) Sit on the heels and raise the arms over the head with palms flat together. Pull in the navel point as you say "Sat," relax the navel point as you say "Nam." Continue Sat Kriya for 3 minutes.

3) Stretch the legs out straight in front of you. Place the palms on the ground in back of the hips. Raise both legs to a 60° angle from the ground. Hold this position and begin breath of fire. Continue for 2 minutes, then inhale, exhale, apply mul bhand. Relax immediately into easy pose and belly laugh loudly for 1 minute.

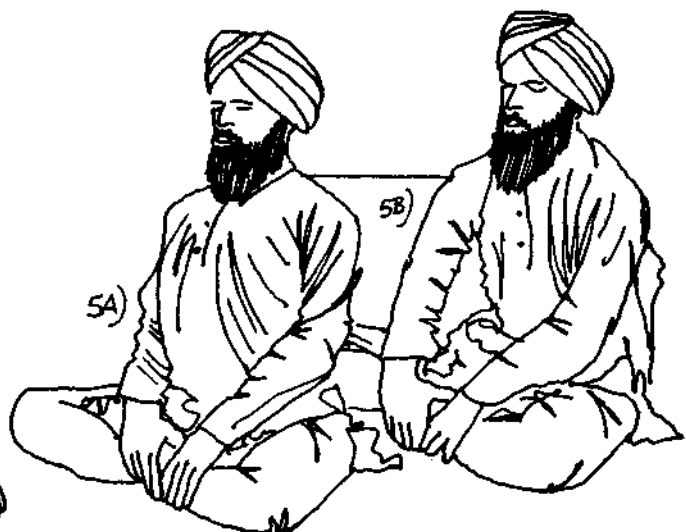
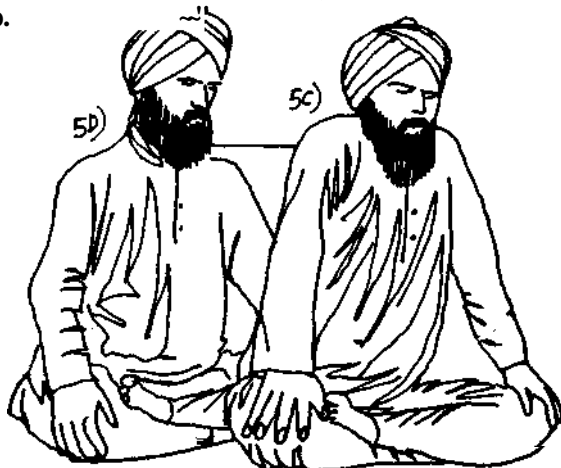
4) Sit in easy pose. Hold both arms bent with the hands as fists at shoulder height. Inhale deeply and hold the breath. As you hold, begin punching forward (as in boxing) with alternate hands. When you must, exhale and inhale deeply. Continue for 3 minutes.

5) Sit in easy pose. Alternate between camel ride

hafa — press the spine forward (5A). Exhale — push it back (5B). Inhale — lift the shoulders up to the ears (5C). Exhale — let the shoulders down (5D). Continue this cycle with deep breaths for 3 minutes. Then inhale, exhale completely, apply mul bhand. Relax.

COMMENTS:

To gain strength for tolerance and humility, the navel center needs to be developed. This kriya works on the abdomen, stimulating the navel energy to rise to the higher centers and then integrating it with the whole aura. It is a good preparation for meditation. Two cycles of this kriya give you a physical tune-up.



DISEASE RESISTANCE AND HEART HELPER



1) Sit in easy pose. Interlace the fingers of both hands. Press the thumb tips together. Put this hand lock with palms up in the lap. Apply mul bhand by contracting and pulling up the rectum, pulling in the navel point, and lifting up the sex organ. Chant "*God and me, me and God are one.*" With each cycle of the mantra, pull up the locks a little tighter. Continue for 3 minutes.



2) Sit in easy pose with the hands in gyan mudra resting on the knees. Inhale deeply, exhale slowly and completely without dropping the rib cage. Hold the breath out and pump the stomach in and out. When you cannot pump anymore, take another breath and continue for 3 minutes.



3) Sit in easy pose. Bring the left arm in back of the torso. Bend at the elbow and stretch the left hand toward the right shoulder. The palm faces away from the body. Inhale deeply, exhale completely. Hold the breath out as long as you can. Apply mul bhand. Then inhale and repeat the cycle. Continue 3 to 5 minutes.

4) Sit in any comfortable meditation posture. Meditate on the regular energetic flow of the breath. Feel your radiance and light.

COMMENTS:

The first exercise improves your health by invigorating the first chakra and elimination. It promotes calmness and disease resistance. The third chakra, endurance, and nerve strength are stimulated by Exercise 2. Exercise 3 strengthens the heart and increases circulation above the diaphragm. Three repetitions of this kriya is a very effective practice.

CIRCULATORY SYSTEMS AND MAGNETIC FIELD



1) Lie down flat on the back, arms straight along the thighs, heels and toes together. Press the toes forward. Press the toes deeper and deeper for 1 minute, then lift the heels 6 inches. Begin long deep breathing. Keep the head relaxed down on the ground and continue for 3 minutes.

2) Dead relaxation for 2 minutes.

3) Again press the toes forward with the hands straight along the thighs and toes pressed down maximally. Hold for 1 minute. Now lift the heels up 3 inches only. Apply mul bhand. Relax.

4) Dead relaxation. Become disassociated from the body. Imagine that there are no legs, no arms, no trunk, no head. Continue for 2 minutes.

5) Sit in easy pose. Put hands on shoulders in a "U" with fingers in front, thumbs in back. Begin breathing long and deep for 3 minutes, then inhale and mentally circulate the pranic energy. Relax.

6) Make an antenna of the right hand with fingers straight up in the air and the thumb closing off the right nostril. Begin long deep breathing through the left nostril for 5 minutes. Inhale — hold for 30 seconds and let the energy circulate in the body. Exhale.

7) Lie on the back. Lift toes and head 12 inches from the ground. KEEP UP! Do normal breathing for 2 minutes and breath of fire for 1 more minute to relieve pain. Inhale — hold, and relax.

8) Deep relaxation to a gong or to the chanting of long "Sat Nam's" (see "Basic Breath Series"), or any beautiful divine version of the Ashtang Mantra can be done. Relax for 10 minutes. Then rotate the wrists and ankles and stretch the spine.

9) Lie with hands at sides and legs straight together. Begin bundle roll. Imagine the body is a bundle of logs tied together and roll over and over without using the arms or legs, like logs rolling downhill.

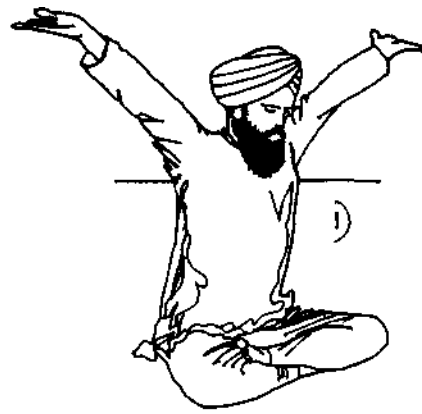
10) Without a rest, lie flat on the back, open the mouth, and laugh loudly. Release the energy through the lungs. Relax for 1 minute and laugh again. Relax.

COMMENTS:

Blood is the life supply line to your cells. Did you know that the blood cells act differently with different magnetic influences? Exercises 1-4 raise and lower the blood pressure and increase circulation to the limbs and head. Exercises 5-7 magnetize and charge the blood with pranic force. This is like getting a transfusion of fresh young blood. The last exercise allows the new energy to circulate and affect the entire body. With the bundle roll, you consolidate those effects for the rest of the day.



MAGNETIC FIELD AND HEART CENTER



1) Sit in easy pose. Hold the arms up at a 60° angle with wrists and elbows straight, palms facing up (1A). Begin breath of fire for 1 minute. Then inhale Teacher: "Ong, ong, ong, ong." Class: in and out "Ong, ong, ong, ong." Teacher: th. Cont "Sohung, aohung, sohung, sohung."

2) Class: "Sohung, sohung, sohung, sohung." to the up

5) Grab the toes with legs slightly spread. Hold for 1 minute.



6) Back platform: The body is straight with the heels on the ground and the upper portion of the body held up by straight arms. Drop the head back and begin breath of fire. After 30 seconds, begin to "walk" the legs wider apart until they are spread wide. Walk them back together again and continue "walking" while doing breath of fire for 30 more seconds. Inhale, exhale and move immediately into a front stretch holding the toes for 1 minute. Relax on back for 3 minutes.

put the forehead on the ground with arms stretched

7) Sit on the left heel, stretch the right leg forward and grab the big toe with the right hand. Pulling back on the toe, grab the heel with the left hand. Keep the chin tucked into the chest and the eyes fixed on the big toe. Inhale deeply — exhale and



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hold the breath out for 8 seconds keeping mul bhand and diaphragm lock tightly pulled. Inhale. Continue for 3 minutes. Relax for 5 minutes on the back.

8) Lie on the back. Stretch the arms overhead on the ground. Raise the left leg 90° and begin breath of fire for 1 minute (8A). Switch to the right leg for 1 minute, continuing breath of fire. Then raise both legs 12 inches only and keep up the breath of fire for 1 more minute (8B). Relax for 2 minutes.

9) Slowly come into shoulder stand. Spread the legs wide open and begin breath of fire for 3 minutes. Relax on the back for 3 minutes.

10) Lie on the back. Inhale and lift both legs six inches. Arms should be straight up from the shoulders with the palms facing in (10A). On the exhale, let both legs down and bring the head up pressing the chin on the chest (10B). Continue 3 minutes with long deep breathing. Relax 2 minutes.

11) Sit in easy pose and hold opposite elbows across the chest. Roll the head in a slow figure 8 for 30 seconds in one direction, then 30 seconds in the other direction. Then inhale deeply, and bend forward to the ground. Exhale and rise up as fast as possible. Repeat this 10 times.

12) Meditate by chanting:

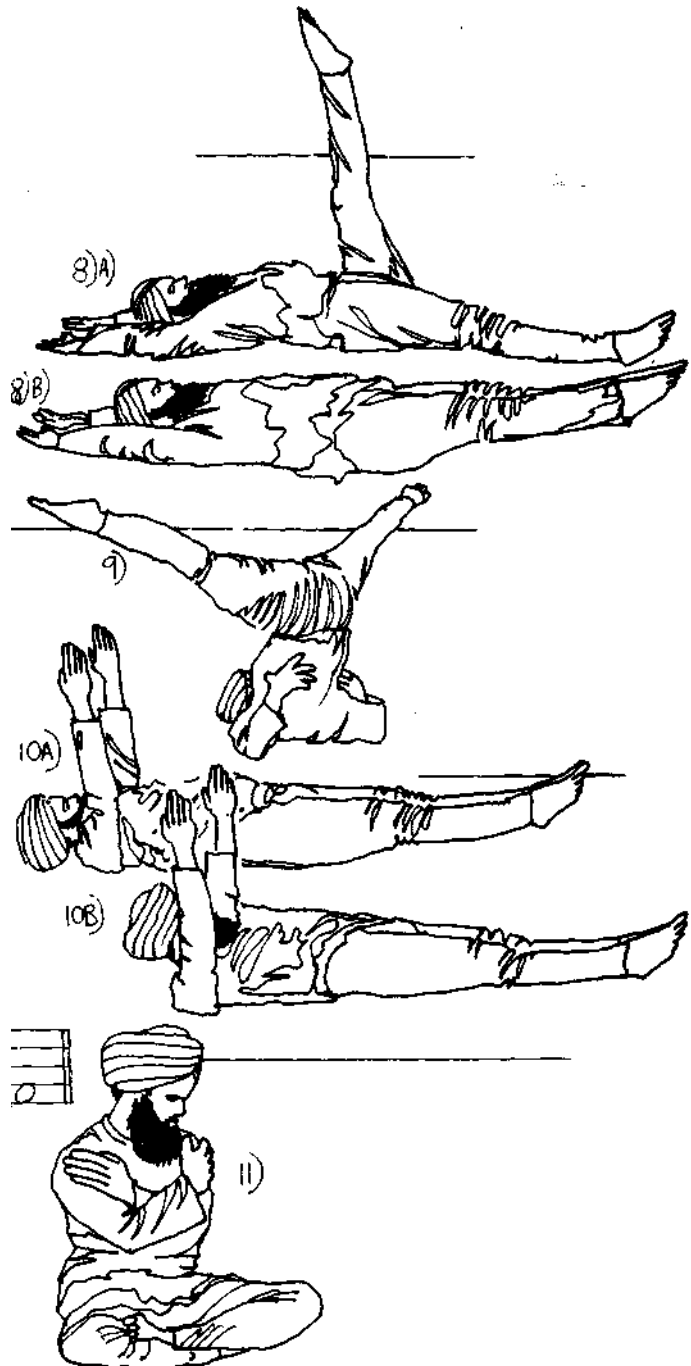
COMMENTS:

This set works on coordination and repair of the nervous system by stimulating the heart center. Your normal feeling of happiness, connection, and

God and me, me and God, are one.

well-being depend on the balance of your individual psycho-electromagnetic field. If it is strong, your muscles obey the message nerves, and the message nerves give good perception to the brain. Proper maintenance of the nerves depends on the basic elements and hormones in the constitution of the blood. This set will balance the blood.

Exercise 1 builds the psycho-electromagnetic field. If your elbows bend, the psycho-electromagnetic field will not be reformed and strengthened properly. If the exhale after pumping the stomach is rough or gasping, then your magnetic field is very weak. The second exercise is for the heart. This stimulates the thyroid, parathyroid and navel center. If you practice these, you will never need cosmetics. A smooth, radiant complexion and a glow in the eyes and face is a natural by-product of this exercise.

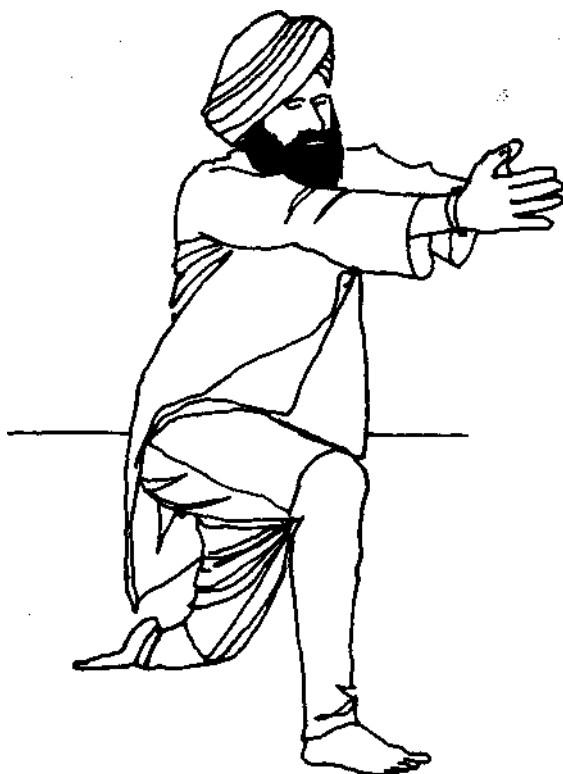


Exercise 4 feeds the newly-constituted blood into the brain cells and moves the spinal fluid. This helps repair the damage to the brain done by drugs like alcohol, marijuana, etc. Exercise 5 is for balance and 6 is for the thyroid, lower back and heart. Exercise 7 is the great seal of yoga: Maha mudra. Its effects fill pages. This exercise can be practiced by itself. Exercise 8 balances prana and apana. Exercise 9 is for the thyroid and 10 and 11 are for the heart center.

The best results are always obtained if you practice a set until you master it. If you cannot do the exercises for the full time period, do what you can and slowly build up to it. When you can keep up on all the given times and are in a good posture for each exercise, continue the set each day for 40 days as you master the mental poise and meditation of the full set.



VARUYAS KRIYA



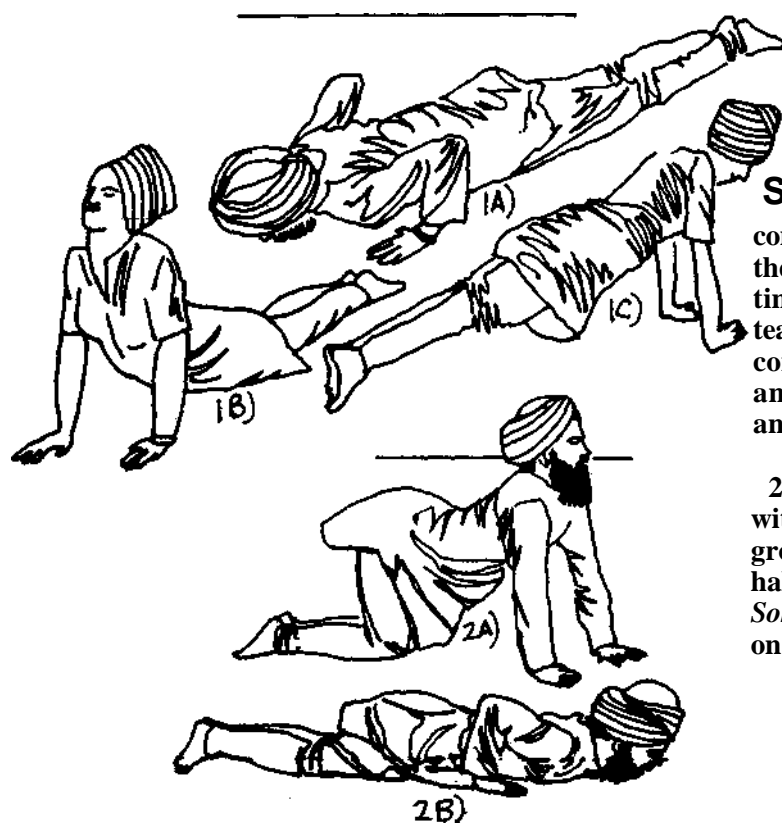
Stand up straight. Put the right foot slightly forward. Stretch the left leg far backward. Put the top of the toes of the left foot on the ground. Extend the arms forward parallel to the ground. Put the palms together. Tilt the spine slightly forward of the vertical position. Fix the eyes on the horizon or at the brow point.

Take a deep breath, then begin a rhythmic chant of "Sat Nam." Emphasize the sound "Sat" as you pull the navel point in and apply a light mul bhand. Continue for 1 1/4 minutes. Then inhale. Relax.

Switch and place the left leg forward. Repeat the exercise for an equal period of time.

COMMENTS:

This kriya will make you sweat if you do it properly. You may also notice a burning sensation in the cheeks. The time of practice can slowly be increased to 754 minutes on each side. The practice and perfection of this kriya is said to open the pituitary secretion, regulate excessive sexual energy, and increase general immunity to disease. It tests the nerve strength and rebalances the magnetic field of the body. If you don't want to be shaky when you are older, this is an excellent practice to start when you are young. Besides practicing this kriya by itself, it is enjoyable to do it after completing a long series of exercises that have worked on flexibility and circulation. The kriya helps transform the "vital juice," the *ojas*, into a form usable in maintaining your entire nervous system.



1) Lie on the stomach. Place the hands on the ground directly under the shoulders (1A). Arch the neck back and lift up into cobra pose (1B). Inhale and raise the hips straight off the ground

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coming into a front platform pose (1C). Exhale as the hips go back down into cobra pose. Repeat 26 times, then relax 2 minutes on the stomach. The teacher should chant "Ong"—the infinite, creative consciousness, on the inhale; and "Sohung" — I am Thou, on the exhale. This will keep a rhythm and keep the mind focused.

2) Come into cow pose (2A). Stretch forward with an exhale making the hips and chin touch the ground. Keep the head up and arms bent (2B). Inhale back into cow pose. The teacher chants "Ong-Sohung": "Ong" on the forward motion, "Sohung" on resuming cow pose. Repeat 26 times.

Immediately without resting, lie on the back. Bend the knees and hold the ankles with the hands. The soles of the feet should stay on the ground next to the buttocks (3A). Inhale — raise the hips up (3B). Exhale — bring them down. Repeat 26 times, rest for 2 minutes, and repeat 26 more times.

4) Immediately lie down on the back. Raise both legs 18 inches and start long deep powerful breathing for 30 seconds. Bring one knee to the chest, then the other with each deep inhale. Continue alternating with this push-pull action for 45 seconds to 1 minute. Inhale — hold both legs straight out for 5 seconds. Relax.

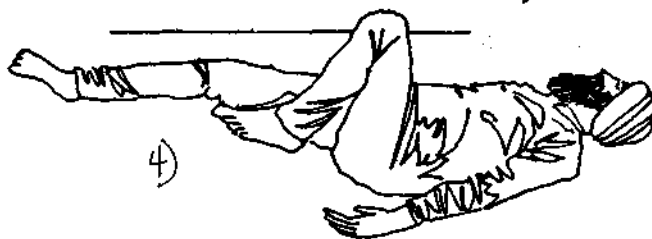
5) Lie on the back. Bring the soles of the feet together and grab them with the hands. Rock back and forth for 30-45 seconds.

6) Deep relaxation for 2 minutes.

7) Stretch pose: Hold the feet and head 6 inches off the ground with normal breathing. The eyes are fixed on the toes. Balance in this position and hold it for up to 7 minutes. Inhale deeply, exhale, hold the breath out and apply mul bhand. Hold the breath out as long as possible. Repeat the inhale, exhale, hold, and mul bhand 4 more times. Then relax down.

8) Completely relax for 5 minutes letting the energy circulate. Think of God and God consciousness. Feel unlimited. Then, lying on your back, repeat out loud: **"God and me, me and God, are one"** about 12 times, raising the pitch and volume frequently. Inhale deeply, hold for 15 seconds, then exhale. Start the chant again but *very powerfully*. Chant loudly from the solar plexus. The eyes should be closed. Do not feel shy. Inhale and exhale deeply eight times, then inhale holding the breath in and raise both legs 90° for 15 seconds. Exhale and relax.

9) Sit in Sidhasana (perfect pose), or Sukasana (easy pose). Use the tip of the thumb and the tip of the little finger of one hand to close alternate nostrils. Inhale through the left nostril, exhale through the right. Meditate at the base of the spine and pull mul bhand. On the inhale, think **"Sat,"** the I Truth; on the exhale vibrate **"Nam,"** the Identity or Name. Continue for 1 minute. Then begin breath of fire in through the left nostril, out through the right for 1 minute. Without a break, Inhale and exhale through the left nostril only, moderately fast for about 15 seconds. Begin breath of fire through the left nostril for 15 seconds, then through the right nostril for 15 seconds. Then breathe 5 seconds through each nostril. Inhale through both nostrils and hold 5 seconds. Exhale, holding the breath in and mentally repeat **"Sat Nam,"** making the sound follow an upward spiral.



the spine for 30 seconds. Then visualize the "Sat" going down both sides of the spine, entering the base of the spine and "Nam" rising up the middle of the spine. Hold the mind against every other thing and concentrate. NOW is the time. Inhale deeply. Exhale. Repeat the mental meditation one more time.

10) Chant "Etc Ong Kar Sat Nam Sat Nam Siri Wha Guru " in the following manner:



Etc Ong Kar Sat Nam Sat Nam



Si — ri Wha Gu—ru — u

When chanting "Sat Nam" and "Guru," apply and release mul bhand. Gradually the mul bhand will become so strong and locked that it will be easy to hold throughout the entire chant. Continue chanting for 6 minutes. Inhale — hold for 15 seconds. Relax or meditate.

COMMENTS:

In our culture, we are taught to view sex in terms of pleasure and reproduction. We are not educated in the need for moderation in sex in order to maintain our health and nerve balance. Sexual experience in the correct consciousness can give you the experience of God and bliss, but before that can ever occur you must charge your sexual batteries and possess a real potency. The seminal fluids produced in the male and female contain high concentrations of minerals and elements that are crucial to proper nerve balance and brain functioning. The sexual fluid is reabsorbed by the body if it is allowed to mature. Its essence, or ojas, is transported into the spinal fluid. Running your mind without the ojas is like running a car without oil — you wear out quickly. About 90% of your sexual energy is used to repair and rejuvenate the organs of the body. The normal span of potency for a yogi is equal to the length of his life. In the United States, *potency wanes even in the early forties. This kriya* will generate sexual energy and transmute it into ojas and healing force.

The first three exercises activate the sex Chakra; then the navel point and lower spine. Exercise 3 is especially effective for relieving tension and prob-



lems of the ovaries. Exercise 4 and 5 move the energy out of the digestive system. Exercise 7 distributes the energy from the navel point above the solar plexus to the heart center. Exercise 9 uses pranayam to completely open your psychic channels and move the kundalini energy all the way to the highest chakras. Exercise 10 uses the Kundalini energy in the mantra to project the mind into the infinity of the cosmos and beyond the normal earthly consciousness.

BREATH MEDITATION SERIES FOR GLANDULAR BALANCE

1) Sit in easy pose. Break your inhale into 16 short sniffs. With each sniff, mentally vibrate "*Sat Nam.*" When you exhale break the breath 16 times, again mentally vibrating "*Sat Nam.*" With this continuous breathing pull the navel point slightly with each sniff. Start with 5 minutes of practice. Then add 1 minute each day to a maximum of 31 minutes.

2) Lie on the back. Put the arms straight overhead on the ground with the palms up. Inhale — raise both legs 6 inches. Exhale — let the legs down and press the chin to the chest. Continue with long deep breathing for 3 minutes. Then rest for 2 minutes.

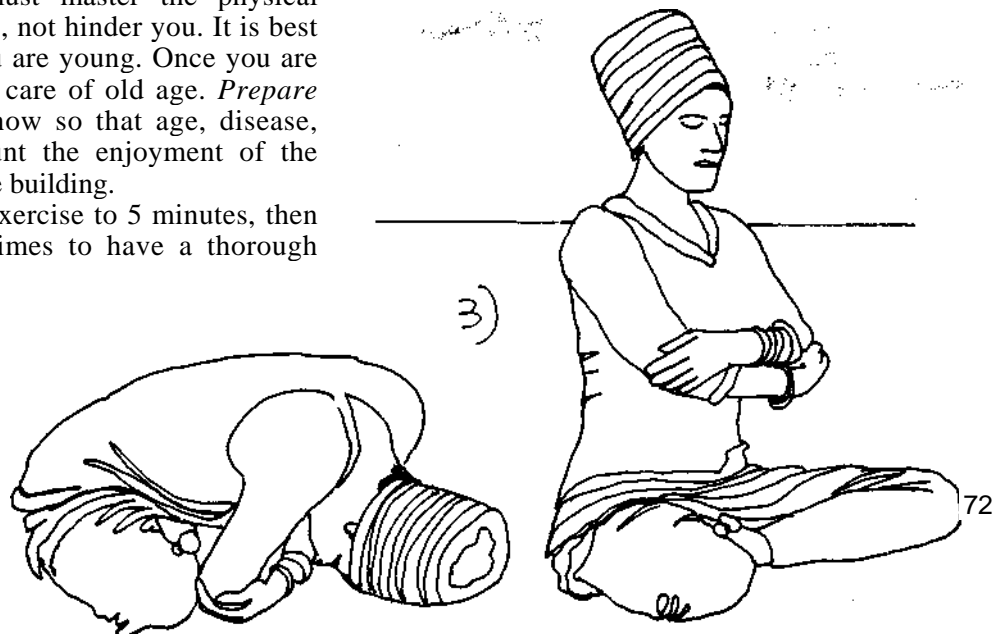
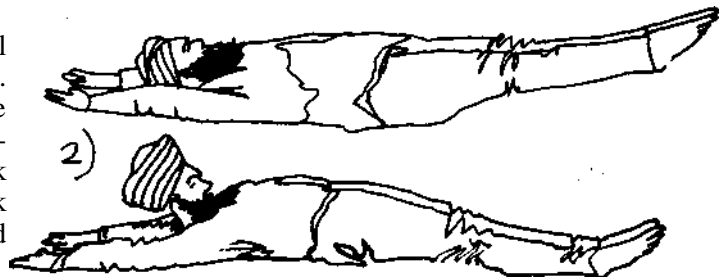
3) Sit in easy pose. Grab your elbows with the arms across the chest. Inhale — raise to a straight sitting position. Exhale — bend forward and put the forehead to the ground. Continue for 3 minutes with long deep breaths.

COMMENTS:

Your glands are the guardians of your physical health and your stability in infinite consciousness. Their secretions determine the chemistry of the blood and the blood, in turn, determines the composition of your personality. If, for example, you lack proper iodine from the thyroid gland, you will lack patience and seldom succeed in staying calm and cool.

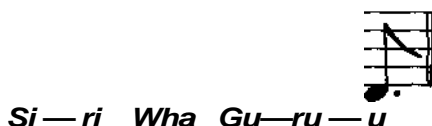
If you are to gain mastery of unlimited consciousness in yourself you must master the physical consciousness to help you, not hinder you. It is best to work on this while you are young. Once you are old, it is too late to take care of old age. *Prepare* your glandular balance now so that age, disease, and fatigue may not blunt the enjoyment of the God-consciousness you are building.

If you keep the first exercise to 5 minutes, then just repeat the kriya 3 times to have a thorough glandular workout.



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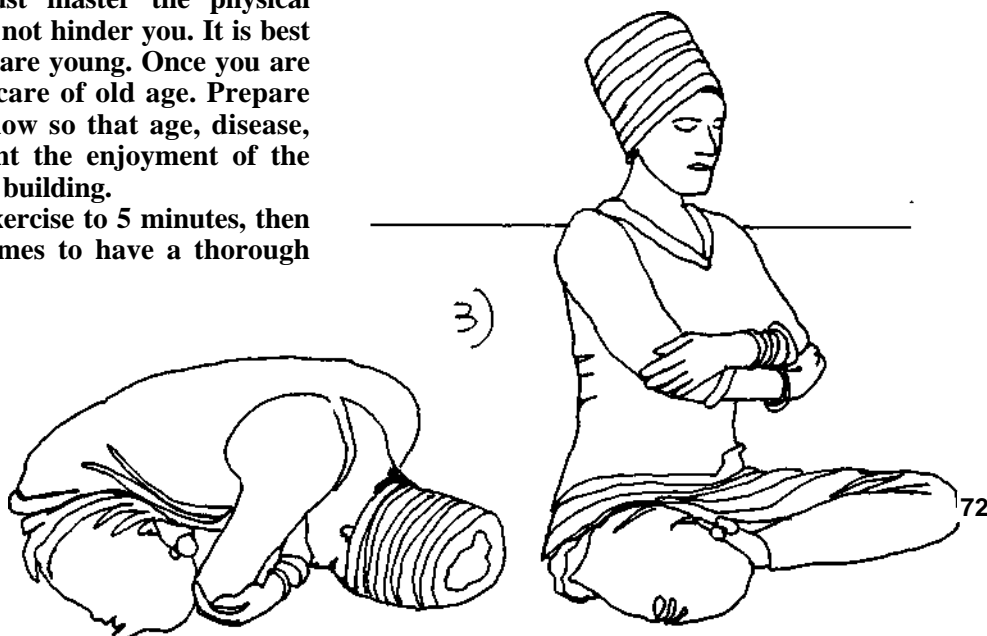
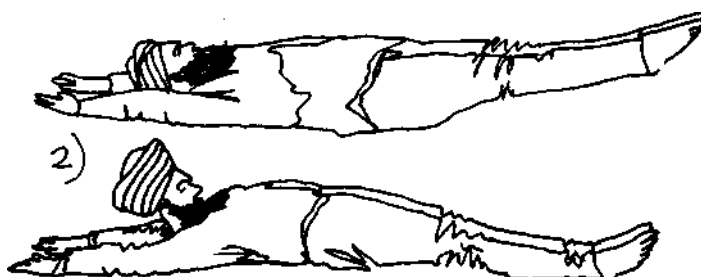
3) Sit in easy pose. Grab your elbows with the arms across the chest. Inhale — raise to a straight sitting position. Exhale — bend forward and put the forehead to the ground. Continue for 3 minutes with long deep breaths.

COMMENTS:

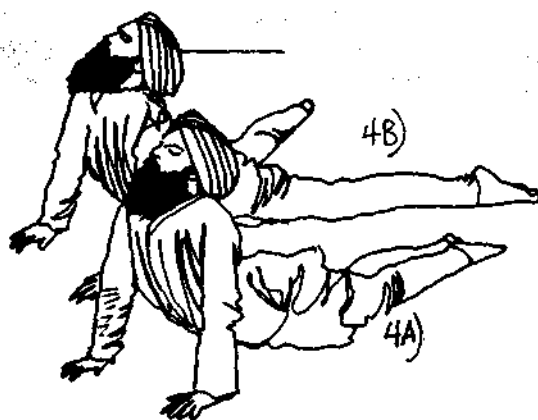
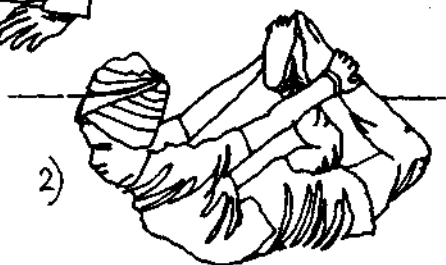
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RESERVE ENERGY SET



4A)



1) Lie on the stomach, heels together. Inhale—rise up to a push-up position. Only the upper side of the bent toes and the palms remain on the ground. Exhale down. Continue 15 times up and down in a moderately slow rhythm.

2) Lie on the stomach. Reach back and grab the ankles, stretching up into bow pose. Begin breath of fire for 30 seconds. Inhale, exhale, and relax on the stomach, hands straight at the sides.

3) Lie on stomach. Make fists of the hands and place them below the waistline just above and inside the bend of the legs. Inhale — raise the left leg up. Exhale — raise the right as the left is lowered. Continue alternating with the breath for 2 minutes.

4) Relax into cobra pose. Hold the pose, but just relax (4A). Heels are together, arms straight, head back. Relax in this posture 45 seconds, then spread the legs far apart and bring the hands closer into the body to create a *deeper* back bend (4B). Roll the head back and forth by turning the chin from the right shoulder to the left shoulder, inhaling at the right and exhaling at the left. Continue 4 or 5 times.

5) Relax and lie down on the stomach, grabbing the wrists behind the back. Roll left and right on the chest with the legs straight and heels together. Continue for 30 seconds.

6) In the same position with arms straight along the sides, begin relaxing each part of the body. Go deep within yourself for 5 minutes.

7) Bundle roll: Lie straight on the back with arms at the sides like a bundle of logs tied together. Flip yourself over and over from back to stomach, stomach to back without bending the body, arms or legs. *Do not bend anywhere.* Continue for 3 minutes.

8) Total relaxation on back for 10 minutes.

COMMENTS:

To tap the reserve flow of the kundalini energy in your body, you activate the sexual energy in exercise 1, the navel energy in 2 and 3, and move that energy up the spine in 4A. During exercise 4B, the thyroid gland secretes and opens circulation to the upper brain. This clears your thinking and adds energy to the will. The last two exercises charge and strengthen your electromagnetic field and stabilize the new energy state you have created. This set gives you an extra resistance to the fluctuations of the environment.

PURIFYING THE SELF

1) Stand up. Then squat down, keeping the feet flat. Extend one leg back as far as you can with the top of the foot on the ground. Most of the pressure will be on the bent leg. Put the palms together at the level of the mind nerve at the center of the chest. Focus on the brow point. Inhale deeply and hold for 7 to 8 seconds. Repeat this cycle 3 times. Then switch legs and do it completely again. Continue until each leg has been extended back 3 times.

2) Sit in easy pose. Lift the diaphragm high. Raise both shoulders as high as possible. Place the hands on the hips. Inhale and exhale very deeply while holding this posture. Continue 2 to 3 minutes.

3) Still in easy pose, hook the fingers together at the center of the chest with the right palm facing down. Forearms and elbows are parallel to the ground. Inhale deeply. Exhale completely with force and apply mul bhand. Inhale — hold the breath, apply mul bhand and mentally raise the pranic energy from the base of the spine to the top. Continue this breath cycle for 3 minutes.

4) Sit in easy pose. Extend the arms out from the sides, parallel to the ground. Press the fingers up, palms facing out. Roll the eyes up and focus at the brow point. Inhale deeply — hold the breath while applying a firm mul bhand for 20 seconds. Then exhale and repeat the cycle. Continue for 2 to 3 minutes.

5) In easy pose, press the palms together with the fingers pointing up. Pull the spine straight. Press the palms together with 30 to 50 pounds of pressure. Hold the position for 2 minutes. Then relax.

COMMENTS:

This kriya energizes you and helps purify the mind and body. It is an excellent kriya to practice before giving a healing-relaxing massage to someone. If you massage people professionally, it can keep your energy together and prevent you from getting drained. Exercise 1 will raise the sexual and digestive energies of the body. Exercise 2 will open the lungs and thyroid. Exercise 3 opens the heart and gives it strength. Exercises 4 and 5 increase healing power in the hands and circulation to the upper body.

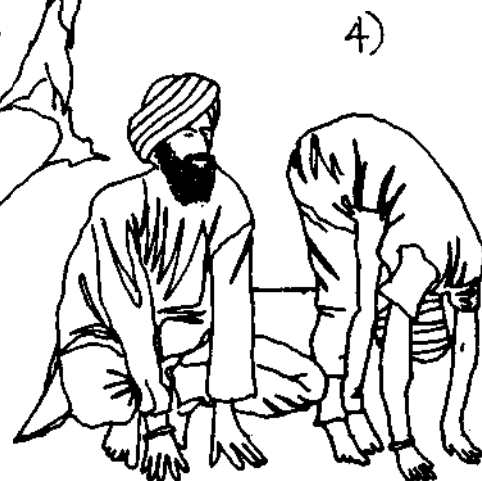
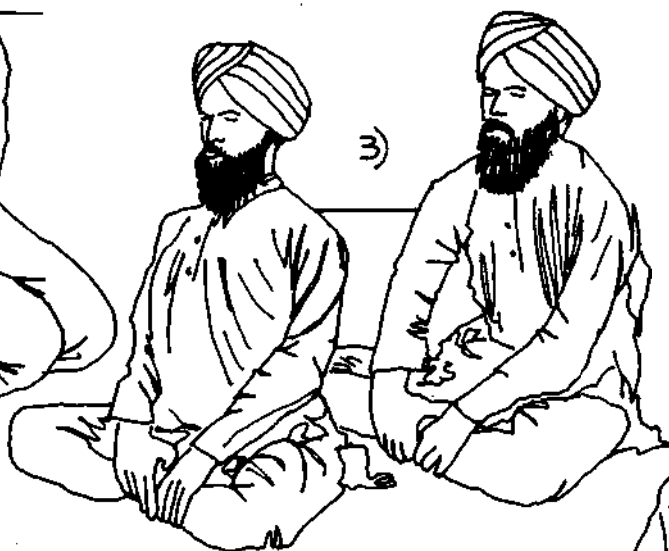
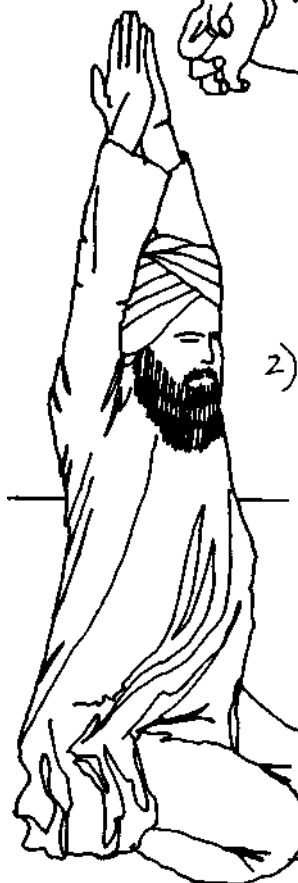
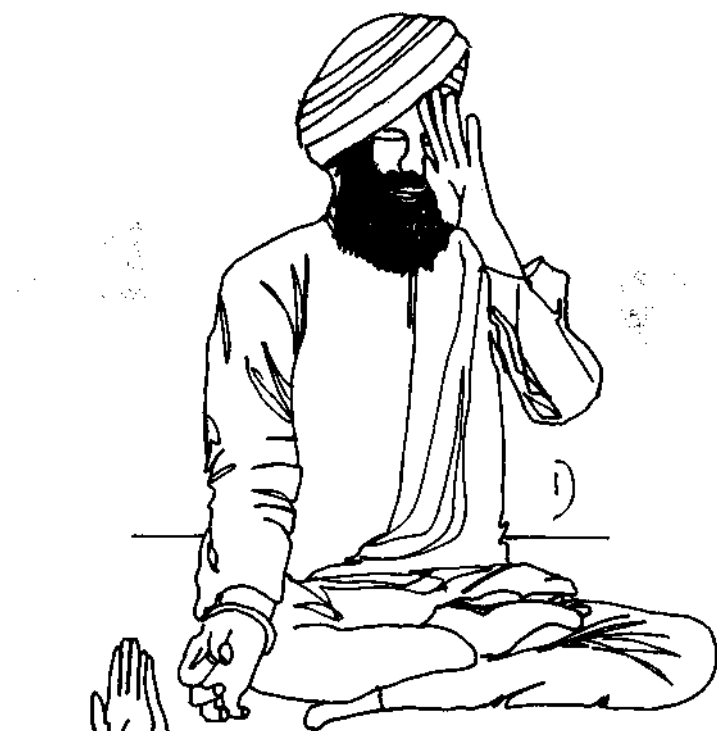


SURYA KRIYA

1) Sit in easy pose with a straight spine. Rest the right hand in gyan mudra on the knee. Block the left nostril with the thumb of the left hand. The other fingers point straight up. Begin long, deep, powerful breaths in and out of the right nostril. Focus on the flow of the breath. Continue for 3 to 5 minutes. Inhale and relax.

2) Sit on the heels. Raise the arms over the head, elbows straight, palms together. To do Sat Kriya begin rhythmically chanting "*Sat Nam*," emphasizing "*Sat*" as you pull the navel in and lock the mul bhand. On "*Nam*" release the lock. Focus at the brow point. Continue for 3 minutes. Then inhale — hold the breath. Apply mul bhand and imagine your energy radiating from the navel point and circulating throughout the body. Relax. Repeat the exercise for 3 minutes. Then inhale, apply mul bhand, and mentally draw all the energy to the top of the finger tips. Relax.

3) Sit in easy pose. Grasp the shins with both hands. Inhale — stretch the spine forward and lift the chest. Exhale — let the spine flex backwards. Keep the head level during the movements. On each inhale mentally vibrate the mantra "*Sat*," on the exhale hear "*Nam*." On each exhale apply mul bhand. Continue rhythmically with deep breaths 108 times. Then inhale — hold briefly with the spine perfectly straight. Relax.



4) Come into frog pose: Place the toes on the ground, the heels together off the ground, the fingers on the ground between the knees, and lift the head up. Inhale — raise the buttocks high. Lower the forehead toward the knees and keep the heels off the ground. Exhale — come back to the original squatting position. Continue with deep breaths 26 times. Inhale up, then relax down onto the heels.

5) Sitting on the heels, place the hands on the thighs. With the spine very straight, inhale deeply and turn the head to the left. Mentally vibrate "Sat." Exhale completely as you turn the head to the right. Mentally vibrate "Nam." Continue inhaling and exhaling for 3 minutes. Then inhale with the head straight forward. Relax.

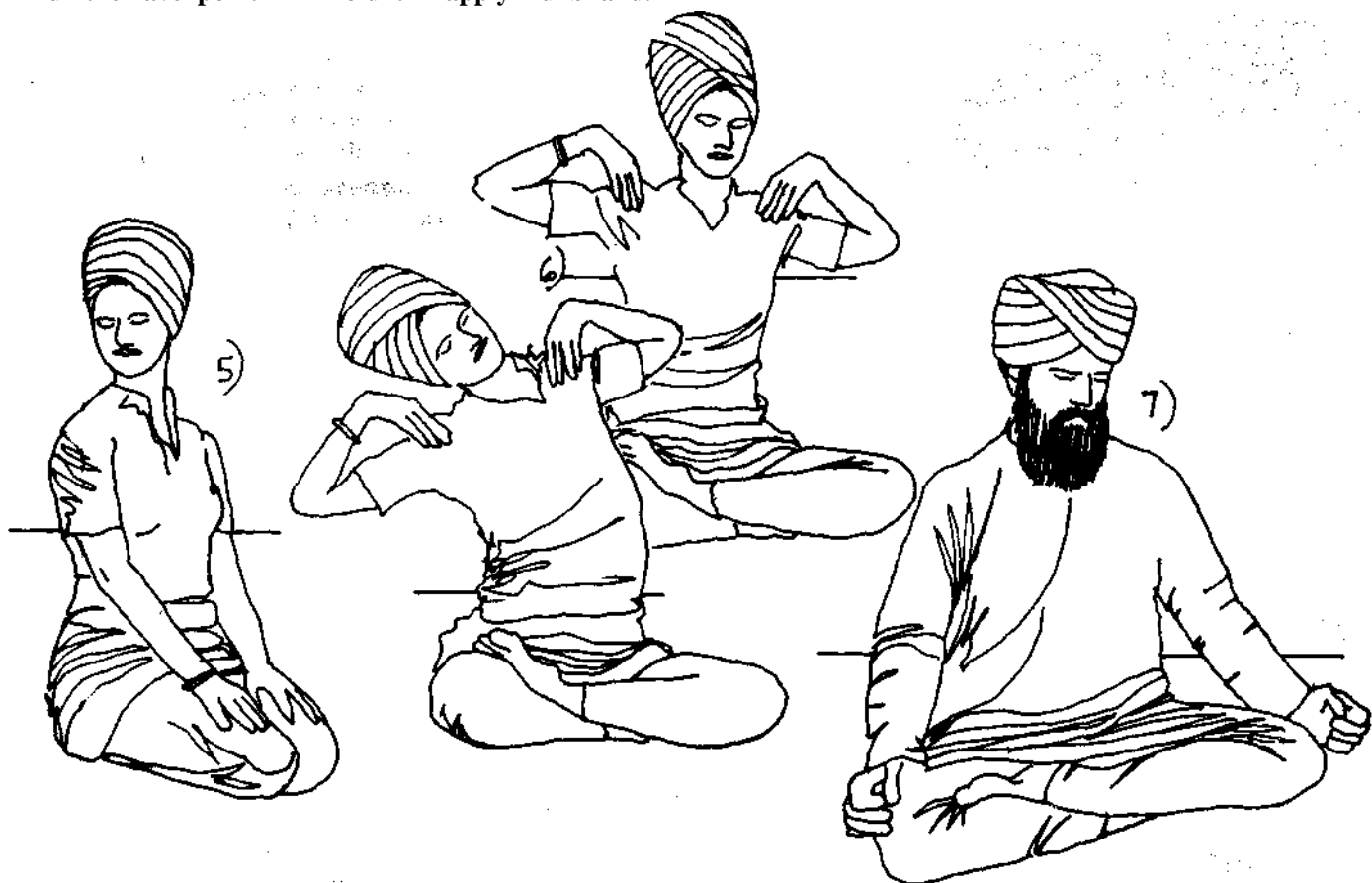
6) Sit in easy pose. Put the hands on the shoulders with the fingers in front and the thumbs in the back. The upper arms and elbows are parallel to the ground. Inhale as you bend to the left, exhale and bend to the right. Continue this swaying motion with deep breaths for 3 minutes. Then inhale straight. Relax.

7) Sit in a perfect meditative posture with the spine straight. Direct all attention through the brow point. Pull the navel point in — hold it — apply mul bhand.

Watch the flow of breath. On the inhale listen to silent "Sot," on the exhale listen to silent "Nam." Continue 6 minutes or longer.

COMMENTS:

This kriya is named after the energy of the sun. When you have a lot of "sun energy" you do not get cold, you are energetic, expressive, extroverted and enthusiastic. It is the energy of purification. It holds the weight down. It aids digestion. It makes the mind clear, analytic, and action-oriented. The exercises systematically stimulate the positive pranic force and the kundalini energy itself. Exercise 1 draws on the "sun" breath and gives you a clear, focused mind. Exercise 2 is for the release of the energy stored at the navel point. Exercise 3 brings the released kundalini energy along the path of the spine and aids its flexibility. Exercise 4 transforms the sexual energy. Exercise 5 opens the throat chakra, stimulates circulation to the head and works on the thyroid and parathyroid glands. Exercise 6 flexes the spine, distributes the energy over the whole body, and balances the magnetic field. Exercise 7 takes you into a deep self-healing meditation. This should occasionally be in your regular Sadhana practice to build the strength of your body and your ability to focus on many tasks.



KRIYA FOR CONQUERING SLEEP



1) Sit on the heels with the palms on the thighs. Keep the spine straight and lean back 30° from the vertical position. Hold the posture with long deep breathing for 1 minute. Then relax.

2) Still sitting on the heels, fold the arms across the chest and hold onto the elbows. Rotate the torso in a circle from right to left. Continue this grinding motion for 3 minutes.

3) Immediately stretch the legs out straight. Put the hands on the ground next to the hips. With the inhale lift the heels and body off the ground. With the exhale drop the body. Do 20 of these "body drops" with the breath.

4) Repeat Exercise 2 for 3 minutes.

5) Repeat Exercise 3 for 15 body drops.



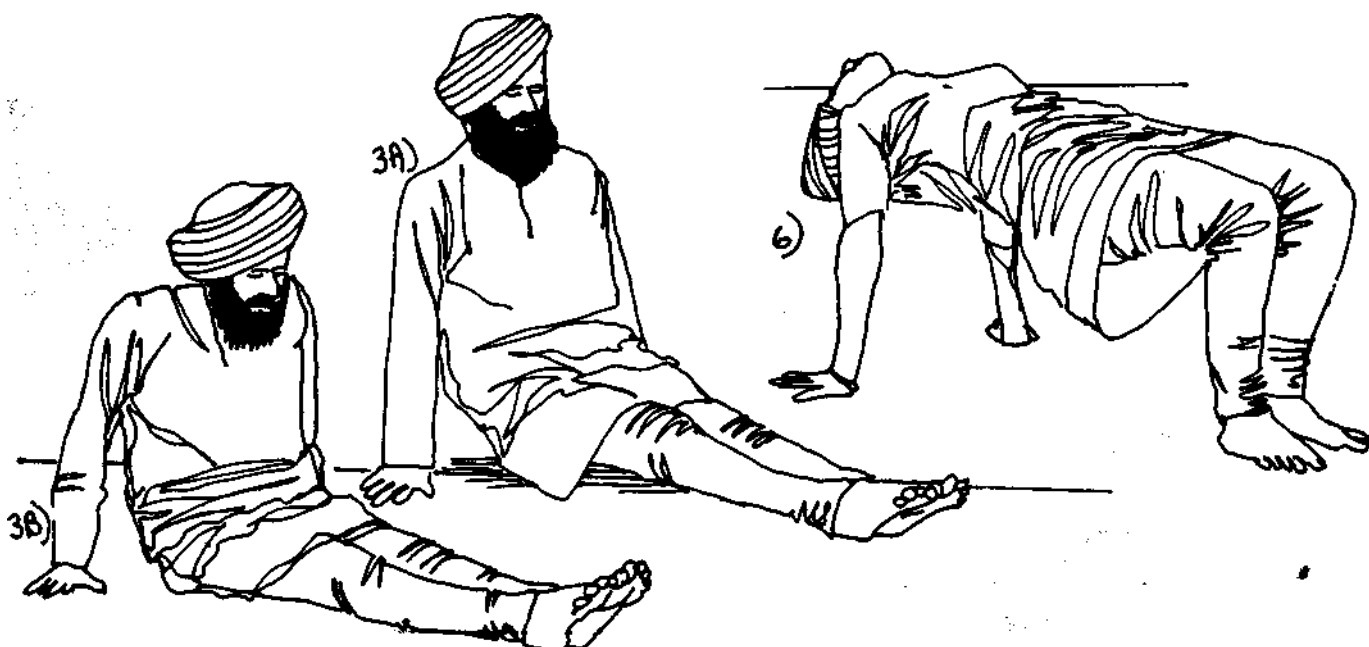
6) Come into bridge pose: Raise the hips up and bend at the knees. The palms and feet are on the ground. Let the head relax back. Hold the pose for 1 minute with normal breathing. Continue with breath of fire for 3 minutes. Inhale, exhale completely, and hold the breath out as you apply mul bhand. Relax.

7) Repeat Exercise 3 for 10 body drops.

8) Repeat Exercise 6 (bridge pose) for 3 minutes with breath of fire.

9) Relax completely on the back for 2 to 3 minutes

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Point the toes forward. Do a fire for VA. minutes. Then inhale deeply, exhale completely, and apply mul bhand. Repeat the exercise with the left leg raised. Relax.

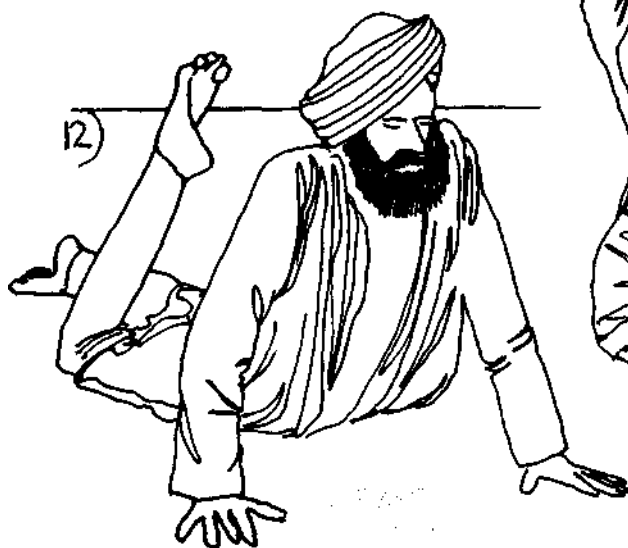
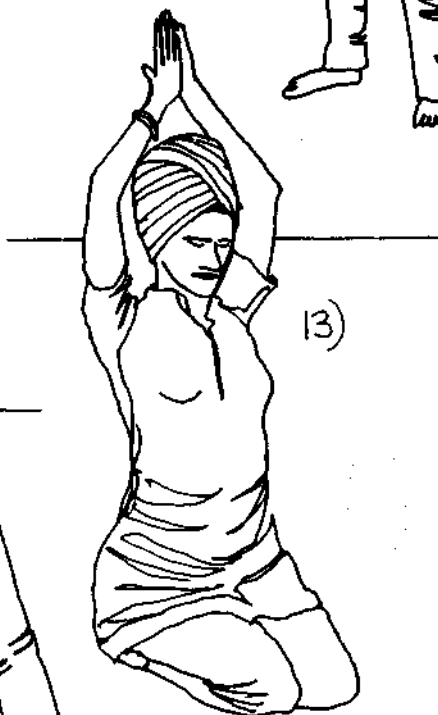
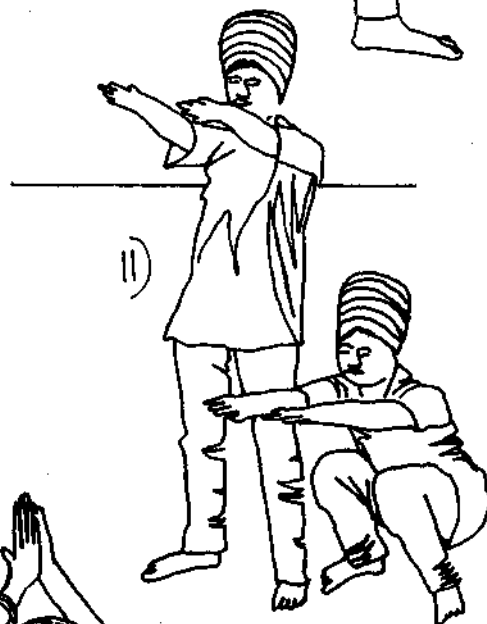
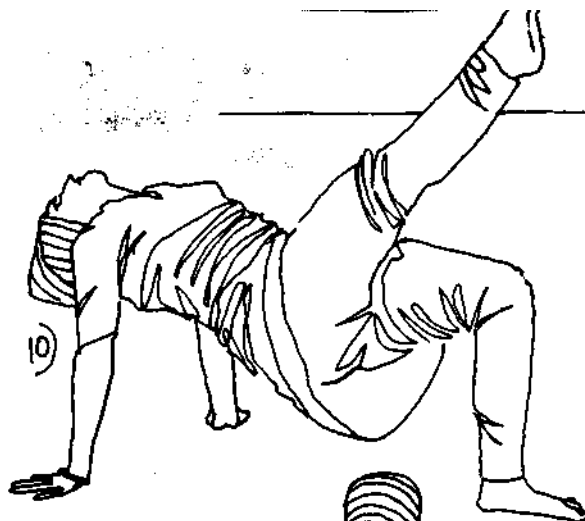
11) Sit in crow pose. Squat down with the feet flat on the ground. With the palms facing down, extend the arms in front parallel to the ground. Inhale deeply as you stand up — exhale completely as you squat down. Keep the spine as straight as possible. Do 30 of these crow squats.

12) Lie on the stomach. Put the palms on the ground under the shoulders. Slowly arch up into cobra pose. Hold the pose with normal breathing for 1 minute. Then kick the buttocks with one leg for 2 minutes. Each time the heel strikes the buttocks, exhale slightly. Kick with the other leg for 2 more minutes. Relax.

13) Sit on the heels in rock pose. Extend the arms straight over the head with the palms flat together. Bring the palms down halfway toward the top of the head with the elbows slightly bent. Raise the eyes up and focus at the center of the skull on the pineal gland and through the top of the head. Continue for at least 3 minutes.

COMMENTS:

If sleep is a constant problem for you, practice this kriya regularly for 90 days. It can be done before bed at night or in the morning. We waste billions of dollars on sleeping aids and stimulants when a much safer and more stable approach exists in exercise and meditation. Unfortunately, the exercises take effort; a pill doesn't. If you choose to put the effort into this kriya, it will eliminate sleep disturbances and give you alertness throughout the day.



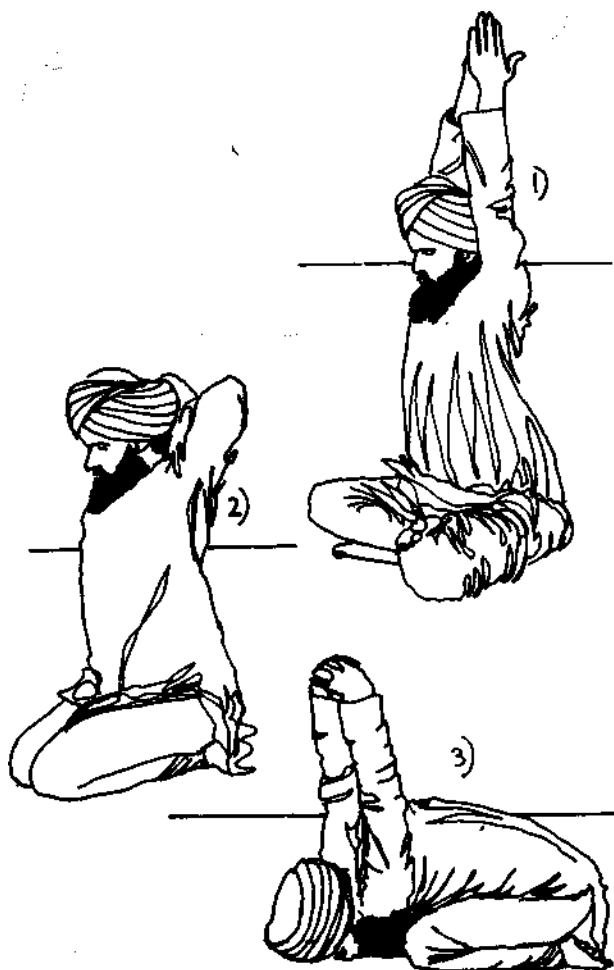


Sit in a comfortable meditative posture with the spine straight. Curl the tongue and protrude it slightly past the lips. Inhale deeply and smoothly through the tongue and mouth. Exhale through the nose. Continue for 5 minutes. Then inhale — hold. Pull in the tongue. Exhale and relax. Repeat this for two more 5-minute periods.

COMMENTS:

Sitali pranayam is a well known practice. It soothes and cools the spine in the area of the fourth, fifth, and sixth vertebrae. This, in turn, regulates the sexual and digestive energy. This breath is often used for lowering fever. Great powers of rejuvenation and detoxification are attributed to this breath when practiced regularly. Doing 52 breaths daily can extend your lifespan. Often the tongue may taste bitter at first. This is a sign of toxification. As you continue the practice the taste of the tongue will ultimately become sweet.

EXERCISES TO MAKE THE PORES BREATHE



1) Sit in easy pose. Place the palms together over head with arms straight hugging the ears. Begin breath of fire and continue for 2 minutes. Inhale — hold for 20 seconds, exhale. Repeat breath of fire for 2 minutes. Inhale — hold 30 seconds, exhale. Repeat one more time. Relax for 2 minutes.

2) Sit on the heels in vajrasana (rock pose). Cross the hands behind the head and hold onto the shoulders with opposite hands. Begin breath of fire and continue for 2 minutes. Inhale — hold. Exhale — relax. Repeat breath of fire 1 minute, then relax 3 minutes.

3) Yoga mudra: Sit on the heels. Place the hands in venus lock behind the back. Lean forward and gradually bring the forehead to the ground. Raise the arms straight up to 90°, maintaining the position to maximum ability. Hold for at least 3 minutes.

4) Relax completely on the back for 10 minutes.

COMMENTS:

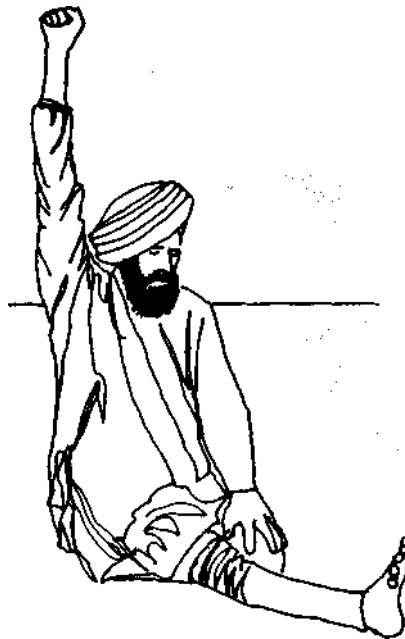
The skin breathes. It is just as important to keep its channels clean as it is for the nose or lungs. This series removes obstructions to the flow of prana through the "third lung."

PRANAYAM FOR PURIFICATION

Sit on the left heel with the right leg extended forward. Stretch the right arm straight up and make a fist. Take long deep breaths, but try to squeeze the breath through the right nostril. Mentally vibrate "Sat" with the inhale and 'Worn' with the exhale. Continue for 3 minutes. Then switch legs, arms, and nostrils. Begin a deep, powerful breath again for 3 minutes.

COMMENTS:

This breathing kriya is to eliminate negativity and the urge to slander others rather than purify yourself. It stimulates the lymphatic system to clean itself. It increases nerve energy in the entire body.



EXERCISES FOR EXPANDING LUNG CAPACITY

1) Sit in easy pose. Raise the arms up so that the upper arms are parallel to the ground and the forearms are perpendicular to the ground. Bend the wrists so that the palms are facing upward, parallel to the ground. Maintain this position for 1 minute. Inhale deeply and hold for 10 seconds. Exhale. Repeat the breaths without rest 4 times. Then hold the breath out and apply mul bhand. Inhale, hold briefly and exhale.



2) Do long deep breathing for 10 minutes with the hands in venus lock in the lap (2). With each inhalation, raise the rib cage up high. Temporary dizziness may be experienced, but the results will lead to mind control. Firm concentration at the brow will alleviate most imbalances.



3) This exercise must immediately follow the one above. Sit up with the legs straight out in front. Bend forward and hold the toes. Inhale, exhale and hold the breath out. Pump the belly as long as possible, then inhale and exhale. Repeat 2 more times.

COMMENTS:

Exercise 1 turns on the energy to the lungs and heart. Exercise 2 uses the energy to expand the lung capacity. Exercise 3 balances and distributes the prana. For a beginners' class, do this set 3 times, but allow only 2-3 minutes of breathing in exercise 2.



BASIC BREATH SERIES

1) Sit in easy pose. Make an antenna of the right-hand fingers and block the right nostril with the thumb. Begin long deep breathing through the left nostril for 3 minutes. Inhale — hold for 10 seconds.

2) Repeat the first exercise, but use the left hand and breathe through the right nostril. Continue for 3 minutes. Inhale — hold for 10 seconds.

3) Inhale through the left nostril, exhale through the right using long deep breaths. Use the forefinger and little finger to close alternate nostrils.

4) Repeat exercise 3 except inhale through the right nostril and exhale through the left.

5) Sit in easy pose with hands in gyan mudra. Begin breath of fire. Totally center yourself at the brow point. Continue with a regular powerful breath for 7½ minutes. Then inhale, circulating the energy. Relax or meditate for 5 minutes, then chant long "Sat Nam."

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Sa -a -a -a -a -at **Nam**

COMMENTS:

This set opens the pranic channels and balances the breath in the two sides of your body. It is often practiced before a more strenuous, physical kriya. It is great to do by itself whenever you need a quick lift and a clear mind.

PRANAYAM SERIES

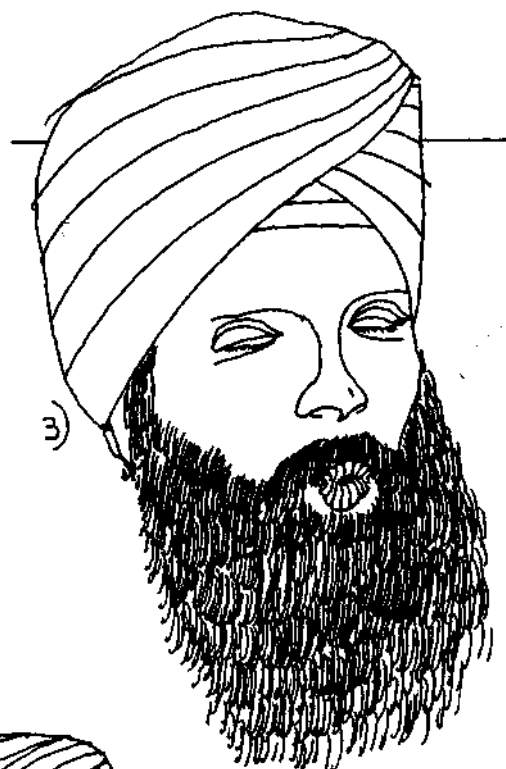
Pranayam Series #1

- 1) Sit in easy pose, the hands in gyan mudra with the arms straight. Begin breath of fire and continue for 7 minutes. Inhale — hold the breath for 30 seconds, exhale.
- 2) Begin long deep breathing through both nostrils. Breathe deeper than normal so that the entire rib cage lifts several inches. Continue 5 minutes, then inhale — hold 15 seconds, exhale.
- 3) Immediately begin to breathe in through puckered lips and exhale through the nose. Continue 3 minutes. Then inhale — hold briefly, exhale.
- 4) Do a powerful and regular breath of fire for 2 minutes. Then inhale deeply — hold as long as is comfortable. Focus at the brow point.
- 5) Meditate with normal breathing. Feel the flow of energy through the whole body.



Pranayam Series #2

Sit in easy pose, hands in gyan mudra. Make a "U" out of the right hand. Inhale through the left nostril holding the right one shut with the thumb (A). Exhale out the right nostril holding the left one shut with the little finger (B). Think "Sot" on the inhale and "Nam" on the exhale. Continue for 10 minutes with deep, regular breaths. Then inhale, exhale, inhale, exhale completely and hold it out. Apply the mul bhand.



COMMENTS:

The first kriya is a good blood cleanser and energizer. The second is for emotional balance. If you get up some morning and feel that you "got up on the wrong side of bed," this exercise will rebalance you for the day.



BEGINNERS EXERCISE I



1) Sit in easy pose. Place the palms flat together with the fingers pointing up. Put the hands at the center of the chest. Close the eyelids and concentrate through the brow point. Create a positive flow of thought. Project to become healthy, happy, and holy. Continue 7 minutes.

2) Lie down on the back. Point the toes forward. Begin long deep breaths for 5 minutes. Then relax for 2 minutes.

3) Still lying on the back, begin breath of fire for 1 minute, then inhale and hold for 15 seconds. Take 8 long, deep, complete breaths. Repeat this entire sequence 3 times.

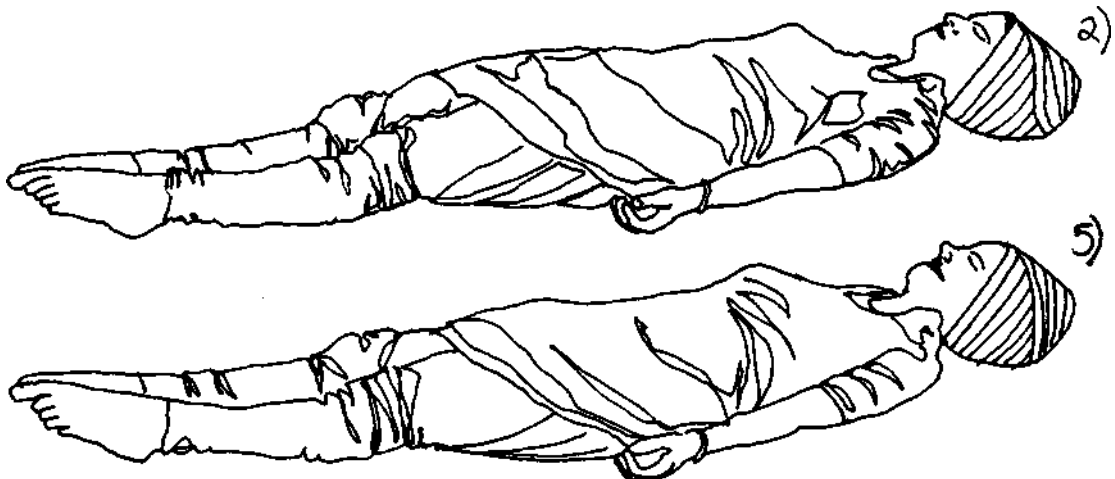
4) Relax for 2 minutes.

5) Lie on the back. Point the toes forward. Lift both legs 6 inches off the ground as you inhale deeply. Hold the position for 15 seconds. Lower the legs. Repeat this 5 times.

6) Deeply relax the body part by part for 10 minutes.

COMMENTS:

This is an easy set to practice for beginners. The effect of the breath is to open the lungs and diaphragm and to slightly stimulate the navel center. The stimulation of these two energy resources allows a deep relaxation. This set is excellent for releasing a normal day's tension build-up.



BEGINNERS EXERCISE II

Sit on the left heel. Extend the right leg forward and point the toes. Bend forward and grasp the right toes with both hands. Keep the spine as straight as you can and look toward the toes. Hold this position for 2 minutes, then begin breath of fire for 1 minute. Switch legs and repeat the exercise. Relax for 1 minute.

2) Lie on the stomach. Grab the ankles and stretch up like a bow. Do breath of fire for 2 minutes. Then relax down.

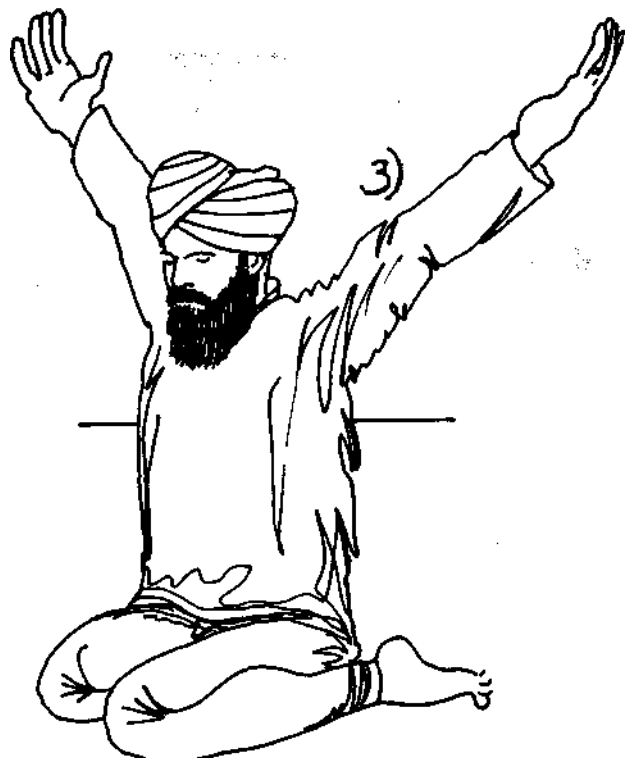
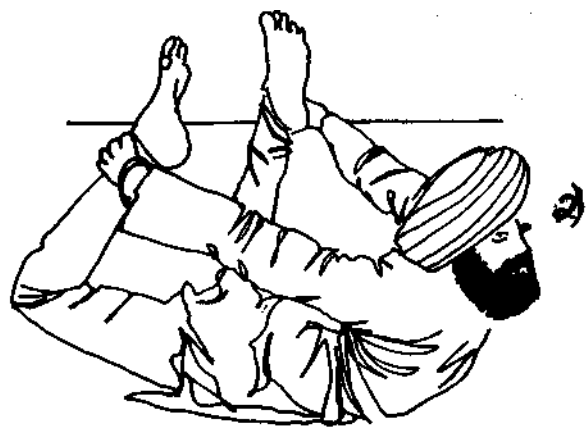
3) Sit between the heels (celibate pose). Raise the arms up at a 60° angle to the horizontal with the palms facing each other. Bounce up and down with the breath. Inhale as you raise up and exhale as you drop down. After 1 minute, exhale deeply. Hold the breath out and apply mul bhand. Repeat one more time.

4) Stand up. Stretch up on toes. Raise the arms straight up. Stretch up. Then bounce up and down for five seconds. Then sit down in easy pose. Slowly come up without using the hands. Continue to repeat the exercise cycle for 2 minutes.

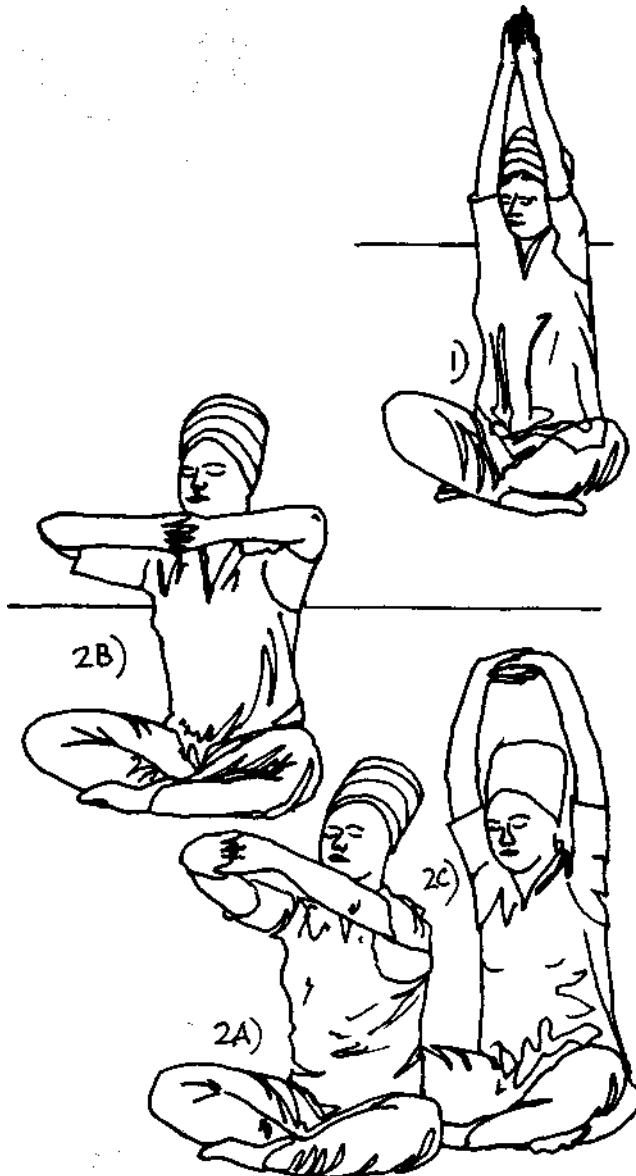
5) Sit in an easy posture. Put the hands in gyan mudra. Go deep within for 5 minutes.

COMMENTS:

This kriya transforms sexual energy into meditative energy. It strengthens the nerves in the upper thighs that regulate sexual potency. Exercises 1 and 2 release the Kundalini energy for self-healing. Repeat the kriya 2 to 3 times for a more advanced workout that will make sweat.



PREPARATORY EXERCISES FOR LUNGS, MAGNETIC FIELD AND DEEP MEDITATION



1) Sit in easy pose. Stretch the arms straight up overhead with palms together. Arch the spine as far up and back as possible. Begin long deep breathing through the mouth with a whistle both on the inhale and the exhale. Continue this for 5 minutes. Relax.

2) Stretch the arms straight out in front, fingers interlocking with the palms facing outward (2A). Exhale, bring the hands in towards the chest (2B). Inhale, stretch the arms out straight again. Continue for 2 minutes with a fairly rapid motion. Then inhale, stretch the arms out straight in front, the fingers interlocking, with the palms facing outward (2A). Hold the breath and bring the arms straight up over the head (2C). Bring them back down parallel to the floor (2A). Exhale and bring the hands in toward the chest (2B). Inhale, stretch the arms out straight in front again, and repeat the sequence for 2 minutes.

3) Without resting, stretch the arms out straight in front at a 60° angle to each other. Inhale - slowly clench the fists. Hold the breath and, with tension, bring the fists to the chest, bending the arms at the elbows. Exhale — release the tension. Repeat for 3 minutes, maintaining an angry face throughout the exercise.



4) Place the hands with fingers interlocked and palms facing upward behind the neck (4A). Inhale — stretch arms up overhead (4B). Exhale down behind the neck. Continue for 2 minutes.

5) Stretch the arms straight up overhead, palms together, thumbs crossed. Inhale and twist to the left. Exhale and twist right. Continue for 2 minutes.

6) Interlock the fingers at chest level, with palms facing down (6A). Inhale, bring the hands up to eye level (6B). Exhale back down to chest level. Continue for 2 minutes.

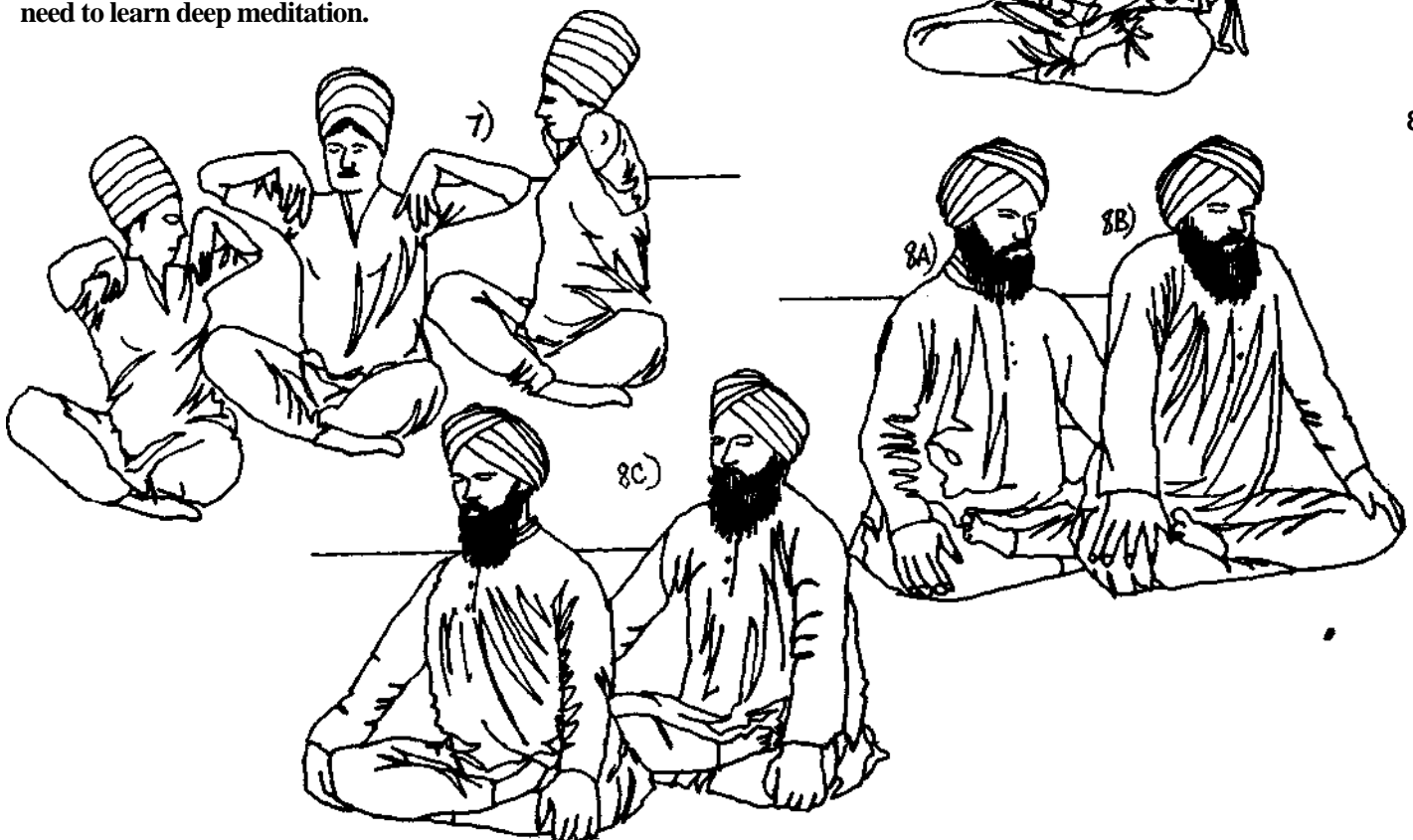
7) Place the hands on shoulders, fingers in front, thumbs in back. Inhale — twist to the left. Exhale — twist to the right. Continue for 2 minutes.

8) Sit in easy pose. Place the hands on knees (8A). Inhale — flex both shoulders up (8B). Exhale down. Continue for 2 minutes. Then begin to flex the spine. Inhale forward, exhale back. Continue for 2 minutes.

9) Roll the eyes up as far as possible. Concentrate at the top of the head. Meditate for 15 minutes.

COMMENTS:

This series begins by purifying the blood and expanding the lung capacity. Then the circulatory system is stimulated. The thyroid and parathyroid secretions are added to the increased circulation and the upper magnetic field of the body is enlarged. This is an excellent preparation for beginners who need to learn deep meditation.



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LAYA

1) Sit in easy pose with a straight spine. Take your right thumb and block off the right nostril. Begin deep breathing through the left nostril. Close the eyes and survey the body up and down ten deep breaths through the left nostril, following with ten deep breaths through the right nostril. Continue for 2 minutes.

2) Put palms together and bring them to the chest about the level of the heart, three inches above the sternum. Apply a slight pressure to the middle of the chest. Begin long deep breathing for 2 minutes; then breath of fire for 1 minute.

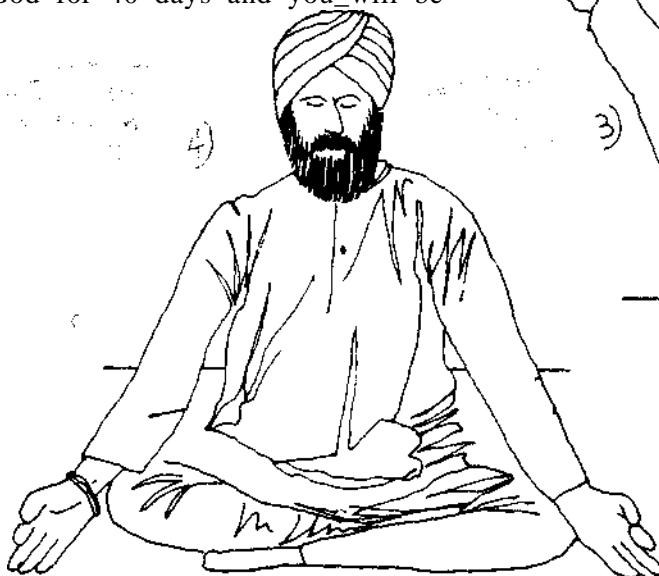
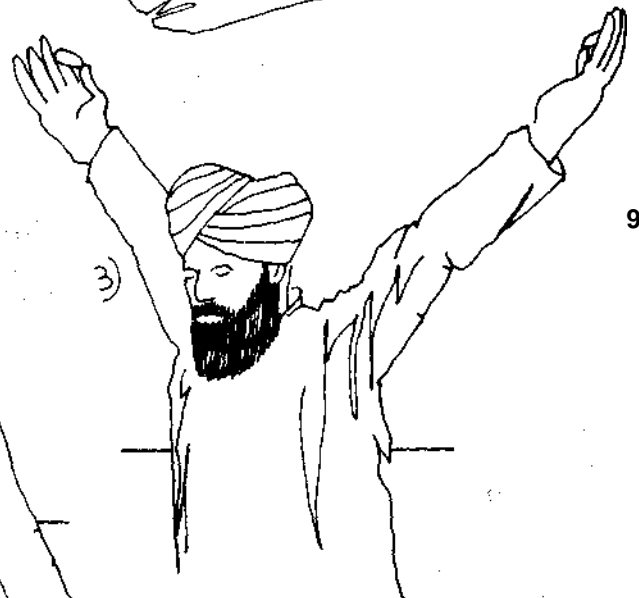
3) Put the hands in gyan mudra and the arms at 60° and do long deep breathing for 2 minutes.

4) Keeping the hands in gyan mudra, lower the arms, resting the wrists on the knees with the elbows straight. Begin the 3 1/2-cycle spin chant, pulling mul bhand. With the breath, spin the sound current up the spine. Let go and get lost in the spin. Visualize the sound spinning from the base of the spine to the top of the head. Use the Adi Shakti Mantra: **"Efc Ong Kar-a, Sat-a Nam-a, Siri Wha-a He Guru."** On **"Efc,"** pull the navel point. On **"a,"** the diaphragm lock (*uddiyana bhand*). On **"He Guru,"** relax the lock. Continue from 11 to 31 minutes.

COMMENTS:

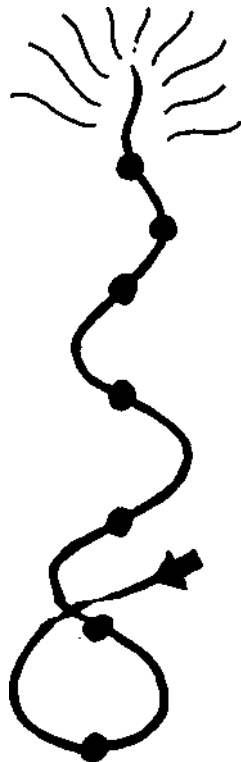
There are two voices within us: One is the voice of the ego and the other, the voice of the soul. Justify yourself before the Creator, not before others. Consciously remember the link between you and your Creator.

If you can keep away from negativity, you are a living god on this earth. This meditation enables one to get lost in the sound current. "Meditate and feel God for 40 days and you will be liberated."



A black and white line drawing of a Sikh man. He is wearing a turban with horizontal stripes and a long, loose-fitting tunic. He is sitting in a meditative pose, with his legs crossed and his hands clasped together in a prayer position (Anjali Mudra) near his chest. He has a full, dark beard and mustache. The drawing is simple, using bold black lines on a white background.

-t Nam

[illegible]

On each wave, thread the sound through the chakras beginning at the base of the spine in the rectum. On "*Nam*," let the energy and sound radiate from the seventh chakra at the top of the head through the aura. As the sound penetrates each Chakra, or center, gently pull the physical area it corresponds to. The first center is the rectum, the second is the sex organs, the third is the navel point, the fourth is the heart, the fifth is the throat, the sixth is the brow point and the seventh is the top of the head. Continue for 15 minutes.

If you can build this meditation to at least 31 minutes 6 seconds per day, the mind will be cleansed as the ocean waves wash the sandy beach.

93

RAJA YOGA MEDITATION WITH MAHA BHAND

1) Sit in any easy sitting posture. The spine must be perfectly straight. Rest both hands gently in the lap (1A). For a female, the left hand rests on top of the right. For the male, it is reversed (IB). Close the eyes and concentrate at the brow point. Focus the attention at the tip of the big toe and mentally draw the life force along the entire length of the leg to the rectum and rotate the energy around the ring of the rectum. Inhale deeply — pull the rectum up, then release it. Continue rhythmical pulling and then exhale. Repeat the cycle, inhaling from toe to rectum. Each time try to pull the rectum further up.

2) Inhale and pull the sex organ as well as the rectum. Contract it and pull up 5 times per breath.

3) Pull the navel point, sex organ and rectum 5 times per breath. Try to massage the spine with the navel point. Pull the lower triangle further up each time until the energy is pulled all the way to the diaphragm.

4) Inhale deeply and concentrate on the Divine Power in the breath. Feel it shoot up to the diaphragm like a rocket as the locks are pulled. Lift up the chest to lift the diaphragm. Exhale.

5) Inhale — pull all the locks and pull the chin in to form the neck lock, or *jalandhara bhand*, concentrate on consciously raising the energy to the neck. A heat will be created there.

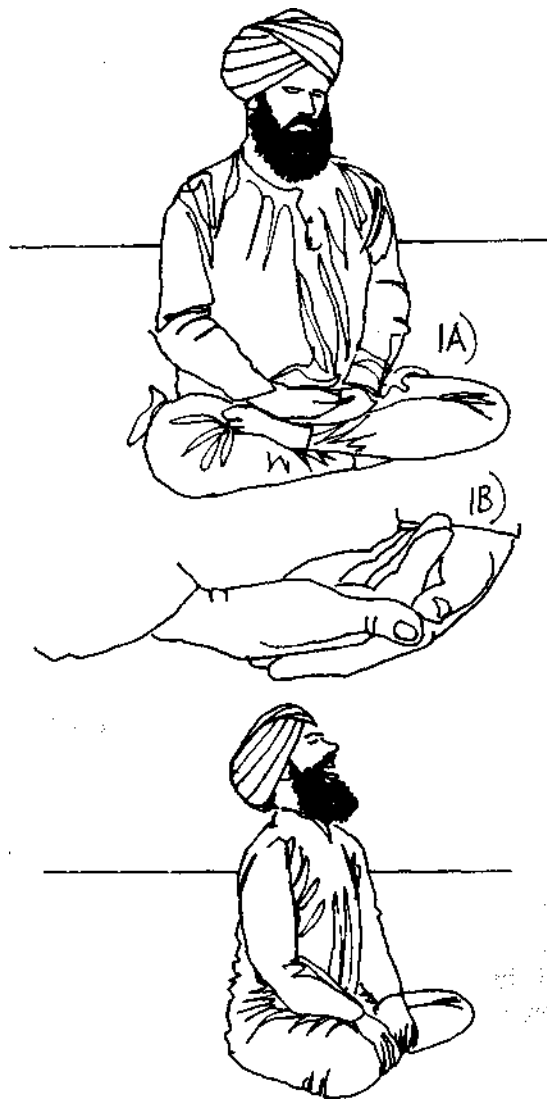
6) Inhale — pull the energy all the way to the brow point. Apply all the lower locks and press the eyes up. Exhale.

7) Relax, meditate at the brow, and go deep within.

8) Meditate at the brow point, and chant very sweetly from the back of your throat at the upper palate of the mouth:

LA-a-a-a-a-a-ah

Create a continuous sound, inhaling when necessary. Listen to the sound as though it comes from infinity. After 5 minutes, inhale deeply. Tilt the head back and look at the sky. Let the breath out with a laugh. Keep laughing aloud for 30 seconds. Relax.



COMMENTS:

Parts 1 through 6 should be practiced 5 minutes each. Part 7, the final meditation, may be as long as you want. The chanting of "***Laaah***" may be extended to 11 minutes. It is best to practice this meditation 1/2 to 1 hour each day.

Raja yoga is a part of Kundalini yoga. There are many meditations in this part of the tradition. This meditation awakens the God in you. There is no need to find God. He already exists in you as Infinite Awareness. It is only necessary to awaken Him. This meditation can open the third eye and give you the practical experience of a reality which cannot be put into words. Raja yoga relates the mind directly to the soul or self. So, there is no automatic control over the mind except will. Kundalini yoga generally relates the body directly to soul so that the mind has no option but to follow the will to infinity.

This series will automatically relate your circumvent force to the universal magnetic field. The more you consciously invest your mind into this, the more expansion you will experience. The practice is self-styling and will direct your conscious energy.

;RIYA

Sit straight in easy pose (A). Meditate at the brow point and produce the five primal sounds, or the Pan/ *Shabad* — S, T, N, M, A — in the original word form:

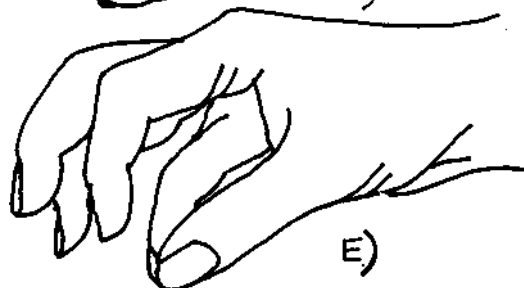
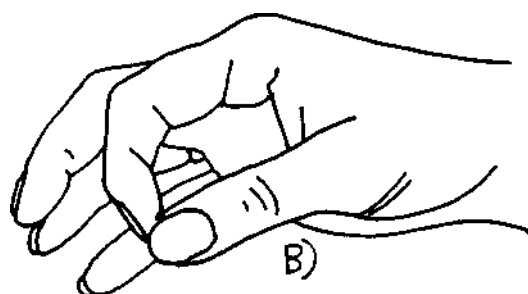
SA — infinity, cosmos, beginning
TA — life, existence
NA — death MA —
rebirth

This is the cycle of creation. From the infinite comes life and individual existence. From life comes death or change. From death comes the rebirth of consciousness to the joy of the infinite through which compassion leads back to life. This sound current



SA TA NA MA

is represented musically this way:



Each repetition of the entire mantra takes 3 to 4 seconds.

The elbows are straight while chanting, and each fingertip touches in turn the tip of the thumb with firm pressure.

On "SA" touch the first, the Jupiter finger, to the thumb (B).

On "TA" touch the second, the Saturn finger, to the thumb (C).

On "NA" touch the third, the Sun finger, to the thumb (D).

On "MA" touch the fourth, the Mercury finger, to the thumb (E).

Then begin again on the first finger.

Chant in the three languages of consciousness:

human — things, the world; normal or loud voice
 lovers — longing to belong; strong whisper
 divine — infinity; mentally (silent)

Begin the kriya in normal voice for 5 minutes, then whisper for 5 minutes and then go deep into the sound silently. Vibrate in silence for about 10 minutes, then come back to a whisper, then aloud. Inhale and exhale.

To come completely out of the meditation, stretch the hands up as far as possible and spread them wide. Stretch the spine and take several deep breaths. Relax.

COMMENTS:

Each time you close a mudra by joining the thumb with a finger, your ego "seals" the effect of that mudra in your consciousness. The effects are as follows:

| SIGN | FINGER | NAME | EFFECT |
|------|--------|-------------|--------------------------------|
| 4 | 1st | Gyan Mudra | Knowledge |
| \ | 2nd | Shuni Mudra | Wisdom, intelligence, patience |
| O | 3rd | Surya Mudra | Vitality— energy of life |
| \$ | 4th | Bhudi Mudra | Ability to communicate |

Practicing this chant brings a total mental balance to the individual psyche. As you vibrate on each fingertip, you alternate your electrical polarities. The index and ring fingers are electrically negative, relative to the other fingers. This causes a balance in the electro-magnetic projection of the aura.

If during the silent part of the meditation your mind wanders uncontrollably, go back to a whisper, to a loud voice, to a whisper and back into silence. Do this as often as you need to.

Practicing this meditation is both a science and an art. It is an art in the way it molds consciousness and in the refinement of sensation and insight it produces. It is a science in the tested certainty of the results each technique produces. Meditations have coded actions to their reactions in the psyche. But because it is effective and exact it can also lead to problems if not *done properly*.

Some people may experience headaches from practicing Kirtan Kriya. The most common reason for this is improper circulation of prana in the solar centers. To avoid this problem or correct it if it has already occurred, you must meditate on the primal sounds in the "L" form. This means that when you meditate you feel there is a constant inflow of cosmic energy into your solar center, or tenth gate. As the energy enters the top Chakra, you place Sa, Ta, Na, or Ma there. As you chant "Sa," for example, the "S" starts at the top of your head and the "A" ends through the brow point as it is projected to infinity. This energy flow follows the energy pathway called the *golden cord* — the connection between the pineal and pituitary glands.

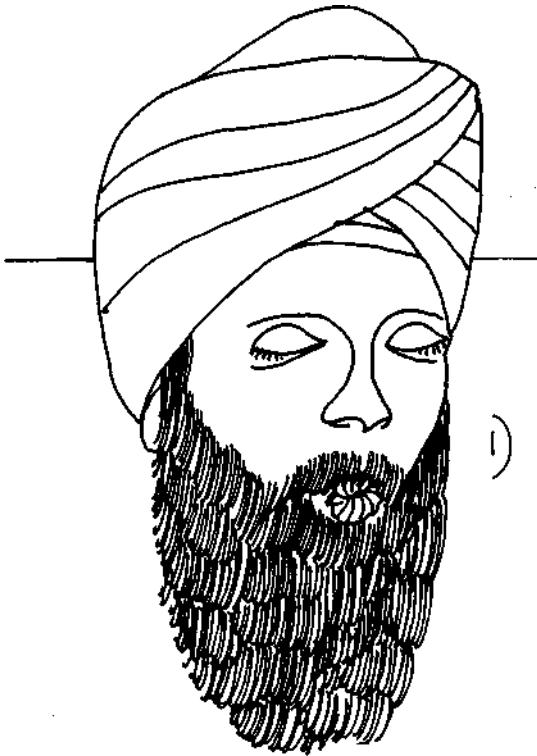
Chanting "SA-TA-NA-MA" is the primal or nuclear form of "Sat Nam." It has the energy of the atom in it since we are breaking the atom (or bij) of the sound, "Sat Nam."

You may use this chant in any position as long as you adhere to the following requirements:

- 1) Keep the spine straight.
- 2) Focus at the brow point.
- 3) Use the "L" form of meditation.
- 4) Vibrate the Panj Shabad in all three languages.
- 5) Use yogic common sense without fanaticism.

The Siri Singh Sahib said at the Winter Solstice of 1972 that a person who wears pure white and meditates on this sound current for 2 1/2 hours a day for one year, will know the unknowable and see the unseeable. Through this constant practice, the mind awakens to the infinite capacity of the soul for sacrifice, service, and creation.

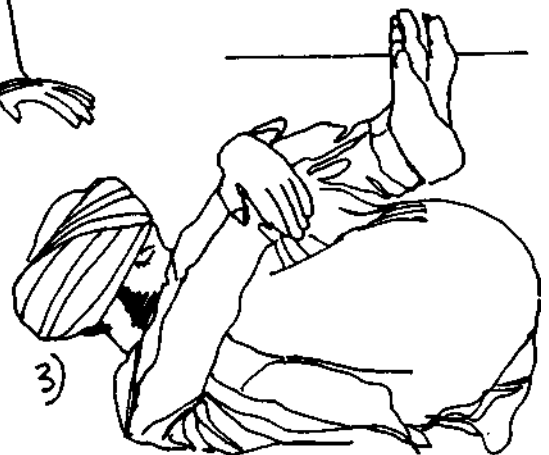
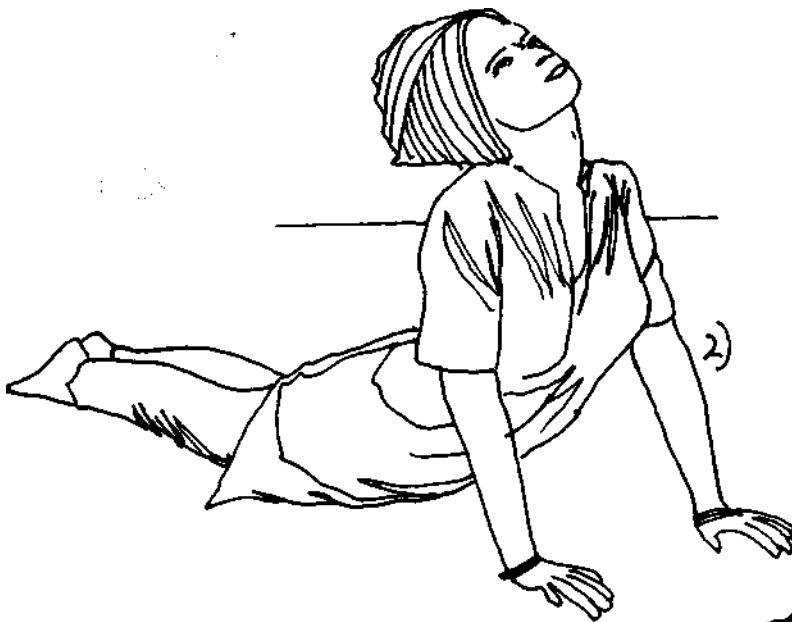
TRANSCENDENTAL MEDITATION: MAHA SHAKTI CHALNEEINDRA MUDRA



1) Sit in easy pose. Inhale with a deep whistle through the mouth. The lips should be puckered like a beak. Exhale through the nose. Concentrate the sound at the third eye point for 5 minutes. Listen just to the pure sound. Continue for 2 more minutes mentally inhaling "Sat" and exhaling 'Warn' with the whistle.

2) Come into cobra pose. Arch the neck back and look up. Fix the eyesight at a point on the ceiling straight up. Inhale through the nose and whistle out through the mouth for 3 to 5 minutes. Inhale and slowly relax down out of cobra pose. Rest for 2 minutes.

3) Lie on the back with the knees pulled to the chest. Hold them there with hands and fingers interlaced over the knees. Lift the head up putting the nose between the knees. With the mouth closed make the sound "hnnnnnnh." The vibrations will be felt in the nose and throat. Continue for 3 minutes.



4) Relax on the back with legs crossed on the ground as in easy pose. This creates a delicate pressure in the lower spine. Maintain the position for 5 minutes.

5) Sit in easy pose, hands on the shoulders, thumbs behind and fingers in front. Swing from left to right, inhaling left and exhaling right (5A). Synchronize the motion with the breath for 1 minute. Then sit on the heels and continue the exercise for 1 more minute (5B). Inhale, hold briefly.

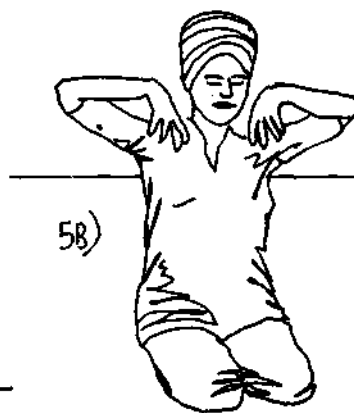
6) Still sitting on the heels, lean forward and put the forehead on the ground. Rest completely in this pose for 3 to 5 minutes.

COMMENTS:

This is a real transcendental meditation as it was originally taught centuries ago. If the many teachers who have come to the United States to initiate students into secret mantras claiming to be transcendental meditations actually gave the undiluted techniques like this kriya, then we would be

able to research the science of consciousness much more effectively. Transcendental meditations always have a breath rhythm and a hand mudra linked to the mantra.

In the yogic scriptures, there are six pages written to tell the benefits of this single kriya. It allows you to control the senses and thoughts. It balances the life nerves of prana and apana so that your health is improved and the lung capacity is increased. Once your lung capacity for normal breathing goes beyond 700cc's, your personality changes. The extra capacity sends an increased vital force to the nervous system with each breath. Nerves that are strong give you patience. In this exercise, the body maintains a perfect equilibrium in the CO₂ and O₂ exchange. The pressure on the tongue causes the thyroid and parathyroids to secrete. If you practice part 1 for 15 minutes, you may experience some pain in the ears. After 31 minutes, you may have a pain in the upper chest. These are the signs of the glands secreting and gaining a new balance. If you sincerely practiced part 1 for 31 minutes a day followed by the remaining exercises, this kriya could change your personality, your total lifestyle, and even your destiny.



HEARTBEAT MEDITATION IN THE TRIPLE LOCK

Sit in easy pose or lotus pose with the hands in gyan mudra. The backs of the hands rest on the knees so the mudra faces upward (A). The touch of the fingers should be just hard enough to clearly feel *your pulse in the tips of the thumbs*.

The essence of this meditation is to form the triple lock in a relaxed, stable and attentive attitude. The *triple lock* is: 1) gyan mudra feeling your pulse, 2) front teeth locked on top of each other, tip to tip, 3) tongue turned backward as much as possible to touch the upper palate.

Meditate at the brow point on the constant rhythm of the heart. Keep the spine completely straight. Continue for 11 minutes. If you choose to practice this, slowly build the time each day until you can be alert for 31 minutes.

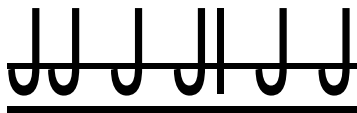
COMMENTS:

This meditation gives you the knowledge of past, present, and future. It directly activates the brain to associate new areas of the brain and balance the nervous system. If your spine is straight as you master this meditation, your entire destiny and self-concept will change and expand.

LAYA MEDITATION ON ECSTASY

Sit in easy pose keeping the arms straight with hands in gyan mudra resting on the knees. Sit very majestically as though in the court of a king. Close the eyes so that the energy of sight is not distracting from in-sight. Chant this laya mantra and enter a divine sound current. Concentrate and hear the sound within.

Wa—he Gu—ru Wa—he Gu—ru



Wa—he Wa—he Wa—he Gu—ru

Continue for 11 minutes, then inhale deeply and hold this precious breath. Concentrate the energy at the top of the head. After 30 seconds exhale and relax.

COMMENTS:

A fundamental motivation and instinct in man is to seek happiness. Usually we search all over the world for the right time, the right place, and the



right partner, but we never find them all at one time, nor do any of them stay for long. Time, the great reaper, has its harvest of our sorrows and insecurities, but all we want is happiness.

A state of ecstasy exists within ourselves all the time. It is not dependent on the whims of circumstance and personality. It is an infinite pool that refreshes the heart and gives us strength to create a better self and a better world. This meditation leads you to that experience.

The mantra is a triple sound. As you continue the meditation it will lead your mind through three stages. The first stage is rhythmic and your mind will enjoy it, but it will still allow the thoughts of the day to enter. You will not like to put all your energy into ecstasy. In the second stage your self-conscious mind will reward you to feel yourself. This will happen because you will feel disturbed as your usual thoughts slip away. In the third stage you want to get rid of the self-consciousness and immerse yourself unconsciously into the ecstasy. You become so calm you want to sleep. It is the merging of a raindrop into a vastly calm and beautiful lake. You reflect all, cleanse all, refresh all. If you cross this third stage, you can know the ecstasy living within yourself and enter into a conscious balance and play with the Infinite.

MAHA AGNI PRANAYAM

Sit in easy pose or lotus position and place the palms together 9 to 12 inches in front of the chest at the level of the heart(A). Inhale and swing the head from the right shoulder across the chest to the left shoulder (B & C). Complete the swing by pulling the chin in facing straight forward (A). Focus at the brow point and project this mantra silently in perfect rhythm:

| | | | | | | |
|-----|-----|--|---|--|---|---|
| // | ▲ | | | | | . |
| 1 / | 1 / | | * | | Λ | . |

$\overline{Ma}-\overline{Ma}-\overline{Ma}-\overline{Ma}$
 $\overline{Ra}-\overline{Ra}-\overline{Ra}-\overline{Ra}$
 $\overline{Ma}-\overline{Ma}-\overline{Ma}-\overline{Ma}$
 $\overline{Sq}-\overline{Tq}-\overline{Na}-\overline{Ma}$

Exhale and immediately swing the head with the inhale. The head swing is quick and will give a little pull at the base of the skull.

Continue for 11 minutes and gradually build up the time to 31 minutes with practice.

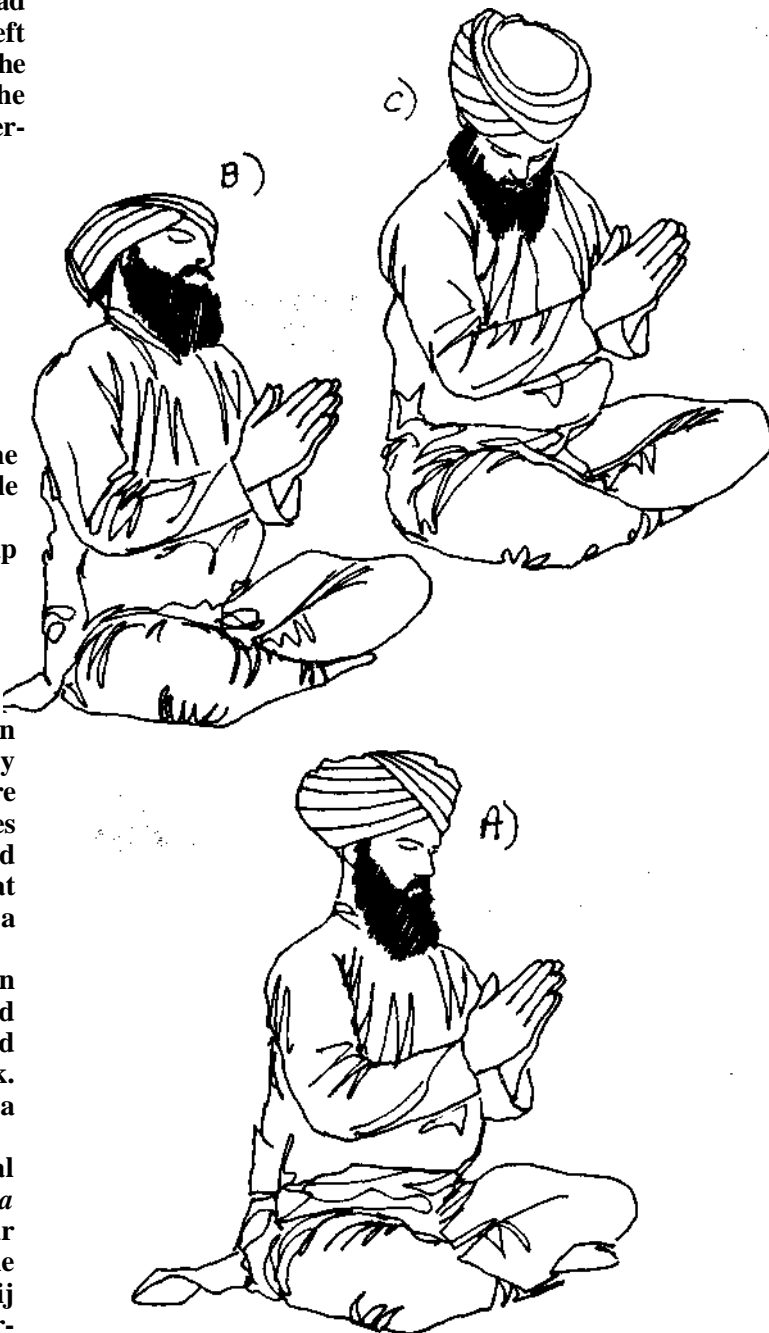
COMMENTS:

This meditation can totally reorganize the brain secretions. In Kundalini yoga, the two halves of the brain are each divided into five main parts. The parts alternate in dominance every 2 1/2 hours. During this kriya, the little fingers are touching from the base to the tip. This stimulates the heart meridian and connects the first and third brain areas, correlating your desires with what you achieve through action, and so you become a more effective being.

The head motion puts a pressure on the brain ducts to recirculate the spinal fluid into the blood stream. The circulation in the spinal fluid and meridians is often blocked at the base of the neck. This is particularly true of those who have used a drug like marijuana.

The sound of this mantra travels the mental orbit of your life. On "*RaRaRaRa MaMoMoMa RaRaRaRa MaMaMaMa*," you travel from your central self into the orbit of mental life. "*Ra*" is the sun, "*Ma*" is the moon. You return with the bij mantra, "*Sa Ta Na Ma*." The rhythm is very important. If you cannot set the time of the mantra into a proper rhythm, the rhythm of the time cannot serve you. The moment you can reflect and create the proper rhythm of the time under the polarity of finite consciousness, then infinity has a right to serve you.

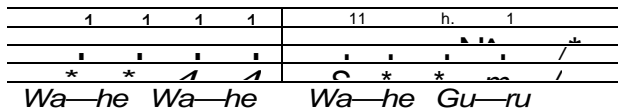
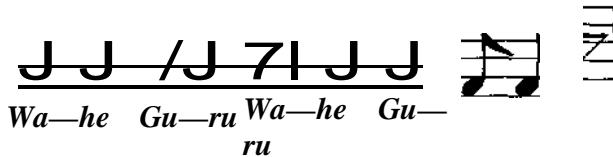
On the fourth and eleventh days of the moon



cycle, there is a special pressure on the endocrine system to secrete and cleanse itself. To take advantage of this for your physical and mental health, practice this meditation for one hour on each of those days. The kriya will have the maximum value to you on these special days.

GURU GOBIND SINGH SHAKTI MANTRA MEDITATION

Sit in easy pose with the elbows straight and hands in gyan mudra. Close the eyelids, concentrate at the brow point and chant two complete cycles of this mantra with each single breath:



After chanting the two cycles, take a deep but rapid breath and repeat. A complete breath takes 12 seconds. Continue for 11 to 31 minutes. Inhale and concentrate the energy at the top of the head.

COMMENTS:

This is the science of Laya yoga. It is exact and exacting and it is nobody's private property. Those who have turned this into the secret possession of a few do a disservice to humanity at a time when people need every technique to grow. Laya yoga is a science of relating breath, rhythm and mantra to produce altered states of consciousness. Each *japa* (repetition of mantra) creates *tapa* (psychic heat). When you rotate the breath and volume of sound properly, it creates heat that burns off the karma. The knowledge cannot properly be transferred by secret whispering in the ears of disciples. It must be an open and conscious effort to expand your higher consciousness into practical expression. The relationship between your life in the finite and infinite depends on the rhythm of the breath. By controlling the breath, this kriya gives you a consciousness of ecstasy and calms the nerves. This calmness can also help to reduce fever.



MEDICAL MEDITATION FOR HABITUATION



Sit in a comfortable pose. Straighten the spine and make sure the first six lower vertebrae are locked forward. Make fists of both hands and extend the thumbs straight. Place the thumbs on the temples and find the niche where the thumbs just fit. This is the lower anterior portion of the frontal bone above the temporal-sphenoidal suture.

Lock the back molars together and keep the lips closed. Vibrate the jaw muscles by alternating the pressure on the molars. *A muscle will move in rhythm under the thumbs. Feel it massage the thumbs and apply a firm pressure with the hands..*

Keep the eyes closed and look toward the center of the eyes at the brow point. Silently vibrate the five primal sounds, "*So To No Ma,*" at the brow. Continue 5 to 7 minutes. With practice the time can be increased to 20 minutes and ultimately to 31 minutes.

COMMENTS:

This meditation is one of a class of meditations that will become well-known to the future medical society. Meditation will be used to alleviate all kinds of mental and physical afflictions, but it may be as many as 500 years before the new medical science will understand the effects of this kind of meditation well enough to delineate all its parameters in measurable factors.

The pressure exerted by the thumbs triggers a rhythmic reflex current into the central brain. This current activates the brain area directly underneath the stem of the pineal gland. It is an imbalance in this area that makes mental and physical addictions seemingly unbreakable.

In modern culture, the imbalance is pandemic. If we are not addicted to smoking, eating, drinking or drugs, then we are addicted subconsciously to acceptance, advancement, rejection, emotional love, etc. All these lead us to insecure and neurotic behavior patterns.

The imbalance in this pineal area upsets the radiance of the pineal gland itself. It is this pulsating radiance that regulates the pituitary gland. Since the pituitary regulates the rest of the glandular system, the entire body and mind go out of balance. This meditation corrects the problem. It is excellent for everyone but particularly effective for rehabilitation efforts in drug dependence, mental illness, and phobic conditions.

TAPA YOG KARAM KRIYA

Sit in a meditative pose. Extend the arms straight forward parallel to the ground. Palms face each other. Put the wrists together. Then spread the palms out as far as you can as though pushing against a wall. The eyes are slightly open looking down at the tip of the nose. Begin rhythmically chanting: *Sat Nam, Sat Nam, Sat Nam, Sat Nam, Sat Nam, Sat Nam, Wahe Guru*. Continue for 11 minutes.

COMMENTS:

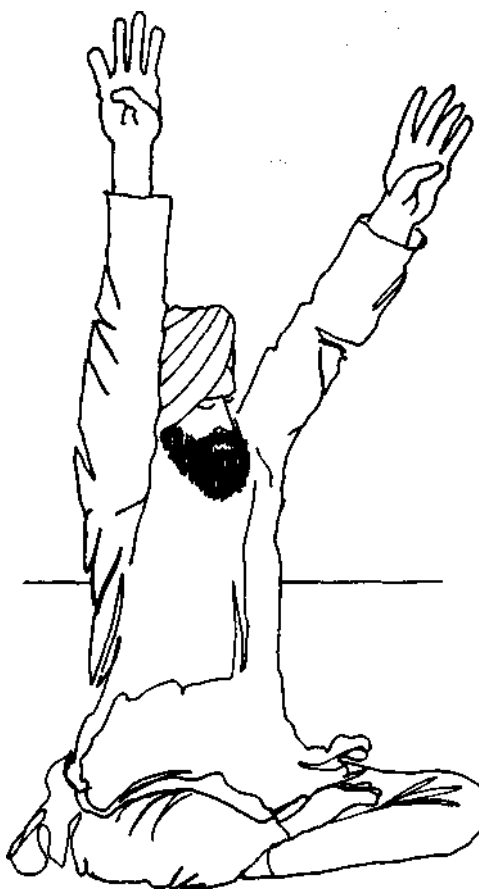
We cannot improve the caliber of the human being, but we can guide it. When we guide ourselves and are not at the mercy of subconscious habits then we become master of the self. But overcoming old habits and starting new ones requires strong nerves and willpower. This kriya develops willpower and gives the capacity to understand the elements of your personality. You can know what you are thinking and regulate the flow of those thoughts. This kriya is a perfect Sadhana for difficulty in completing projects and doing what you intend.

MEDITATION FOR THE LOWER TRIANGLE

Sit in easy pose. Make sure the spine is pulled up and stretched straight. Extend the right arm straight up hugging the ear. Extend the left arm to 60° from horizontal, with the palm facing down. On both hands, put the thumb onto the mound just below the little finger. Keep the eyes slightly open. Look down toward the upper lip. Press the elbows straight. Stretch the arms up from the shoulders. Continue for 11 minutes.

COMMENTS:

This meditation alleviates any problem in the lower spine. It is a direct healer for the kidneys and adrenal glands. Consequently it helps repair the energy drained by long term stress. This kriya also helps the heart. Although there is no breath specified, the breath will automatically become longer and deeper as you continue. It is important to hold the arms perfectly still to receive the full benefit.



MEDITATION FOR BROSA



Sit in lotus or easy pose. Arch the arms up over the head with the palms down. If you are a male, put the right palm on top of the left. Ladies put the left palm on top of the right. Put the thumbtips together with thumbs pointing back. The arms are bent at the elbows slightly. Keep the eyelids open slightly and look down toward the upper lip. Chant the mantra **Wahe Guru**. Form the sounds with the lips and tongue very precisely. Whisper it so that the **Guru** is almost inaudible. It takes about 2½ seconds per repetition. Continue for 11 minutes.

COMMENTS:

This kriya is very potent and must be respected. When beginning to experience this meditation, it should be done for a maximum of 11 minutes. Then increase the time by 1 minute after every 15 days of practice until you reach a total of 31 minutes. The effects are extensive. The meditation affects the element of trust in the human personality. Trust is the basis of faith and commitment and the sense of reality. It will give you the elevation of spirit so you can stand up to any challenge. It builds and balances the aura from the fourth chakra up.

MEDITATION FOR HUMAN QUALITY



Sit in an easy cross-legged pose, keeping the spine straight. With both hands form Ravi mudra: Touch the tip of the ring finger to the tip of the thumb. Extend both arms parallel to the ground with the palms down. Spread the fingers wide. Put the sides of the tips of the index fingers together. Raise the arms slightly so the index fingernails are at the level of the eyes. Keep the eyes relaxed and open. Look over the index fingertips to the horizon. Just hold this position completely still. Continue for a maximum of 11 minutes.

COMMENTS:

We often fail in life and in our capacity for devotion because we are not trained to use our human qualities. These qualities of endurance, creativity, and compassion are regulated by the third, fourth and fifth chakras. The first and second chakras are below human. The sixth, seventh and eighth chakras are beyond human. So it is only in the area of the heart that we can fulfill our nature. This meditation opens the power of the fourth Chakra. It balances and repairs the sympathetic nervous system. It helps the physical heart. It gives resistance to tension and high pressure environments. The greatest result is that it connects you with the inner sense of being human.

WHA GURU KRIYA FOR NERVOUS BALANCE

Sit in lotus or easy pose. Put the hands on the knees in gyan mudra. Let the eyes be nearly closed. Break the inhale into 10 equal parts or "sniffs." With each part of the inhale move the hands mechanically (in small jerks) one-tenth of the way toward the forehead. The palms face up and all the fingers are straight during the inhale. At the tenth inhale the palms are on the forehead with the fingers pointing up. As you exhale join the fingertips of the two hands and let the hands down slowly. Separate the hands at the level of the navel point and return them to gyan mudra in the original position. On each inhale mentally vibrate the mantra *Wha*. On the exhale vibrate **Guru**. Continue for 3 to 11 minutes.

COMMENTS:

This kriya builds the nervous system so nothing bothers you. It stimulates the pituitary to secrete and gives you an expanded intuitive sense. It makes the mind clear and decisive. If the aura and nerves lack strength it is difficult to act on ideals you have. This kriya helps you directly direct yourself.

Begin the practice with only a few minutes. Then build slowly up to 11 minutes.



GURU RAM DAS: RHYTHMIC HARMONY FOR HAPPINESS

Sit in a peaceful meditative pose. Keep the eyes one-sixteenth open. Men take the left hand and form Shuni mudra with the thumb and middle finger. With the right hand, join the thumb to the tip of the ring finger (for women, the mudras are reversed). Rest the hands on the knees. Chant in a soft monotone:

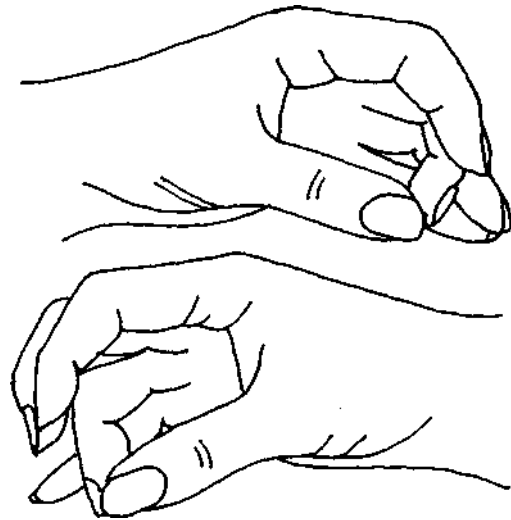
Guru Guru Wahe Guru

Guru Ram Das Guru

Each repetition takes about 8 to 10 seconds. Continue for 11 to 31 minutes.

COMMENTS:

The Siri Singh Sahib said when he taught this that it "is to bring to the self a meditative *peace*. This is a *maithuna*. It's so vibratory even your lips, your upper palate, your tongue, your entire surroundings feel a vibratory effect. It's my personal mantra. It was given to me by Guru Ram Das in his astral



self, not when I was challenged, but when Guru Ram Das was challenged. The beauty of this mantra is that it was tested. When our lives were in danger I said, 'Folks, keep on chanting this. We'll always be protected.' It's the same today. It always will be through every moment of life. It is called ecstasy of consciousness. The impossible becomes pure, simple, truthfully possible because you have the given values and you have given yourself, soul and spirit, to those given values righteously. It is then that God manifests everything. And that's why we chant in this mudra this simple mantra."

BRAHM MUDRA MEDITATION

Sit with the spine straight. Make fists of both hands. The thumb should be on the outside of the fist with Jupiter fingers pointing straight up. Hold the two hands so that they face each other. The left hand is lower, the left Jupiter fingertip being exactly even with the lowest knuckle of the right thumb. The two hands are like conches pointing to God. The eyes are open, looking straight and directly *at* and through the space of the hands. Hold the hands about 1 to 1 1/2 feet from the face. Keep the neck straight. Mentally meditate on ***Ad Guray Nameh, Jugad Guray Nameh, Sat Guray Nameh, SM Guru Devay Nameh.*** After 11 minutes close the eyes and, holding the position, chant aloud the mantra in a monotone and in a simple, moderate rhythm.

COMMENTS:

This mudra symbolizes yin and yang pointing towards God. It is a mudra of immediate spirit and protection. All previous incarnations, the present, and the future shall be directed towards righteousness. This mudra changes the metabolism of the mind and develops a "funny mandala" called "Brahm Mandala."

Brahm mudra is good for outrageous behavior, tremendous depression, and inconsistency in character. It creates happiness on the spot where there is unhappiness.

