

# KUNDALINI YOGA KRIYA KRIYA TO TAKE AWAY STRESS

Yogi Bhajan • March 25 1987

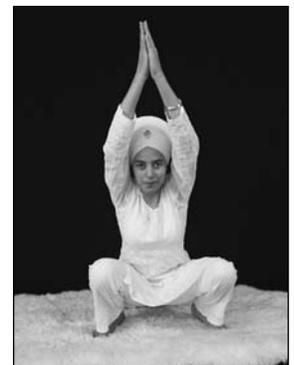
1. Sit on your heels, arms stretched out in front, right hand over left, thumbs locked. Lean the torso forward, arms straight and stretching from the shoulders. Put out your tongue and do Breath of Fire through the open mouth. **3 minutes.**  
*This breath adds strength to your nervous system.*

1



2. Sit in Crow Pose and stretch your arms up and out at a 60 degree angle. Begin clapping your hands rapidly over your head as fast as you can, moving the entire arm from the shoulder. **30 seconds.** Then continue the motion, but instead of clapping, criss-cross the arms without touching. **2-1/2 minutes.**  
*This gives the mind basic strength and balances the nervous system.*

2 a & b



3. Lie flat on your back, raise legs up to 90 degrees and begin criss-crossing the legs as fast as possible. **3 minutes.**  
*This exercise adjusts the Second Chakra and the sex organs.*

2c



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4. With hands under the hips, leaning on the elbows, raise legs up to 60 degrees. **3 minutes.**

*This exercise can change the grey matter of the brain.*

5. Sit in Baby Pose and with your hands pat your lower back rhythmically (the area of the 3rd, 4th, and 5th vertebrae and the kidney area). Pat with a slow relaxing rhythm. **2-1/2 minutes.**

6. Sit in Easy Pose with arms crossed in front of you at chin level, right arm over left. Straighten the spine, pull in the chin, close your eyes and chant the shabd **Rakhe Rakhanhar**, keeping your body absolutely still, no movement. **20 minutes.** Consciously use the tip of your tongue on the upper palate when chanting to stimulate the hypothalamus.

7. Lie down in Corpse Pose and relax. (If possible, listen to a gong meditation). **5 minutes.**

TO END: Briefly do cat stretch left and right, raise and lower shoulders, roll neck loosely, stretch rib cage, roll digestive area, stretch hands, wiggle toes, blink, move lips and roll tongue around the front of the teeth.

COMMENTS: Yoga is a science through which a person can use his mental, physical, and spiritual being to tap into the Infinity of God. This set is designed to take away stress so that we can totally enjoy what we are living for.

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