

*Kundalini Yoga for purifying the self* KY kriyas (From Sadhana Guidelines)



1) Stand up. Then squat down, keeping the feet flat. Extend one leg 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.