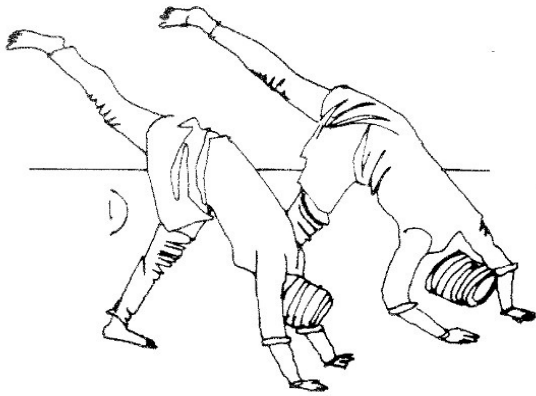


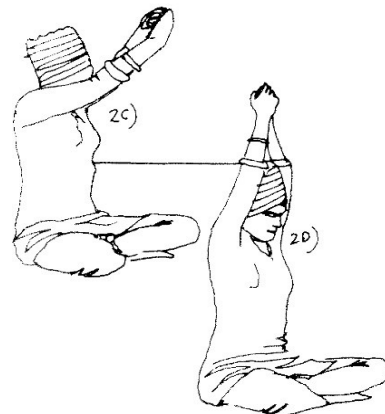
*Kundalini Yoga for strengthening the aura* KY kriyas (From Sadhana Guidelines)



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 for 1½ minutes. Switch legs and continue for another 1½ 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 7½ 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.