Kriya for the Frontal Brain – uit: For Youth and Joy

1) Sit in Easy Pose. Place the hands on the knees. Arch the spine forward and push the lower jaw out, pushing the teeth out as the head goes up. Then arch the spine back and open the mouth. Flex your entire spine and breathe powerfully through the mouth. Continue for 3-4 minutes.

*This exercise works on the frontal brain.*

2) Sit in Crow Pose, a squatting position with the feet flat on the floor, knees apart. Place the hands on the waist. Inhale through the mouth and push the lower jaw forward, pushing the teeth out as you stand up. Then open the mouth and exhale through it as you lower yourself back down into Crow Pose. Continue for 2-3 minutes.

*This exercise works on the meridian points in the thigh,* *which are connected with sexual energy and compassion. The thigh bone controls the balance of potassium and calcium, and the inflow and outflow of energy.*

*3)* Sit down in Easy Pose with the forearms bent up at the sides, hands at face level. The palms face out, away from each other, about 14 inches apart. Bring the right forearm out, straightening the arm so that it is parallel to the ground, palm down. Then return to the original position and repeat with the left arm. Continue alternating arms fast and hard for 6 minutes.

*This exercise pressurizes the frontal brain at the third eye point.*

*4)* Remain in Easy Pose, with the hands above the shoulders in fists, the thumbs locked inside pressing on the mound of the little finger. The movements are in a 4 count rhythm as follows:

*1)* Bring the right arm out and up 60° and then return to the original position.

2) Bring the left arm out and up 60° and then return to the original position.

3) Bring both arms straight up over the head, parallel to each other.

4) Return them to the original position.

*Continue this rhythm moving fast and powerfully for 6-7 minutes.*

*5)* In Easy Pose stretch your arms straight out parallel to the ground with the palms facing up. Bend the middle (Saturn) fingers into the palms and lock your thumbs over them. The other fingers are straight. Pump the arms up and down 12 inches above and 12 inches below the original position. The breath will flow in rhythm with the motion. Keep the elbows straight and move fast and powerfully for 3 minutes.

*This breaks up deposits in the neck that block circulation to the brain. It works on patience, the quality of the Saturn finger.*

6) Come into Frog Pose, squatting so the buttocks are resting on the heels, which are off the ground and touching. The fingertips are on the ground between the knees, and the head is up. Inhale and raise the buttocks high. Exhale and come down to the starting position and let the buttocks strike the heels. Breathe deeply and powerfully, and continue until you have done 54 cycles, approximately 2-3 minutes.

7) Come into Rock Pose, sitting on your heels with the tops of the feet on the ground. In this position, repeat the arm movements of exercise 4 for 2 minutes.

*This exercise works on the digestion and the removal of deposits and toxins in the breast area.*

8) Stand up and dance to Don Cooper's Twelve Months. Close your eyes and move every muscle of the body without moving far from your spot. Flow with the rhythm, mirroring the notes and words with body language. Continue for 25 minutes.

*This natural dancing instinct gives the body a chance to release deposited toxins. Effective communication uses body language to express and project the words we speak. Those who do not express their psyche through the vibration of the body will fail in communication and action.*