

KUNDALINI YOGA KRIYA

THROW OFF STRESS & UNCOVER YOUR STRENGTH

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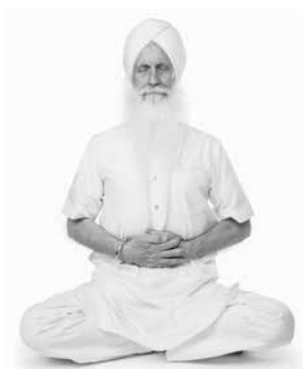
1. Sit in Easy Pose with a straight spine. Bring your hands up by your shoulders with the palms forward and the fingers pointing upward. Touch the thumb and the Jupiter finger and then touch the thumb and the Sun finger. Continue rapidly touching the thumb alternately with each of the two fingers. Concentrate on the tip of your nose. Keep your eyes open. The ideal speed for this action is 9 touches per second, but 3 touches per second is acceptable. After **5-1/2 minutes**, begin inhaling and exhaling powerfully through the mouth. Breathe through the mouth for **2 minutes** and then begin Breath of Fire through the nose for another **30 seconds**. Inhale deeply and relax. This exercise adjusts the ovaries, stimulates the life force energy, and releases stress.



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2. Cross your hands over your Heart Center, left hand on top of the right. Close your eyes and breathe extremely deeply and slowly as you feel the healing strength of your own hands on your heart. **4 minutes**.

3. Now put both hands on your forehead, feeling the healing effect of your hands. Concentrate on "I am, I am" as you listen to Nirinjan Kaur's *Bountiful, Beautiful, and Blissful*. **7 minutes**.



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4. Put both hands on your Navel Point and press with all your force. Breathe slowly and meditate deeply on Nirinjan Kaur's *Ong Namō, Guru Dev Namō*. **8 minutes**. Inhale deeply, open your eyes and shake your hands.

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5. Twist your wrists back and forth, keeping the five fingers spread open. This is to change the neurons of the brain. **2 minutes.**

6. Put your hands on your shoulders and sing along with Guru Shabad Singh's recording of *Pavan Pavan*, while you make your shoulders dance to the music. Dance to free your rib cage. Your total health will benefit by the opening of your rib cage in this movement. It's a partnership between you and your shoulders, not just an up and down movement. Do it with style.

5 minutes.

7. Use your open palms to beat your inner thighs. Use the rhythm of *Punjabi Drums* to pace your movement. **3-1/2 minutes.** This self-massage will balance the calcium and magnesium in your body and reduce the effects of old age.



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