



1) **Breathing through the Right Nostril.** Sit in Easy Pose with a straight spine. Rest the right hand in Gyan Mudra on the knee. Block the left nostril with the thumb of the left hand. The other fingers point straight up. Begin long, deep, powerful breaths in and out of the right nostril. Focus on the flow of breath. Continue for **3 to 5 minutes**. Inhale and relax.

This exercise draws on the "sun" breath and gives you a clear, focused mind.

2) **Sat Kriya.** Sit on the heels with the arms overhead and the palms together. Interlace the fingers except for the index fingers, which point straight up. Men cross the right thumb over the left thumb; women cross the left thumb over the right. To do Sat Kriya begin rhythmically chanting *Sat Naam*, emphasizing *Sat* as you pull the navel in. On *Naam* release the lock. Focus at the brow point. Continue for **3 minutes**. Then inhale, suspend the breath, apply *mulbandh* and imagine your energy radiating from the Navel Point and circulating throughout the body. Relax. Repeat the exercise for **3 minutes**. Then inhale, apply *mulbandh*, and mentally draw all the energy to the top of the fingertips. Relax.

This exercise releases energy stored at the Navel Point.

3) **Spinal Flex.** Sit in Easy Pose. Grasp the shins with both hands. Inhale, stretch the spine forward and lift the chest. Exhale, let the spine flex backwards. Keep the head level during the movements. On each inhale mentally vibrate the mantra *Sat*, on the exhale vibrate *Naam*. On each exhale apply *mulbandh*. Continue rhythmically with deep breaths **108 times**. Then inhale, hold briefly with the spine perfectly straight. Exhale. Relax.

This exercise brings the released kundalini energy along the path of the spine and aids its flexibility.

4) **Frog Pose.** Place the toes on the ground, heels together off the ground, fingers on the ground between the knees, and lift the head up. Inhale, raise the buttocks high. Lower the forehead towards the knees and keep the heels off the ground. Exhale, come back to the original squatting position, face forward. Continue with deep breaths **26 times**. Inhale up, then relax down onto the heels.

This transforms the sexual energy.

5) **Neck Turns.** Sitting on the heels, place the hands on the thighs. With the spine very straight, inhale deeply and turn the head to the left. Mentally vibrate *Sat*. Exhale completely as you turn the head to the right. Mentally vibrate *Nam*. Continue inhaling and exhaling for **3 minutes**. Inhale with the head straight forward. Relax.

This opens the throat chakra, stimulates circulation to the head and works on the thyroid and parathyroid glands.

6) **Spinal Bend.** Sit in Easy Pose. Grab the shoulders with the fingers in front and the thumbs in back. The upper arms and elbows are parallel to the ground. Inhale as you bend to the left, exhale and bend to the right. Continue this swaying motion with deep breaths for **3 minutes**. Then inhale straight. *Relax.*

This exercise flexes the spine, distributes the energy over the whole body, and balances the magnetic field.

7) **Meditate.** Sit in a perfect meditative posture with the spine straight. Direct all attention through the Brow Point. Pull the Navel Point in—hold it—apply *mulbandh*. Watch the flow of breath. On the inhale listen to silent *Sat*, on the exhale listen to silent *Naam*. Continue **6 minutes** or longer.

This will take you into a deep self-healing meditation.

COMMENTS:

This *kriya* is named after the energy of the sun—*surya*. When you have a lot of "sun energy" you do not get cold, you are energetic, expressive, extroverted and enthusiastic. It is the energy of purification. It holds the weight down. It aids digestion. It makes the mind clear, analytic and action-oriented. The exercises systematically stimulate the positive pranic force and the kundalini energy itself. This should occasionally be in your regular *sadhana* practice to build the strength of your body and your ability to focus on many tasks.

