

FOUNDATION FOR INFINITY KRIYA

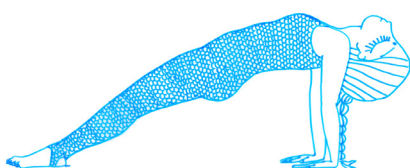
To reach the subtle realm of ether where we are by nature boundless, we must first set a firm foundation on the Earth. Practicing this kriya is a means of setting that foundation. Then the meditation launches you into the realms of Infinity.

This kriya works primarily on the pelvic region. Physiologically the pelvis acts as a foundation, the point of balance, for the torso and the lower foundation on earth. Chronic misalignment of the pelvis, tension and inflexibility will eventually show their effects on physical and emotional well-being through sciatica and menstrual irregularities, and in men, such conditions as impotency.



1. Spinal Twist Variation in Sukhasana - Easy Pose. Sit in Easy Pose elongating the spine. Externally rotate your shoulders and interlace your fingers behind your head, at the base of the skull. Holding the forearms parallel to the ground, inhale and twist to the left, exhale and twist to the right. Keep the chest open, the elbows pressing backwards and the spine elongated. **Continue for 1 – 3 minutes at a medium pace.**

2. Yoga Mudra in Sukhasana - Easy Pose. Sit in Easy Pose elongating the spine. Externally rotate your shoulders and interlace your hands behind your back, stretching your arms behind you. Begin with Breath of Fire and alternate between this posture and Yoga Mudra: keeping the spine elongated, lean forward from the hip joints, not the waist. If possible, touch the floor with your forehead; if not, put a block under your forehead. Stretch the arms up straight as much as you can. Move at a steady pace in coordination with the breath. **Continue for 1 – 2 minutes.**



3. Purvottanasana - Upward Plank Pose. Begin by sitting on the floor with your legs extended in front of you and your arms resting at your sides in Seated Staff Pose (Dandasana). Bring your hands several centimeters behind your shoulders and rotate your palms so your fingertips point toward your toes. Keep

your arms straight and your feet flat on the floor. Inhale and lift your hips up and back, drawing your shoulders up toward your ears. Exhale and hold the pose. **Continue for 1 – 2 minutes.**

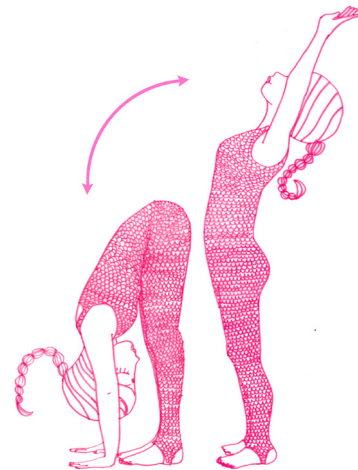
your hands shoulder-distance apart. Externally rotate your shoulders and upper arms as you press your hands down firmly into the mat. Draw your shoulder blades firmly into your back and allow your chest to lift naturally. Press your hands and feet down firmly and lift your hips up toward the ceiling. Keep your chest lifting and your spine and your chin towards your chest. Work toward pressing the soles of your feet into the floor while keeping your legs straight and firm. Then lower your buttocks to the floor and bring the head straight, in line with the spine. Create a steady rhythm alternating between these two positions with Breath of Fire. **Continue for 1 minute.** *Do not squeeze your buttocks. This exercise increases the strength and flexibility of the pelvic area and releases the pelvis if it is locked.*



4. Upavesasana - Crow Pose. Begin in Tadasana (Mountain Pose) with feet hip distance apart and parallel between each other. Extend the arms straight forward parallel to the ground, with the palms facing down. Inhale, exhale as you bend your knees into squatting position. Continue inhaling as you come up and exhaling as you come down. **Repeat 13**

to 26 times. *You may use a folded blanket under your shoulders to have more stability as you go down.*

5. Dynamic Uttanasana - Standing Forward Bend. Stand up with the legs hip distance apart. Inhale and stretch your arms up with your palms facing forward. Exhale and bend forward from the hip joints, not from the waist, elongating the spine. **Repeat 13 – 26 times.** *As you descend draw the front torso out of the groins and open the space between the pubis and top sternum. Emphasize on lengthening the front torso.*



6. Lateral extensions from Tadasana - Mountain Pose. Stand up in Tadasana with your feet together or hip distance apart. Extend the arms to the sides, parallel to the ground with palms facing down. Inhale in this posture, exhale as you stretch towards the left. Then inhale at the center, and exhale as you stretch towards the right. **Repeat 13 – 26 times.**

7. Rhythmic Kick. Remain standing. Place the hands on the waist and kick alternate legs forward, keeping the legs straight. With each kick chant “Har,” placing the tip of the tongue on the palate on the “r” sound (a rolled ‘r’ as in Spanish). Kick rapidly. **1 – 3 minutes.**





8. Meditation for the Tenth Gate: Experience your boundlessness. Feel yourself expand beyond time, beyond space, into a realm of total peace and joy. Sit in Sukhasana (Easy Pose) elongating the spine. Place your hands over your lap, palms facing up, right palm resting in the left, pads of the thumbs touching. Your eyes are closed, focused upward, guiding the attention to the top center of the head, the Tenth Gate (Crown Chakra). Mentally say the mantra “Har Har” as you pull the Navel Point in. Holding the navel in, press the tip of the tongue against the roof of the mouth and mentally say the word “Mukanday.” Concentrate deeply and immerse yourself in this meditation to experience the radiance of the Sahasrara, the Crown Chakra. **Continue for 11 – 31 minutes.**

9. Relax in Savasana for 7-11 minutes.

