



## Ashtang Agni Kriya (The eight-fold spiritual fire kriya)

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Sit in easy pose with a straight spine, bend your elbows and lift them up and out to the sides. Clap the elbows down onto the ribcage with a great force as if you are playing your rib cage like a drum. The elbows move in to strike the ribs and then lift upward to reposition to strike the ribs again. Free your soul from the prison of the ribcage. Hit hard!



The navel point pumps out the exhalation as the arms impact the rib cage and the breath becomes a real Breath of Fire.

Use [Matamandir Singh's Gobinde Mukande](#) tape to set the rhythm of the movement but do not sing along.

Start with 6 Minutes of practice then inhale and exhale and rest for 2 Minutes. Then resume the kriya for another 5 Minutes. Practice a total of 11 Minute with a 2 Minute rest period in the middle.

Slowly and gradually develop the kriya and it will develop the fire energy that is our God within us: pure, powerful and all-prevailing, with which we shall burn the karma. Maximum practice time is 15 Minutes.

The main emphasis in this kriya is to forcefully and rhythmically strike the seventh rib. The entire creativity of humanity is based on the 7<sup>th</sup> rib. Dance the upper body from the navel point upward, using a powerful movement in coordination with the breath. Create a rhythmic sound by the force of your movement. Make your ribcage into a drum and beat it. Matamandir Singh's rendition of this mantra, called the Ashtang Yog Shastra Mantra, gives a rhythmic base to the movement. The movement can be practiced moderately and rhythmically and, over time, worked up to Breath of Fire speed.

To make a drum of your ribcage, sit with your spine stretched up straight and your chest slightly lifted. Flare out your ribs and hold them slightly flared to create a solid surface to receive the impact of your upper arms.

Those without complexes live by the virtue of their soul all the time – a mental process with no division: "I am just a spirit among other spirits and I will merge back into the Great Spirit from which we all came".