

THE NEUTRAL MIND KRIYA FOR GUIDANCE – Siri Atma S. Khalsa, Waves of Healing

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 Sufi Grind. Sit in Easy Pose with your hands on your knees. Begin circling your torso from the base in one direction, 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.



2. Sit in Easy Pose with the back of the wrists on the knees, arms straight, fingers in Gyan Mudra. Meditate on the breath.

3. Camel ride. Sit on your heels in Rock Pose with the palms on the thighs. Inhale and flex the spine forward lifting and opening the ribcage, exhale and flex the spine back in a smooth motion. Apply a light Mulbandh.



4. Sit on the right ankle with your heel in between the anus and sex organs and your left leg straight out in front of you. With the upper body perpendicular to the floor, raise the right arm straight up and forward parallel to the floor. Raise the left arm straight back parallel to the floor. Both palms face the ceiling. Hold the posture and do Breath of Fire. To end, inhale and hold briefly; exhale and relax.



5. Sit in Easy Pose and raise both arms straight out, palms facing inside parallel to each other and the floor. Raise the left arm up to 60 degrees. Begin scissoring the arms, lowering the left arm to the parallel position while raising the right arm to 60 degrees and switching arms. Continue the motion with Breath of Fire through a rounded mouth



6. Stand and bring your arms out to the sides parallel to the floor, palms facing forward. Open the legs wide apart with the toes pointing outward and the big toes positioned directly under the wrists. Bend the knees until the thighs are parallel to the floor.



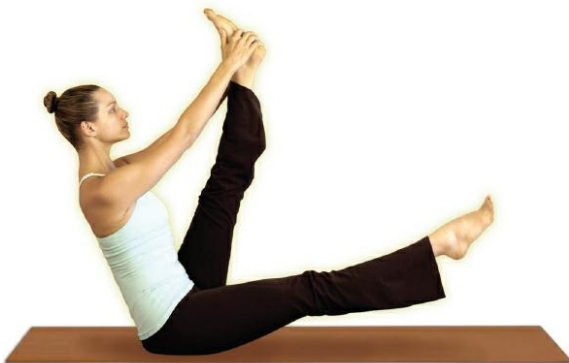
7. Lie on your stomach with straight legs, feet together, top of feet on the floor. Put the palms on the floor under your shoulders. Inhale into Cobra Pose as high as you can comfortably, raising the ribcage and pulling the navel in and up, leaving your hips on the floor.



Exhale and slowly move into Baby Pose, sitting back on the heels with your forehead on the floor, your arms straight out parallel to each other on the floor, palms down. Continue moving back and forth between the 2 postures. To end inhale in Cobra, hold briefly, exhale and relax.



8 Sit with the legs straight out in front. Raise the left leg straight and grab the left foot with both hands. Hold the position and inhale, raising the right leg up to the level of the left, exhale lowering it to the floor. Continue this movement. Switch legs and repeat.



9. Standing, raise the arms straight overhead and join the palms together. Inhale and lift the ribcage, arching the spine up and back. Exhale and bend forward from the hips all the way down and let the arms swing back behind your legs. Continue this movement..

