

Kundalini Yoga to activate the central nervous system and stimulate the pituitary gland [KY kriyas](#)



1. Sit in easy pose with your elbows bent and your hands a little higher than shoulder level. The index (Jupiter) finger of each hand is pointing straight upward and the other three fingers are curled into a fist with the thumb on top locking the fingers into position. Make your Jupiter fingers stiff and as hard as steel. Wrinkle your nose up so that it lifts your upper lip up from your teeth. (You will look funny.) Begin a strong breath through the tip of your nose. This is not as fast as breath of fire, but it must be powerful. Concentrating on the breath through the nostrils and maintaining the pressure created by wrinkling your nose will activate the ida and pingala energy channels. 4 minutes.



2. Sit in easy pose with your hands curled like lion's claws, the palms facing outward. Begin to punch with your hands fixed in this claw-like position. Form your mouth into an "O" shape and breathe in and out through the "O" shaped lips. Move quickly and the force of your punching hands will create the breath rhythm. Use this motion to release your inner anger. Be physically, mentally, and spiritually aggressive. After 2-1/2 minutes, intensify your motion as if you really were a lion making a ferocious attack. Continue another 1-1/2 minutes. Inhale, hold the breath, and tense the entire body, and exhale. Repeat this inhale, hold, and tense two more times. This exercise will help clear away depression.

3. Sit in easy pose. Stick your tongue out as far as it will go, when it reaches its maximum, clap your hands in front of your chest. Pull your tongue back in. Repeat the tongue movement and the clap. Pull your tongue in and continue. When you stretch your tongue in this manner, the little cord under the tongue is pulled and that pull stimulates the central nervous system, which is the control center of your life. 3 minutes. Inhale, stick the tongue out to the maximum, hold the breath for 10 seconds, and exhale. Repeat this two more times to complete the exercise.



4. Sit in easy pose and place both hands on your forehead with all eight fingers touching the forehead. The elbows are out to the sides up almost at the level of the forehead. Close your



eyes, become calm, and sing along with the chanting from Wahe Guru Kaur's "Aquarian Sadhana" tape. 18 Minutes. Inhale, concentrate on the point between the eyebrows at the root of the nose, bringing all your energy there, and exhale. Repeat this two more times to complete the exercise.

After you have done this set, do not drink alcohol or coffee or in any way stimulate yourself. Rest and preserve the energy you have created. It will heal your body very much.

COMMENT:

This exercise has a progressive and gradual impact on the nervous system. Most people experience this sequence of nervous system signposts: after you do it 3 or 4 times the back of the tongue will start hurting, then the tongue will hurt on both sides, and then, after 3 minutes, the neurons in your head will start changing and you will feel fine.

- Gurucharan Singh Khalsa