



For the Parasympathetic Nervous System

December 2, 1977

Sit in Easy Pose with a straight spine. Place your hands in Gyan Mudra, the tip of the index finger touching the tip of the thumb, with the other fingers straight. Bring your hands up to the level of your shoulders with the elbows resting against the rib cage and the palms of the hands facing forward. Lift your chest, stretching and expanding the rib cage and stretching the spine upward. Press your shoulder blades back until they meet. If the shoulder blades can't meet, then just pretend they are meeting and keep pressing them together. It is important to keep this tension between your shoulder blades. (Press your shoulder blades together to such an extent that you feel a pressure that is almost painful. Hold yourself at that edge. Keep a constant tension so that you are neither comfortable nor tense to the point of strain and injury.) Close your eyes.

1. Hold this position for three consecutive breaths:
 - a. Inhale deeply, calmly hold the breath for 45-60 Seconds. Exhale completely.
 - b. Inhale deeply, calmly hold the breath for 45-60 Seconds. Exhale completely.
 - c. Inhale deeply, calmly hold the breath for 45-60 Seconds. Exhale completely.

While you are holding the breath, think of the Infinite God through any mantra you choose.

2. Relax the position and breathe normally for 1 Minute.
3. Come back into position with your chest lifted, your shoulder blades pressed together, and your hands in Gyan Mudra.
 - a. Inhale deeply, hold the breath for 30 Seconds as you press the tip of your tongue firmly against your upper palate. Then begin Breath of Fire for 10-15 Seconds.
 - b. Inhale deeply, hold the breath for 30 Seconds as you press the tip of your tongue firmly against your upper palate. Then begin Breath of Fire for 10-15 Seconds.
 - c. Inhale deeply, calmly hold the breath for 60 Seconds as you press the tip of your tongue firmly against your upper palate. Hold your senses and meditate on God, that Infinity in all of us. Exhale and relax.

Through this meditation we can check our parasympathetic nervous system which is responsible to keep us through the odds of our life. Through it, the nervous system is balanced. This is a good kriya for ladies.

