

# KRIYA TO AWAKEN THE DIAPHRAGM

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**1. Left Charan Kamal Mudra:** Lie flat on your back and raise your left leg up to ninety degrees. Reach up and grab the toes of your left foot with both hands. Keep both legs straight. Do not bend your knees. Chant **Har** rhythmically, continuously and powerfully from your diaphragm. **5 minutes.**



**2. Right Charan Kamal Mudra:** Still lying on your back, raise your right leg to ninety degrees and continue to chant as in exercise one. Pump your diaphragm strongly as you create the sound **Har**. **5 minutes.**



**3. Dinamic Paschimottanasana (Life Nerve Stretch) - Kamal Prakash Mudra.** Sit up and stretch your legs out straight in front of you. Grab your toes while keeping your spine straight. Move your torso down and up, bending from the hips, not from the neck or spine. Start out moving five to ten centimeters and slowly and gradually bend forward more and more. Chant **Har** rhythmically and continuously from your diaphragm. **2 1/2 minutes.**



**4. Savasana (Corpse Pose).** Lie down on your back and relax. **6 1/2 minutes.**

## COMMENTS:

*In exercises 1 and 2, you grasp the feet (Charan) and chant "Har" to stimulate your diaphragm and the lotus (Kamal) of the navel. Exercise 3 is a variation of Maha Mudra in which movement and chanting are employed to awaken the diaphragm. If you experience an inability to keep your legs straight or a lot of shaking in exercises one and two, it may indicate that the organs below the diaphragm are not being properly served. The digestive system and the metabolism need work and fat is not being proportionately regulated. Your strength and stamina are about half of what they could be. In time, you can do each of the exercises for 11 minutes which can create a deep state of relaxation.*

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