



Kriya to See the Inner Beauty

4 Exercises 17 min - 30 min *Kriya: Yoga Sets, Meditations, Classic Kriyas*

In Kundalini Yoga there are many practices, which produce the state of union or ecstasy by combining the energies of prana and apana at the base of the spine and raising the energy through to the pineal gland. On the physical level, one drop of ojas is pulled from the base of the spine up the center channel of the spinal cord and released near the pineal gland. This activates the radiance of the pineal gland which then interconnects the secretions of the pituitary and pineal glands, and in turn opens the brain's potential. The first exercise opens the higher centers. As you breathe deeply, you will feel a tingling at the forehead if your posture and concentration are correct. This is the central nerve which will reflex into the pituitary gland.

The eyesight improves, and all eye problems can be prevented by regular practice. Remember to build the time of the exercise slowly. The second exercise opens the lower spine and stimulates the transfer of ojas to the higher centers. It must be done to create a sweat on the back and spine—and it's enjoyable. The last exercise opens the spine and in relaxation all tension that blocks the natural sublimation of energy is removed. It is a pure moment to sample your inner joy. It is the One who is sitting in you. It is you who is watching the One in you. You and the One are one. Relax into the universal spirit and feel the flow pervading through you.

1. Prayer Pose

Comments: *Practice beginning for 6 minutes gradually building the time to 11 minutes.*

Prayer Pose (6 min to 11 min)

1. Sit in Easy Pose with a straight spine and place the palms together, pressing the thumbs to the center of the chest.
2. Fingers point straight up.
3. Apply Chin Lock and, without bending the neck, press the eyes down to see the thumbs.
4. Begin long deep breathing.



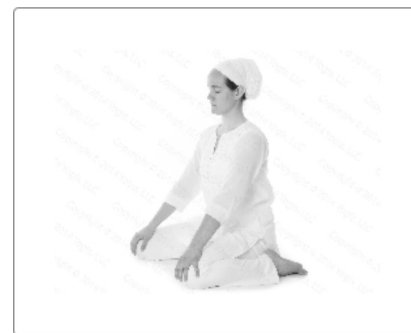
Mudra Prayer Pose

Breath Long Deep Breathing

2. Celibate Pose

Celibate Pose (3 min)

1. Sit in Celibate Pose so the buttocks are on the ground between the heels.
2. Spread the knees wide and grasp the knees firmly with the elbows straight.
3. Rock the lower spine back and forth on the ground; vibrate the lower spine as rapidly as you can with grace.



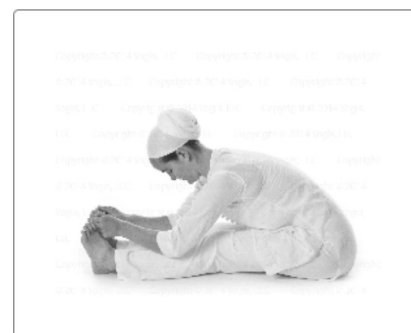
To End

1. Inhale deeply and mentally circulate the energy throughout the body.

3. Life Nerve Stretch

Life Nerve Stretch (5 min)

1. Stretch the legs out straight and reach forward, grasping the toes.
2. Completely relax.
3. Let all the outside vibrations go.
4. Merge into the infinite peace and light within.



4. Meditation

Meditation (3 min to 11 min)

1. Sitting in Easy Pose, chant to the infinite ecstasy using any mantra that stirs your heart.



