

KRIYA FOR ELEVATION



Figure KE-1a



Figure KE-1b

1. **Ego Eradicator.** Sit in Easy Pose. Raise your arms to a sixty-degree angle (Figure KE-1a). Curl your fingertips onto the pads at the base of the fingers (Figure KE-1b). Plug the thumbs into the sky. Eyes closed, concentrate above your head, and do Breath of Fire for one to three minutes. To end, inhale and touch the thumb tips together overhead. Exhale and apply Mūlbandh. Inhale and relax.



Figure KE-2a & 2b

2. **Spinal Flex.** Sitting in Easy Pose, grasp your shins with both hands. As you inhale, flex the spine forward and lift your chest (Figure KE-2a). As you exhale, flex the spine back, keeping your shoulders relaxed and head straight (Figure KE-2b). Continue rhythmically with deep breaths for one to three minutes. To end: inhale, exhale, and relax.

- 3. Spinal Twist.** In Easy Pose, grab your shoulders, with the thumbs in back and fingers in front. Keep the elbows high, with arms parallel to the ground. Inhale as you twist your head and torso to the left. Exhale as you twist to the right. (Figure KE-3.) Continue for one to four minutes. To end, inhale while facing straight forward. Exhale and relax.



Figure KE-3

- 4. Front Life Nerve Stretch.** Stretch both legs straight out in front. Grab your toes in finger lock (index finger and middle finger pull the toe, and the thumb presses the nail of the big toe) (Figure KE-4a). Exhale as you lengthen the core of the spine, bending forward from the navel, continuing to lengthen your spine. The head follows last (Figure KE-4b). Inhale and use your legs to push up. The head comes up last. Continue to fold forward on the exhale and rise up on the inhale with deep, powerful breathing for one to three minutes. Inhale up and hold the breath briefly. Stay up and exhale completely, holding the breath out for just a moment. Inhale and relax.



Figure KE-4a



Figure KE-4b



Figure KE-5

- 5. Modified Maha Mudra.** Sit with your right heel tucked into the perineum and your left leg extended forward. Grasp the big toe of your left foot with both hands, applying pressure against the toenail. Pull Neck Lock. Exhale and bring your elbows toward the ground as you lengthen the spine, bending forward from your navel, continuing to lengthen the spine, bringing your head toward your knee. Spine stays straight. (Figure KE-5.) Hold, with Breath of Fire for one to two minutes. Inhale. Exhale and stretch the head and torso forward and down. Hold the breath out briefly. Inhale, switch legs, and repeat the exercise. Relax.

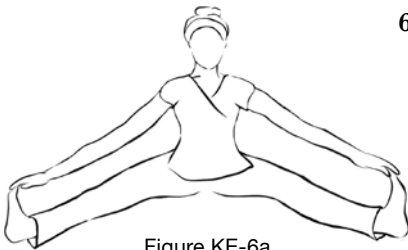


Figure KE-6a



Figure KE-6b

- 6. Life Nerve Stretch.** Spread your legs wide and grasp your toes. Inhale and stretch the spine straight, pulling back on your toes (Figure KE-6a). Exhale and, bending at the waist, bring your head down to the left knee. Inhale up in the center position and exhale down, bringing the head to your right knee (Figure KE-6b). Continue, with powerful breathing for one to two minutes. Then inhale up in the center position and exhale, bending straight forward from the waist, touching your forehead to the floor

(Figure KE-6c). Continue this up and down motion for one minute, then inhale up, stretching the spine straight.

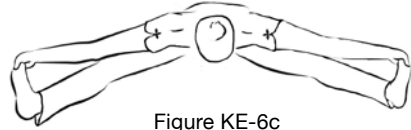


Figure KE-6c

Exhale while bringing your forehead to the floor. Hold the breath out briefly as you stretch forward and down. Inhale and relax.

- 7. Cobra Pose.** Lie on your stomach with palms flat on the floor under your shoulders. Keep your heels together with the soles of the feet facing up. Inhale into Cobra Pose, arching the spine, vertebra by vertebra, from neck to the base of the spine until your arms are straight (Figure KE-7). Begin Breath of Fire. Continue for one to three minutes. Then inhale, arching the spine as far as you can. Exhale, hold the breath out briefly, and apply Mūlbandh. Inhale. Exhaling slowly, bend the elbows to lower your torso and relax the spine, vertebra by vertebra, from the base of the spine to the top. Relax, lying on the stomach with your chin on the floor, and arms to the sides.



Figure KE-7



Figure KE-8

- 8. Shoulder Shrugs.** Sit in Easy Pose. Place hands on the knees. Inhale and shrug your shoulders up toward the ears (Figure KE-8). Exhale and drop the shoulders down. Continue rhythmically with powerful breathing for one to two minutes. Inhale. Exhale and relax.



Figure KE-9

- 9. Neck Rolls.** Sit in Easy Pose. Begin rolling your neck clockwise in a circular motion, bringing the right ear toward the right shoulder, the back of the head toward the back of the neck, the left ear toward the left shoulder, and the chin toward the chest. Keep your shoulders relaxed and motionless. Let your neck gently stretch as the head circles around. (Figure KE-9.) Continue for one to two minutes. Reverse the direction of the neck rolls and continue for one to two minutes more. Bring your head to a central position and relax.



Figure KE-10a

- 10. Sat Kriya.** Sit on your heels with arms overhead and palms together. Interlace your fingers except for the index fingers, which point straight up (Figure KE-10a). Men cross the right thumb over the left thumb; women cross the left thumb over the right (Figure KE-10b). Begin to chant “sat nām” emphatically

in a constant rhythm about eight times per ten seconds. Chant “sat” from the navel point and solar plexus, and pull the navel all the way in and up. On “nām,” relax the navel. Continue for three to seven minutes, then inhale and squeeze the muscles tight from your buttocks all the way up the back past your shoulders. Mentally allow the energy to flow through the top of your skull. Exhale. Inhale deeply. Exhale completely and apply the Mūlbandh with breath held out. Inhale and relax. This Kriya circulates the Kundalini energy through the cycle of the Chakras, aids in digestion, and strengthens the nervous system.



Figure KE-10b

- 11. Relaxation.** Relax in Easy Pose or on your back with arms at your sides, palms up. Relaxation allows you to enjoy and consciously integrate the mind-body changes enacted by this Kriya. It allows you to sense the extension of the self through the magnetic field and the aura and allows the physical body to deeply relax. Suggested relaxation time is eleven to fifteen minutes; make sure you relax for at least twice as long as your Sat Kriya practice. If you have relaxed on your back, practice the Coming Out of Relaxation Exercises as described in chapter 6.