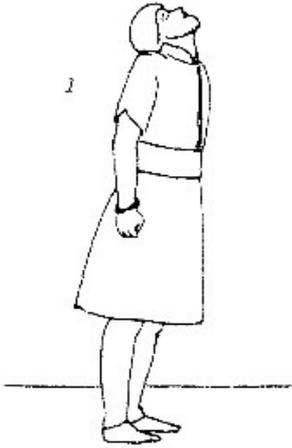


Kundalini Yoga to stimulate the Ajna KY kriyas (From Keeping up with Kundalini Yoga)



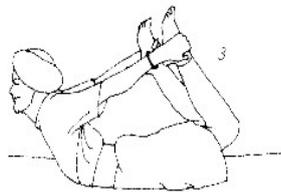
1. Stand up straight and lock the thumbs into your tightly squeezed fists. Let your arms hang at your sides. Gently and carefully let the head fall back and stare at a point on the ceiling or in the sky. Inhale and begin breath of fire. Continue for 2 - 3 minutes. Then inhale deeply as you slowly bring the head forward and tuck the chin in. Hold the breath briefly with the head straight. Then exhale and relax.

This exercise sets the magnetic field, alerts the body and opens the circulation to the head.



2. Triangle Pose. Supporting yourself with the palms of your hands and the soles of your feet, and with your rear end up in the air, form a triangle with the ground. Your body should form a straight line from the heels to the buttocks and from the buttocks to the wrists. The head should be in line with the body and the arms should be about 2 feet apart. Remain in this position with long, deep breathing for 2 - 3 minutes. Then inhale. Exhale and apply mool band. Hold the breath out briefly. Inhale and relax.

This exercise aids in digestion and works to strengthen the nervous system.



3. Bow Pose. Lie on your stomach. Reach back and grab your ankles, bending at the knees. Inhale and arch the spine completely, pulling on the ankles, so that only the pelvis, abdomen and lower chest remain on the ground. The head is tilted all the way back. Breathe long and deep in this position for 1 3 minutes. Then inhale, gently stretching the spine. Exhale and relax.

This exercise also aids in digestion, while opening the central nerve channel of the spine.



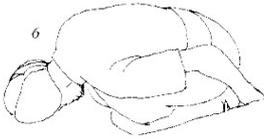
4. Stretch Pose. Lie on the back with the legs together. Pointing the toes, raise the heels 6 inches. Stretch the arms out straight, pointing at the toes, and raise the head and shoulders six inches. Stare at your toes. In this position begin breath of fire and continue for 1 to 3 minutes. Inhale and hold briefly. Exhale and relax.

This exercise activates and balances the energy of the third chakra, sets the navel point and tones the abdominal muscles.



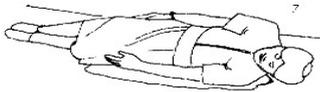
5. Sit on your heels. Inhale and, keeping the head straight and the shoulders relaxed, flex your spine as far forward as you can. (5A) Exhale and flex it back in the opposite direction (5B). Begin slowly and continue rhythmically with the breath for 1 to 3 minutes. Inhale in the forward position. Exhale and relax.

This exercise further prepares the spine for the exercises to follow.



6. Sit on the heels. Spread the knees wide. Bring the forehead to the ground. Rest the palms of your hands on the soles of your feet. Focus at the third-eye and consciously relax while maintaining normal breathing. Continue for 5 to 20 minutes. Then take several deep breaths and slowly come out of the position.

This exercise subtly uses the sexual energy of the second chakra to stimulate the Ajna (sixth) chakra. It also cleans the eyes.



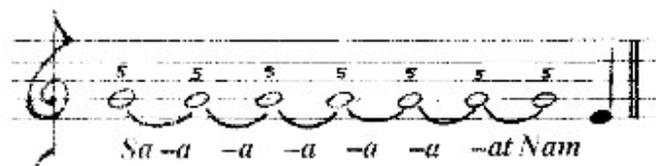
7. Bundle Roll. Lie on your back with your arms pressed tightly against your sides and your legs like a bundle of logs. Keeping the body straight, begin rolling over and over across the room, to one side and then to the other. Continue for 3 to 5 minutes. Then relax.

This exercise stimulates the entire body. It balances the magnetic field and massages the muscles. Do not do Exercise 6 unless you follow it with this exercise.



8. Sit in a comfortable position with the spine straight and the hands in Gyan Mudra (thumbs and index fingers touching; other fingers straight out). Be sure that the chin is locked so that the head sits straight on the spine. Inhale deeply. As you exhale, chant the word “Sat” (rhymes with “but”), extending the sound for as long as possible and dividing it into 7 waves (7 undulations) each one consisting of 5 beats. (See musical notation on this page) for a total of 35 beats. Complete the exhale by chanting the word Naam” (rhymes with “Mom”) briefly for the duration of 1 beat. Then inhale and repeat the chant. Chant from your heart, and mentally spiral the sound up the spine and out the top center of the head. Continue for at least 3 minutes. Then inhale. Hold briefly. Exhale and relax.

This simple and beautiful meditation is a call from the heart. It will balance your energy and lead your consciousness directly to its primal Source.



9. Deeply relax.

Remarks: This kriya works to gently stimulate and balance the glandular system, especially the pituitary gland which is associated with the Ajna or sixth chakra. Beginning students may practice this kriya once or twice a week, but no more, as a glandular “tune-up”.