



Kundalini Yoga for the Lungs and Bloodstream

Sit in Easy Pose with a straight spine. Hold onto your knees with your hands. Inhale completely stretching your ribcage to your maximum capacity. Do not sip more air in later, and don't leak. Place your tongue behind the teeth against the back of the upper teeth at the roof of the mouth. Relax the spine, keeping the breath held in. Begin flexing the spine rapidly until you can no longer hold the breath in and then exhale. Gradually increase the time you hold your breath to one minute. Continue for 11 minutes.

This exercise is an excellent way to build stamina, to make the blood suck up the oxygen from the lungs, and to help the heart muscles regulate and reorganize themselves. It will pressurize the kidneys, gonads and adrenals. It is necessary to be able to hold a full inhale for 1 minute in order to supply optimum oxygen to the bloodstream. When less than the required oxygen is available in the blood, the brain, organs and glands are unable to function properly and the systems break down causing illness. When this exercise is done for 11 minutes a day or a maximum of 22 minutes, it will totally purify the bloodstream.

It is suggested that if you do it for 22 minutes to take a rest after the first 11 minutes and then continue for 11 minutes more.

