



1. Lie down on your back. Bring your arms and legs up to 90 degrees. Toes point toward the ceiling. Spread the fingers wide, palms facing the thighs. After 3 minutes begin singing loudly, from the navel, to the Aquarian March by Nirinjan Kaur. Continue for 7 minutes.

Let the energy come in and take care of the lower back. If your knees bend it means you worry too much. This posture is between headstand and shoulder stand and gives you a new brain, new pelvis, and takes care of the liver.

2. Immediately bring your knees to your chest and wrap your arms around the knees. Press very firmly. Bring your nose up to your knees. Do not let your feet cross. Continue chanting powerfully with the Aquarian March. 5-1/2 minutes.

Pressing the knees to the chest will open the 2nd and 3rd lumbar vertebrae.

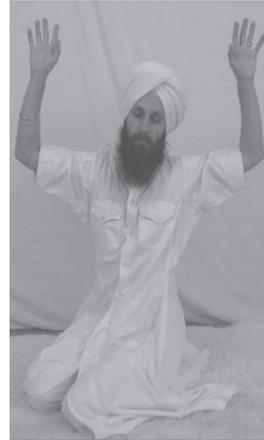
3. Shiva Dance. Stand up immediately and dance with hands above the head and shoulders, fingers towards the ceiling. Allow only one foot to be on the ground at a time. Rhythms of Gatka is played. 15 minutes.

You must have 8 movements, 8 curls in your body per beat; it is called Ashtang Natiem; it is a Temple Dance. You must not lower the hands; if you do so it neutralizes the energy, reversing the effect. Heal yourself.





4. Immediately come sitting on your heels.
  - a. Dance with the arms. 1-1/2 minutes. This will heal the stomach and it will hurt because you've been eating junk.
  - b. Continue dancing with the hands over your head and move the rib cage. 1 minute. This will get rid of disease.
  - c. Now begin moving freely, dancing vigorously and fast with the beat. Move the whole body. 1 minute. This will give you perfect healing and energize the body.
  - d. Now begin clapping the hands. Do it hard. 1 minute. This will help to get rid of arthritis.
  - e. Beat the chest very fast and hard with your fists. 1 minute.



**To End:** Inhale deep and hold. Exhale. Repeat twice more—letting the breath grow deeper with each consecutive breath. Twist the body slowly to the left and then to the right. Relax for a few minutes before moving to the next posture.

5. Easy Pose. Sit solid and contained. Bring the hands to Prayer Pose at the heart center—apply equal pressure in both hands. Keep this pressure in the hands. Eyes at the tip of the nose. Sing with Se Saraswati by Nirinjan Kaur. 8 minutes.

**To End:** Inhale deep. Hold for 15 seconds. Exhale cannon breath. Repeat twice more. This will crown the entire kriya. You are getting the entire universe in you—all powers—nine special powers, eighteen occult powers, total knowledge, total power, total prosperity, all the three universes, freedom from death, power to uplift and serve, victory over cause and effect, Infinite to the Infinity of God. All transparent and nontransparent powers shall serve thee.

