



Kriya for Physical and Mental Vitality



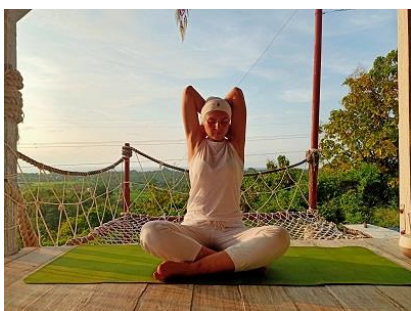
Lie on the back lift legs 12" and begin crisscrossing left over rights, right over left, spreading them wide in between. After 5 minutes, inhale and apply Mulbhand. Rest 2 ½ minutes and repeat the cycle, keeping the legs straight throughout.



Lift both legs 2 feet, and begin a bicycling motion, keeping them parallel to the ground. Rest 2 ½ minutes & repeat cycle. Exercise 1 & 2 move the Kundalini energy from the lower three chakras.



Seated in Easy Pose, lift the arm straight above the head, fingers interlocked, palms facing up. Do Breath of Fire for 5 minutes. This moves the energy through the heart center. Feel all the worries of the day drop away, and you are rising above the clouds, and your entire body is filled with the light energy of the breath.



Clasp opposite shoulders, arms behind the head, thumbs forward, with breath of fire for 5 minutes. Then inhale, exhale, and inhale deeply, hold and circulate the energy. Exhale, apply Mulbhand, hold, and repeat inhale, exhale, and Mulbhand 3 times. Feel that light energy lift to your head and project your mind into an expansive peacefulness, as the energy is moved through the throat chakra to the higher centers.



Relax completely. Separate the mental body from the physical, and move it around for about 5 minutes. Then bring it back.



Sitting in meditation pose, chant any divine mantra.

This is a good kriya to do on Saturday, the day of Saturn the Task Master, or when you want to work very hard.

The hardest part of the series is the beginning... If you attempt the full time prescribed, at first, you may have sore stomach muscles and weak legs. Do what you can, and do it gracefully, breathing consciously throughout. The sexual and digestive energies require a little work to balance. The hard work brings deep relaxation, and the feeling that you have the latent power to cleanse and revitalize yourself mentally and physically. Mental projection and meditation are automatic afterwards.