

## **Kriya for Positive Mind**

**Bron: The Ten Light Bodies of Consciousness van Nirvair Singh Khalsa**

Ego Eliminator (heart center) 6 MINUTES.

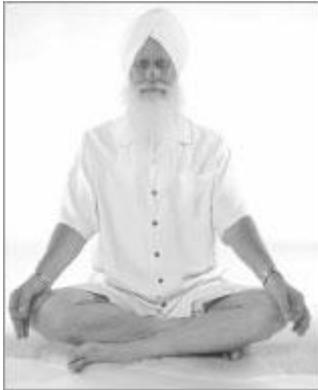


Sit cross-legged. Lift left arm up to 60 degrees with the palm up. Right arm down to about a 30 degree angle. You're signalling those jets to come in. Eyes closed, focused at the brow point. Concentrate at the heart center where the mind nerve is. And now begin long, slow, deep breathing. Keep the elbows straight. 3 MINUTES.

Switch the arm positions and continue. Right arm up palm up. Left arm down palm down. Keep the concentration at the heart center. Slow deep breathing. 3 MINUTES.

Inhale, exhale, relax the arms down.

Resting Meditation in Gyan Mudra 1 MINUTE.



Place the hands in gyan mudra (index finger and thumb pressed together, hands at the knees) continue long slow deep breathing, concentration at the brow point.

Ego Eliminator (throat center) 3 MINUTES.



Here we go again. Arms out to the sides, parallel to the ground, palms up, move the hands back a little bit. Long, slow, deep breathing. Concentrate on the throat. Allow it to open up and feel relaxed. Concentrate on your breath. Do your best. 3 MINUTES Inhale, exhale, relax the arms down. Stretch out the legs, lie down flat on your back. No more arm stuff.

Leg Thrusts 2 MINUTES.



Bring the knees to the chest, have the arms by the sides. We'll do a pushing and pulling motion with the legs, a thrusting motion with the legs. Inhale, thrust the left leg out so that it's 12 to 18 inches off

the ground, point the toe away from the body. Now exhale, switch legs, and continue. Use a powerful half-breath and breathe through the navel point. If the lower back is lifting off the ground a lot, sit on your hands. 2 MINUTES.

Inhale, knees to the chest. Exhale feet flat on the ground and straighten the legs out. Rest a moment. Draw the knees up to the chest. Rock a few times and rock up.

Cow / Cat 3 MINUTES.



Come up on to the hands and knees for cow/cat pose. Once in position, inhale cow, exhale cat. Continue. Inhale cow, spine pressed down, head arched back. Exhale cat, tilt the pelvis, push up through the shoulders, chin on the chest. 3 MINUTES.

Baby Pose 1 MINUTE.



Exhale yourself into baby pose and rest a moment in baby pose — forehead on the ground, arms by the sides, hands by the ankles, palms up. Keep the concentration at the brow point, normal breath. 1 MINUTE.

Celibate Pose Arm Stretch 2 MINUTES.



Slowly rise up, stay on the knees and heels. If you can, sit in between the knees and heels and then lie down flat on your back and bring your arms up overhead on the ground, palms together. Stretch up through the shoulders. If you can't do that, just sit cross legged and lie on your back. One or the other. Come into position, hold this position, and do slow, deep breathing. 2 MINUTES. Inhale, exhale, hold breath out and apply root lock (squeeze the rectum, sex organs, pull the navel point in), send the energy up. Release, inhale, exhale. Come out of the position. Lie flat on your back.

Lower Spine Rock 1 MINUTE.



Draw the knees up to the chest and begin rocking the spine back and forth by pulling the knees up to the chest gently and releasing them. This is a small comforting motion. 1 MINUTE.

Now rock yourself up.

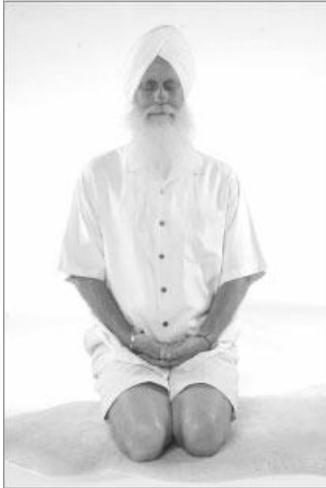
Tall Tree 2 MINUTES.

Come slowly standing up. Hands in a basket, index fingers pointing up, stretch the arms up overhead, really stretch up through the shoulders. Hold this position, don't lock the knees, keep the knees just a little bit bent, and do long, slow, deep breathing. Make the breath very deep and complete. 2 MINUTES.



Relaxing Meditation 3 MINUTES.

Inhale, stretch up. Exhale, relax the arms, and come down now on the knees and heels with the ankles together in rock pose, or sit cross-legged. Have the hands in the lap. The eyes closed focused at the brow point. Stay in this position and relax as much as you can. Bring yourself into a drowsy state. 3 MINUTES.



Now, inhale deeply, and exhale, relax the breath. Come out of position and sit cross-legged.

### Third Body Meditation

#### Rebirthing Meditation 5 MINUTES.

We're going to do a 5 minute meditation now. The first part is two minutes and the second part is three minutes. It's a rebirthing meditation. We're going to do a powerful breathing technique. If you find yourself getting really spaced-out doing this breathing technique, stop and go back to long, slow, deep breathing. We're going to breathe through the mouth, inhale and exhale, in big, fairly fast breaths. We're going to take somewhere between 30 and 40 breaths. You're going to pucker your lips and you're going to suck the air in so that your cheeks even come in a little bit. Then blow it out powerfully. Afterwards we're going to sit, and create a powerful image of a flame. Fire can be positively destructive. We will burn off the past that binds you. Fire can also illuminate. You are going to turn yourself into a candle in the middle of darkness. So sit up tall, eyes closed focused at the brow point, inhale powerfully through the mouth with puckered lips, exhale powerfully through the mouth. Begin. 2 MINUTES.