



Kundalini Yoga for the Liver, Colon and Stomach



Stand with your legs 2 feet apart. Place your hands on your hips. Bend from the waist to the right, to the left, then forward and back, returning to the upright position after each bend. One second in each direction. Chant aloud, Sa as you bend to the right, Ta to the left, Na to the front and Ma to the back. Continue rhythmically, coordinating the movement with the mantra for 5 minutes.

This exercise opens up the hip area and prepares you for the next exercise.



Remain in a standing position with your legs 2 feet apart and the hands on the hips. Begin to roll the upper torso around on your hips. Roll to your maximum capacity, bending completely in all directions. Continue for 2-3 minutes, one second per roll. Then start chanting Har Hari, one repetition with each roll and continue for 2 minutes more.

This exercise stimulates the gonads.



Stand with your legs apart and your arms relaxed down at your sides. Bring the arms up, parallel to the ground and cross them grasping the upper arms.

Lean back and let your arms come up and back, pulling your breast muscle up. First return to position and then to position A with your arms relaxed down at your sides. Chant aloud Sa-Ta-Na-Ma. Continue rhythmically, coordinating the movement with the mantra for 3-4 minutes. One complete cycle will take 2-3 seconds.

This exercise relieves lower back pain and pressurizes the lymph glands.



Remain standing with the arms parallel to the ground grasping the upper arms. Do deep knee bends squatting into Crow Pose, a crouching position with the knees drawn into the chest and the soles of the feet flat on the floor. As you go up and down chant aloud Sa-Ta-Na-Ma. Coordinate the movement with the mantra powerfully and rhythmically as follows: Sa - down, Ta - up, Na - down, Ma - up. Complete one cycle every 3 seconds. Continue for 3 minutes.

This exercise balances the body's energy. It also works to relieve pain in the lower back.



Continue standing with the legs apart. Put your thumbs on the Mercury mounds (the mound below the little finger, palm side), and make your hands into fists (B). Swing your arms backwards in large rapid circles, making sure to move the shoulders. Chant aloud, Har Har Har Har Har Hari. 2-3 circles per repetition.

Continue rhythmically coordinating the movement with the mantra for 2-3 minutes.

This exercise balances the psyche and enhances communication skills.



Stand on the balls of your feet and place your hands on your hips. Kick your feet forward alternately in a jogging shuffling motion. Use a fast pace. Chant aloud, Hum Dum Har Har, Har Har Hum Dum, one repetition every 3-4 seconds. Continue rhythmically coordinating the movement with the mantra for 3 minutes.

This exercise balances the metals in the body.



Immediately lie down with your legs straight and begin a Cat Stretch to both sides, alternately bending the knees and touching them to the ground on the other side of the straight leg. Continue this powerfully for 1-2 minutes.

This exercise puts a pressure on the liver and removes toxins. It also consolidates the effects of the previous exercises.



Come into Half Cobra Pose. Lie on the stomach with your neck up and chin out, palms flat on the floor under the shoulders. Keep the heels together with the soles of the feet facing up. Inhale and arch the spine up while resting on the forearms. Begin to kick your buttocks hard with alternate heels. Continue for 3-4 minutes at a moderate pace. Switch to a rapid pace for the last minute. Total exercise time should be 4-5 minutes.

This exercise is specifically for regulating the calcium/magnesium balance in the blood stream and body which is controlled up the thighbone. This bone also controls one's sexuality. The exercise also applies a maximum pressure to the parathyroid and thyroid when the neck is up and the chin is out.



Sit in Frog Pose. Squat down so the buttocks are on your heels and the heels are off the ground and touching each other. Put the finger tips on the ground between the knees and keep the head up (A). Inhale, raise the buttocks high, keeping the fingers on the ground. Exhale, come down and let the buttocks strike the heels. The exhale should be strong. Chant aloud Sa-Ta-Na-Ma one repetition every 2-3 seconds. Continue rhythmically coordinating the movement with the mantra for 2 minutes.

This exercise works on the knees.



Stand up straight with the arms down by your sides. Then sit down in a cross-legged position. Alternate this standing/sitting movement 4 times.

This exercise balances the prana and apana in the body.



Repeat frog movement for 30 seconds.

Lie down on your back. Keeping the legs straight, lift them up and grab onto your toes with your hands.

Begin to breath in through a rolled tongue. Exhale through the nose. Continue for 1-2 minutes.

The breath used in this exercise cools the body off.



Sit in Easy Pose. Place the arms at shoulder level with the fingertips meeting at the center of the chest, palms facing out. Alternating left to right, straighten the arms out to the side with a jerk to the elbow and return to the center. Continue for 3 minutes.

This exercise works directly on the forearm muscle which regulates the colon.



Sit in Easy Pose. Place the hands on the knees.

Focusing on the upper spine and shoulders, inhale and flex the spine forward. As you exhale flex the spine back, keeping the shoulders relaxed and the head straight. Continue at a moderate pace for 4 minutes.

This exercise is for the lymph area and is reported by some people to prevent breast cancer. If done correctly it will create on unusual pressure behind the ears on the neck. It means pour whole nervous system and central nervous system, the Shushumna, is stretching. It should create o sweat on the face.



Remain sitting in Easy Pose. Make loose fists of the hands by placing the thumbs on the inside and wrapping the fingers loosely around the thumbs. In a rapid movement, inhale and extend the arms up. Exhale and lower the arms with the fists returning to shoulder level. Continue for 2-3 minutes. This exercise works on the spine and the sciatic nerve.



Sit in Easy Pose. Cross your arms at the heart center, grasping the upper arms. Chant aloud Sa-Ta-Na-Ma as you begin to bend your head in the following manner: Right, center, left, center. Complete one cycle every 2-3 seconds. Continue rhythmically coordinating the movement with the mantra for 1-2 minutes. This exercise adjusts the neck.



Sing the song "[Nobility](#)" for 4 minutes or sit meditatively and breathe long and gently for 4 minutes.