

KRIYA FOR ELEVATION

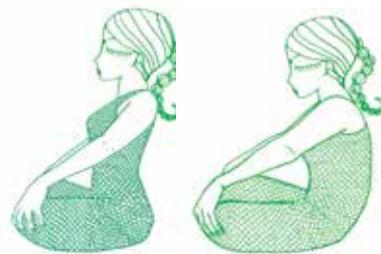
YOGI BHAJAN



1. Ego Eradicator in Sukhasana (Easy Pose). Sit in Easy Pose, raise the arms to a 60 degree angle. Curl the fingertips onto the pads of the palms. Thumbs aim at each other above the head. Eyes closed, concentrate at the top of the head and do Breath of Fire. **1-3 minutes.** To end, inhale and touch the thumbs together above the head, and open the fingers. Exhale and apply Mula Bandha. Inhale and relax. *This exercise*

opens the lungs, brings the hemispheres of the brain to a state of alertness. and consolidates the magnetic field.

2. Spinal Flexes in Sukhasana (Easy Pose). Grasp the shins with both hands. As you inhale, flex the spine forward. As you exhale flex the spine back, keeping the shoulders relaxed and the head straight. Continue rhythmically with deep breaths for **1 -3 min.** Then inhale. exhale, relax. *Stimulates and stretches the lower and mid-spine.*



3. Spinal Twists in Sukhasana (Easy Pose). In Easy Pose, grab the shoulders, with the thumbs in back and the fingers in front. Keep the elbows high, with the arms parallel to the ground. Inhale as you twist the head and torso to the left. Exhale as you twist to the right. **Continue for 1-4 minutes.** To end, inhale facing straight forward. Exhale and relax. *This exercise stimulates and stretches the lower and mid-spine.*

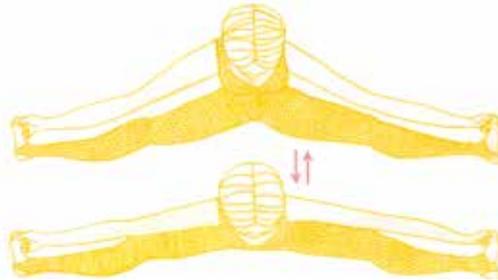
4. Dynamic Paschimottanasana (Front Seated Forward Bend). From Dandasana (Staff Pose), exhale, and keeping the spine elongated, lean forward from the hip joints, not the waist. Lengthen the tailbone away from the back of your pelvis. If possible grab the toes in finger lock. (*Index finger and middle finger pull the toe, and the thumb presses the nail of the big toe*); if this isn't possible, put your hands on your shins or loop a strap around the foot soles, and hold the strap firmly. Inhale and push up and continue with deep,



powerful breathing for **1 -3 minutes**. Then inhale up and hold the breath briefly. Stay up and exhale completely, holding the breath out briefly. Inhale and relax. *This exercise works on the lower and upper spine.*

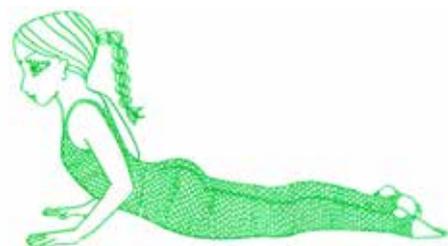


5. Modified Mahamudra. Sit on the right heel with the left leg extended forward. Keeping the spine elongated, lean forward from the hip joints, not the waist. Lengthen the tailbone away from the back of your pelvis. If possible grasp the big toe of the left foot with both hands, applying a pressure against the toenail if this isn't possible, put your hands on your shins or loop a strap around the foot sole, and hold the strap firmly. Hold, with Breath of Fire for **1 -2 min**. Inhale. Exhale and stretch the head and torso forward and down. Hold the breath out briefly. Inhale. switch legs and repeat the exercise. *Helps elimination, stretches the sciatic nerve and brings circulation to the upper torso.*



6. Dynamic Upavistha Konasana (Seated Forward Bend). Spread the legs wide and if you feel that your pelvis rotates backward, raise your buttocks on a folded blanket. Inhale and reach out through your heels and stretch your soles, pressing though the balls of the feet and elongating the spine up through the top of the head. Exhale and with your thigh bones pressed heavily into the floor and your knee caps pointing up at the ceiling, bend forward towards your right leg. Inhale up in the center position and exhale down, bringing the chest to the left knee. As with all forward bends, the emphasis is on moving from the hip joints and maintaining the length of the front torso. As soon as you find yourself bending from the waist, stop, re-establish the length from the pubis to the navel, and continue. Move with powerful breathing for **1-2 minutes**. Then inhale up in the center position and exhale as you bend forward from the hip joints, not the waist, trying to bring the heart center to the floor. Continue this up and down motion for **1 minute**, then inhale up stretching the spine straight. Exhale, bringing the forehead to the floor. Hold the breath out briefly as you stretch forward and down. Inhale and relax. *This exercise develops flexibility of the lower spine and sacrum and charges the magnetic field.*

7. Bhujangasana (Cobra Pose). Lie prone on the floor. Stretch your legs back, tops of the feet on the floor. Spread your hands on the floor under your shoulders. Hug the elbows back into your body. Press the tops of the feet and thighs and the pubis firmly into the floor.



On an inhalation, begin to straighten the arms to lift the chest off the floor, going only to the height at which you can maintain a connection through your pubis to your legs. Press the tailbone toward the pubis and lift the pubis toward the navel. Narrow the hip points. Firm but don't harden the buttocks. Firm the shoulder blades against the back, puffing the side ribs forward. Lift through the top of the sternum but avoid pushing the front ribs forward, which only hardens the lower back. Distribute the backbend evenly throughout the entire spine. Begin Breath of Fire. Continue for **1-3 minutes**. Then inhale, exhale and hold the breath out briefly, apply Mula Bandha. Inhale. Exhaling slowly, lower the arms and relax the spine, vertebra by vertebra, from the base of the spine to the top. Relax, lying on the stomach with the chin in the floor and the arms by the sides. *This exercise balances the sexual energy and draws the prana to balance apana so that the kundalini energy can circulate to the higher centers in the following exercises.*



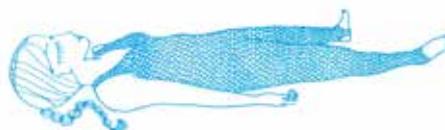
8. Shoulder Shrugs. Sit in Sukhasana (Easy Pose). Place the hands on the knees. Inhale and shrug the shoulders up toward the ears. Exhale and drop the shoulders down. Continue rhythmically with powerful breathing for **1 minute**. Inhale. Exhale and relax. *This exercise balances the upper chakras and opens the hormonal gate to the higher brain centers.*

9. Neck Rolls. Sit in Easy Pose and begin rolling the neck clockwise in a circular motion. The shoulders remain relaxed and motionless. The neck should be allowed to gently stretch as the head circles around. Continue for **1 min.** then reverse the direction and continue for **1 min. more.** Bring the head to a central position and relax.



10. Sat Kriya in Vajrasana. Sit on the heels with the arms over head and the palms together. Chant "**Sat**" and pull the Navel Point in, chant "**Nam**" and release it. Continue for **3-7 minutes**, then inhale and apply Mula Bandha. Mentally allow the energy to flow from the first chakra and through the top of the skull. Exhale. Inhale deeply. Exhale completely and apply the Mula Bandha with the breath held out. Inhale and relax. *Sat Kriya circulates the kundalini energy through the cycle of the chakras, aids in digestion and strengthens the nervous system.*

11. Savasana. Relax on the back with the arms at the sides, palms up. *Deep relaxation allows you to enjoy and consciously integrate the mind/body changes which have been brought about during the practice of this kriya. It allows you to sense the extension of the self through the magnetic field and the aura and allows the physical body to deeply relax.*



COMMENTS:

This kriya is excellent for harmonizing energy, creating balance between our mind and our body. It works progressively the spine, improves blood circulation and opens the nadis to the free flow of Prana.