

KUNDALINI YOGA FOR MASTERING THE 4TH BODY

For Mastering the Fourth Body and Balancing the Lung and Large Intestine Meridians
From Numerology for Self Mastery by Guruchander Singh

1. Cat/cow asana. Get on your hands and knees, spreading your fingers as wide as possible. Inhale and move your head up and spine/navel down. Exhale and move your head down and your spine/navel up. Continue for 1 to 3 minutes.
2. Stretch pose with Breath of Fire (BOF) for 1 to 3 minutes.
3. Get into easy pose and bring your hands together in prayer pose at your heart chakra. Long deep breathing (LDB) with a straight spine, chin in and chest out. Concentrate on your heartbeat. Roll your eyes up and focus at the third eye. Continue for 3 minutes. Inhale and apply Mulbandh (MB), hold for 20 seconds, then exhale and relax for 30 seconds, feeling connected to your intention.
4. Get into modified back platform pose, supporting yourself on your elbows. Hold your body in a straight line. LDB for 1 to 3 minutes. Inhale and hold your breath for 10 seconds, then lower your hips down to the ground. Slowly sit up in easy pose and relax for 30 seconds, dwelling in that sacred space beyond polarities.
5. Put your hands on your shoulders with your fingers in front and thumbs in back. Inhale and twist to the left, moving your entire torso with your head. Exhale and twist to the right. This is a continuous movement to be performed for 1 to 3 minutes, followed by the KC: Focus at your third eye, pull your chin in slightly, lift your heart center up, contract MB.
6. Place your hands into bear grip: your left hand faces out at your heart center and your right hand faces in; right fingers clasp the left fingers at the heart center. Inhale and pull the hand lock, holding your breath in for a count of 8 and applying MB. Exhale and hold your breath out for a count of 8, applying MB and pulling on the hand lock again. Continue for 1 to 3 minutes.
7. Get into easy pose and raise your left arm up to 60°, palm flat and facing up as if holding up the heavens. Your right hand is on your right knee, palm flat and facing up. Begin LDB and keep a slight MB applied during

the entire asana. Keep your eyes open, focus on one point out in front of you and do not blink. After 5 minutes do the KC.

8. Face your left palm away from your body behind your back and touch the back of your hand to your back at level of the heart chakra. Your right palm is facing your body and is on the heart center. Do LDB and feel the flow of energy between both hands. Continue for 5 minutes. Do the KC.

9. Long Deep Relaxation for 11 minutes, dwelling in the sacred space of the heart, beyond time and space, in deep love with the True Self. As you relax, focus on the following affirmation: "My compassionate heart allows me to find meaning and worth in all my experiences and to clearly see the play of life. I serve with an attitude of gratitude."