

## THE PHYSICAL BODY KRIYA FOR SELF-HEALING

From *Waves of Healing* by Siri Atma S. Khalsa, M.D.

Throughout the kriya, concentrate at the Third Eye point with your eyes closed, and do long, deep breathing for 1-3 minutes, unless otherwise specified.



1. Sit in Rock Pose with your hands on your thighs and apply a light Mulbandh. Inhale and flex your spine forward, lifting and opening the ribcage. Exhale and flex back in a smooth motion.



2. Sufi Grind. Sit in Easy Pose with your hands on your knees. Begin circling your torso from the base, keeping your spine straight. Feel the maximum stretch at the heart level. Inhale as you rotate forward, exhale as you rotate back. Change directions halfway though. To end, inhale, straighten the spine and apply Mulbandh; exhale and relax. Sufi Grind. Sit in Easy Pose with your hands on your knees. Begin circling your torso from the base, keeping your spine straight. Feel the maximum stretch at the heart level. Inhale as you rotate forward, exhale as you rotate back. Change directions halfway though. To end, inhale, straighten the spine and apply Mulbandh; exhale and relax.



3. Sit in Rock Pose with your spine straight. Stretch your arms overhead parallel to each other with the palms facing in. Exhale and bend from the hips until your body, head and arms are parallel to the floor. Inhale and rise up with your upper body, head and arms in a straight line. Keep your buttocks in contact with the heels. Continue this motion.

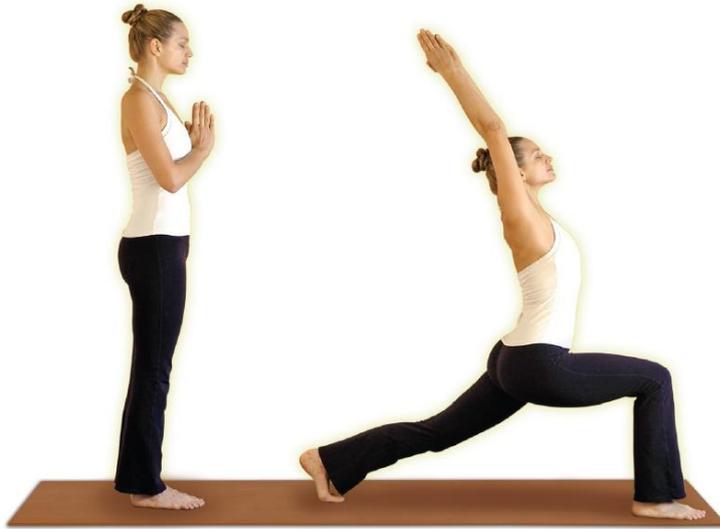


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Lie on your back with your arms at your sides and press your back down as you lift both legs straight up to 45 degrees. Inhale and open the legs wide apart; exhale and close the legs. Continue this motion.



5. Stand up with your legs shoulder width apart. The arms are straight out parallel to each other and the floor, palms facing in. Exhale through the nose and squat down into Crow Pose keeping the arms straight out in front of you. Inhale through rounded lips and return to the standing position. Continue this motion.



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Stand with your hands in Prayer Pose at the center of your chest. Exhale and take a big step back with the left leg, stretching your arms overhead, palms still together. Lift

your chest and balance on your right foot and the toes of your left foot, with your right thigh parallel to the floor. Inhale and step back to the starting position lowering the mudra. Continue the movement alternating legs with the breath.



7. From a standing position as you exhale bend forward from the hips

grasping the back of the right thigh with both hands. Raise the left leg back and up parallel to the floor. Keep the upper body close to the right thigh and hold the position. Switch legs and repeat.



8. Sit with your legs straight out in front. Bring your arms straight up parallel to the floor and to each other, palms facing in. Raise the left leg up 60 degrees and lean back just enough to balance yourself. Hold the position and do Breath of Fire. Do not switch legs; the posture is done on one side only.



9. Stretch Pose. Lie on your back and bring your feet together. Keeping your arms straight, raise your hands next to or over your thighs without touching your body. Press your lower back down as you raise your legs 6" from the floor, toes pointing forward. Lift your head and shoulders high enough to focus on the toes. Do Breath of Fire.