

# KUNDALINI YOGA FOR MASTERING THE 5TH BODY

## From Numerology for Self Mastery bij Guruchander Singh

To master the fifth body, you will want to commit 100% to each asana.

1. Sit on your heels and bring your arms out to your sides, parallel to the ground. Palms face upward. Inhale, turn your head and look at your left palm. Exhale, turn your head look at your right palm. Continue for 1 to 3 minutes. Do the Kundalini Close (KC): inhale and hold your breath as you: Focus at your third eye, pull your chin in slightly, lift your heart center up and contract Mulabhandha (MB)
2. Alternate shoulder shrugs. With your hands on your thighs, inhale and lift your left shoulder up, then exhale, relax your left shoulder and lift your right shoulder up. Continue alternating shoulder shrugs at a fairly rapid pace for 2 minutes. Then inhale and pull both shoulders up. Exhale and relax both shoulders down.
3. Continue to raise and lower both shoulders at the same time for 2 minutes. Experience your energy finding balance. Inhale, hold your shoulders up, pull MB and do the KC.
4. Sit on your heels. Commit deeply to the asana, then point your arms straight out in front of you with both palms facing down. Lengthen your neck and drop your head back as far as you can. Focus at the third eye with your eyes mostly closed. Do Breath of Fire (BOF) for 1 to 3 minutes. Experience this asana bringing balance to your life. Inhale and bring your head up. Do the KC.
5. Continue to sit on your heels and move your chin down to your chest with your hands clasped behind you the back in Venus Lock. Raise your arms up as high as you can and do BOF for 1 to 3 minutes. Continue to experience your energy as balanced. Inhale and pull your head straight. Do the KC.
6. Sit in easy pose with your hands in Gyan Mudra (GM), with your chin in and chest out. Inhale as you turn your head to your right shoulder, and exhale as you turn your head to your left shoulder. Keep your eyes closed. Continue for 1 to 3 minutes. Do the KC.

7. Part 1: Sit with your legs extended out in front of you and your hands on the ground behind you. Fingers point at your toes. Lean back on your hands with your arms straight. Lengthen your neck, then drop your head back as far as you can. Hold this asana with Long Deep Breathing (LDB) for 1 to 3 minutes.  
Part 2: Hold the same asana and inhale deeply, then exhale with a sigh. Continue this special *pranayam* in this posture for 1 to 3 minutes. Inhale, exhale, sit in easy pose and rest for 30 seconds with LDB.
8. Sit in gurpranam on your heels with your forehead on the ground in front of you and hands back by your hips, palms facing up. Continue for 3 minutes with LDB, focusing on mastery of the 5th body.
9. Sat Kriya for 5 to 7 minutes.
10. Long Deep Relaxation: As you relax, focus on the following affirmation: “All parts of my being and my life are balanced and in harmony. I deeply know the sacredness of all experiences and I share that awareness with others.”  
Note: strengthening this body will give you the power to hear what you need to for yourself and others and to speak as a teacher to guide others to connect with their own True Identity.