

# **KUNDALINI YOGA FOR MASTERING THE 3RD BODY**

For Mastering the Third Body and Balancing the Gall Bladder and Liver Meridians

From: Numerology for Self-Mastery by Gurucharan Singh Khalsa

1. Lie on your back with your palms facing down. Inhale and lift your left leg up to 90° and exhale as you lower your left leg down. Then inhale as you lift your right leg up to 90° and exhale as you lower your right leg down. Continue this movement with a powerful breath for 1 to 3 minutes.
2. Relax on your back for 30 seconds. Imagine manifesting your most positive, expansive dreams.
3. Get into plow pose and hold for 1 to 3 minutes with LDB. Again, imagine manifesting your most positive, expansive dreams.
4. Relax on your back for 30 seconds.
5. Bring your knees to your chest, wrap your arms around them and rock back-and-forth on your spine. Inhale as you rock up and exhale as you rock back. Do this 3 times only.
6. Spinal flex in easy pose: Hold your shins with both hands, inhaling as you flex your spine forward and exhaling as you move your spine back. Continue for 3 minutes, then inhale and hold your breath for 20 seconds as you hold the chin in, chest out. Apply Mulbandh with your eyes rolled up, concentrating at the third eye, connecting with your light and feeling full of hope.
7. Stretch your legs out in front of you and spread them as wide as you can. Inhale as you raise your hands up above your head, palms facing each other. Exhale as you twist left and move your chest down to your left thigh, holding on to your toes. Inhale back up to the center and exhale as you lower your chest and arms to your right thigh. Continue this movement for 1 to 3 minutes.
8. Frog Pose: Inhale and straighten your legs and keep your head low. Exhale as you come into a squat, keeping your heels off the ground. Repeat 24 to 54 frog poses. When you are done, sit on your heels in rock pose. Experience sharing your light with all.
9. While sitting in rock pose, bring your arms out to your sides, parallel to the ground. Bend your hands at the wrists as if pushing against the walls, palms

facing out, fingers pointing up. Breath of Fire for 3 minutes. Ending: inhale, hold the breath for a moment, focus on the third eye point, apply mulbandh.

10. Lie on your stomach and place your hands underneath your shoulders, spreading your fingers as wide as possible. Come up into front platform pose: Your arms and body are straight with only your palms and the tops of your feet or toes on the ground. Apply a slight neck lock so that your head is in line with your spine. Breath of Fire for 1 to 3 minutes. Inhale and hold your breath for a few seconds, then exhale and slowly lower yourself to the ground and lie down on your stomach.

11. Sit with your legs stretched out in front of you. Back Platform Pose: Place your arms behind you and lean on your hands, fingers pointing at your feet. Raise your hips up so that your body is straight with a neck lock applied, placing your head in line with your spine. Hold this position with Breath of Fire for 1 to 3 minutes, then inhale and hold your breath for 20 seconds. Lower your hips down to the ground and lie on your back.

12. Raise your arms, legs and head 6 inches off the floor into stretch pose and do Breath of Fire for 1 to 3 minutes.

13. Long Deep Relaxation for 10 to 20 minutes as you dwell in the increased power of your own bright light. As you relax, focus on the following affirmation: "I see the spirit in every person and the benevolence of the universe in every situation. I allow the power of infinity to flow through me and guide my actions."