

Kriya to Still Nerves, Shakes, and Release Trauma from the Body

Kundalini Yoga Therapy as Taught by Yogi Bajan. Reprinted with permission. For more info, see our list of ongoing courses including Trauma Informed Kundalini Yoga for Recovery from Post Traumatic Stress Disorder at grdcenter.org and full benefits and research on this kriya; [Reclaiming Life after Trauma](#) by [Julie Staples PhD and Daniel Mintie LCSW](#)

Exercise 1

Sit in cross-legged position. Place the thumb and index finger together with the tips touching (Gyan mudra). Place the wrists just under the ear lobes with a slight pressure against the neck. Inhale in 8 equal, separate parts and exhale in 8 equal, separate parts. This will be like inhaling in 8 sniffs in and exhaling in 8 sniffs. Continue for 11 minutes.





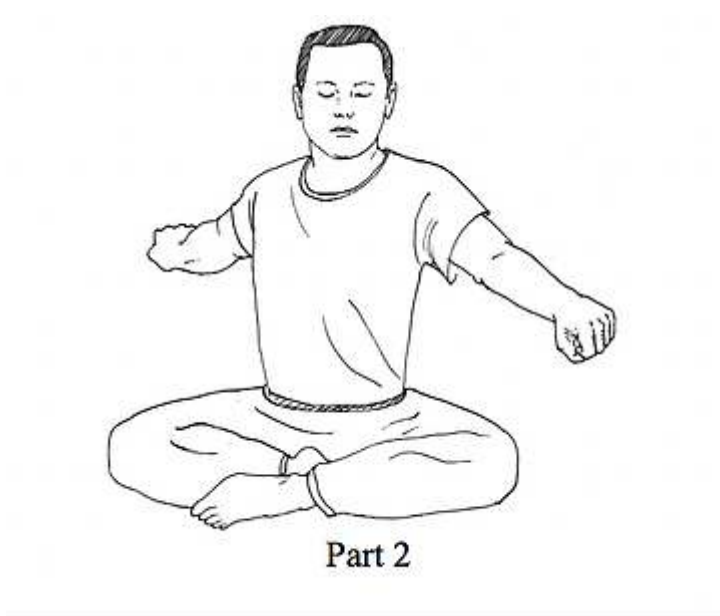
Exercise 2

Sit in cross-legged position. Place the left palm facing out from the chest with the thumb down. Place the right hand facing the chest. Bring the fingers together. Curl the fingers of both hands so the hands form a fist. Your forearms are parallel to the floor. With the right thumb extended, close off the right nostril. Breathe long and deep through the left nostril for 5 minutes as you pull your hands apart with a slight pressure.



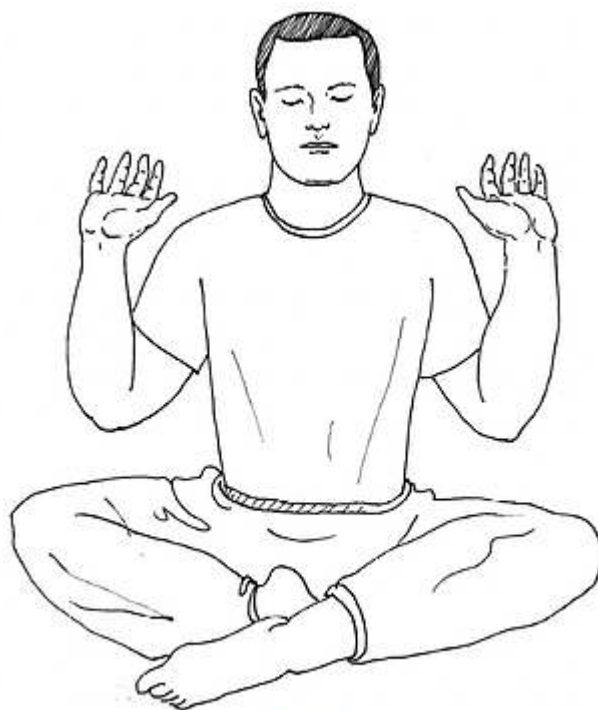
Exercise 3

Sit in cross-legged position. The hands are in fists with the palms down. Place the left hand on the floor in front of the body the right hand is behind you (Part 1). Inhale and raise the arms parallel to the ground the hands are still in fists with the palms facing down (Part 2). Exhale and lower the arms to the starting position. Continue this motion for 5 minutes.



Exercise 4

Arms are to the sides with the elbows bent, tilt the hands back so the palms face upward. The fingers are separated equally and slightly curved as if each hand is holding a ball (Part 1). Breathe long and deep. On the inhale, close the fists, and clench and push out the chest (Part 2), then exhale and open the fists to the starting position. relax the chest. When the hands are in a fist, the wrists are still bent with the palms facing upward. Continue this motion slowly and powerfully for 5 minutes.



Part 1

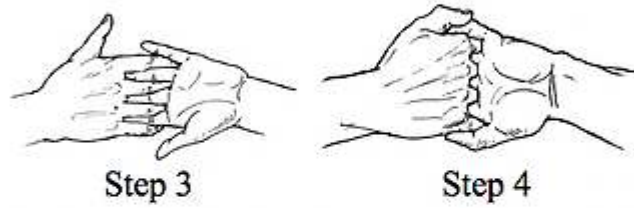
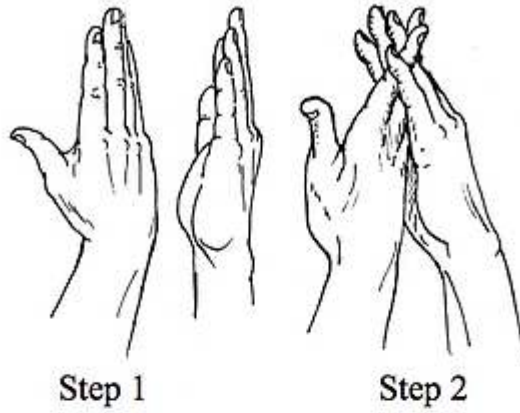


Part 2

Exercise 5

For Hand Position

FOR HAND POSITION



Hand position step 1:

Place both hands in front of the chest with both palms facing each other. Then twist the right hand counter clockwise so both palms face to the right.

Hand position step 2:

Interlace the fingers of each hand with the left little finger outside of the right index finger and the right little finger outside of the left index finger.

Hand position step 3:

Bring the elbows up so the fingers remain interlaced with the left palm facing out and the right palm facing in.

Hand position step 4:

Place the right thumb on top of the left little finger and the left thumb under the right little finger.

Final Position:

Bring the level of the hands to the throat. Pull slightly on the hands holding a gentle tension. Chant “Sat Nam” in this position for 5 minutes. For this mantra, the “Sat” is drawn out for a longer time and the “Nam” is short: “Saaaaaaaaaaaaaaaaaaaaaat Naam.”

At the end of this series of exercises, relax completely.

