

# KRIYA May 18 1990 Los Angeles

## Say Saraswati

<https://www.libraryofteachings.com/lecture.xqy?q=date:1990-05-18%20sort:relevance&id=54849e71-c6e0-68b7-4afb-470354fffa4e&title=Los-Angeles-Lecture>



### EX 1:

19 min

Very relaxed with the arms on the side, palms facing up. Listen to the music, Say Saraswati (Niranjan Kaur). Focus at the tip of the nose.

Consciously Inhale through the left nostril, exhale right nostril. Use your conscious control.

**End:** Inhale, hold, tighten your rib cage, squeeze your inner organs, exhale. Repeat 3 times in total.

5-10 min **rest.** Students talk and socialize.

**EX 2 and 3:** 14 min

**Ex 2:** 8 min



Move the elbows up and down, follow the beat (Music: Rakhenaar with fast beat). Keep the hands at the same place at the level of the throat/face. Eyes at the tip of the nose. Keep moving, be light, like you fly. Keep the pressure on your fingertips.

After 3 min, accelerate, 6 movements each beat (the movement becomes smaller). Do it fast, the rib cage will move, the whole body will move.

After 6 min, go even faster, 12 movements per beat.

After 8 min change the movement.

**Ex 3:** 6 min



Move the hands up and down, from the navel to the top of the head.  
After 30 seconds, double the speed.  
After 90 seconds, go even faster.  
Now as fast as your physical body can afford.  
Last minute: go full speed. It will relax your diaphragm.

End: Inhale deep and hold tight, put the pressure on the tip of the fingers to the maximum. Repeat 3 times in total.

*Below on the picture YB shows the range of the movement of the exercise 3.*

