



# Kriya for the Instinctual Self

10 Exercises 15 min - 40 min *I am a Woman - Creative, Sacred, Invincible*

As human beings, we share certain instincts with animals, but we also have the ability to direct, shape and give meaning to the expression of these instincts. Many of the strongest instincts find expression and representation through the Lower Triangle of chakras, which include the First, Second and Third Chakras. The physical correlates of these chakras are the rectum, the sex organs and the Navel Point.

Dysfunctions of the body are reflected in the mind and vice versa. A serious neurotic behavior or self-destructive attitude will also appear as an imbalance in the Lower Triangle. One of the most direct ways to correct such an imbalance is to physically stimulate the nervous and glandular systems in order to alter the instinctual and learned patterns in the lower chakras. Once this is achieved and a new energy balance is attained, then, through analytic self assessment and meditation, it is possible to effect the wholistic change in behavior which is desired.

This kriya is an example of such a technology. To use it correctly, remember to focus the mind on what you are doing and experiencing during this kriya.

## 1. Butterfly Pose

**Comments:** *This exercise loosens the lower spine and stimulates the flow of sexual energy.*

### Butterfly Pose (1 min to 3 min)

1. Sit with the soles of the feet pressed together. Grab the feet with both hands and draw them into the groin, keeping the knees as close to the floor as possible.
2. Inhale and flex the spine forward. Exhale and flex the spine back. Head stays straight.
3. Continue with a steady rhythm, coordinating the movement with the breath.



### To End

1. Inhale and hold the breath briefly. Exhale and relax.



## 2. Cobra to Platform

**Comments:** *This exercise works to strengthen the lower back and to balance the flow of sexual energy with the region of the Third Chakra.*

### Cobra to Platform (1 min to 3 min)

1. Lying on the stomach, place hands under the shoulders with palms flat. Elongate the spine, lift the chest and heart up, drop the shoulders, and stretch the head back. Straighten the arms gradually, without straining.
2. Inhale and raise the buttocks so that the body forms a straight line from the head to the heels. Exhale and lower the body back into Cobra Pose.
3. Continue rhythmically with powerful breathing.



### To End

1. Inhale in Cobra Pose, suspend the breath briefly, apply mulbandh. Exhale and relax.

**Breath** Powerful

## 3. Crow Pose

**Comments:** *This exercise circulates the energy of the lower three chakras and opens up the circulation to the hips and lower intestines.*

### Crow Pose (1 min to 3 min)

1. Squat down with the knees drawn into the chest and the soles of the feet flat on the floor. Keep the spine straight. Wrap the arms around the knees with the fingers interlocked in Venus Lock.
2. Begin Breath of Fire.



### To End

1. Inhale. Exhale and relax.

**Breath** Breath of Fire

## 4. Leg Lifts

**Comments:** *This exercise strengthens the abdomen, setting the Navel Point and balancing prana and apana.*

### Leg Lifts (1 min to 3 min)

1. Lie on the back. Inhale and raise both legs up to 90 degrees.  
Exhale and lower the legs.
2. Continue with powerful breathing and a steady rhythm.



## 5. Modified Boat Pose

**Comments:** *This exercise strengthens the lower back, allows the energy to flow to the mid-spine and opens the nerve channels in the area of the solar plexus.*

### Modified Boat Pose (1 min to 3 min)

1. Lie on the stomach. Interlock the fingers in Venus Lock at the small of the back.
2. Inhale, raising the head and stretching the arms as far up as possible. Begin Breath of Fire.

### To End

1. Inhale. Exhale and relax.

**Mudra** Venus Lock

**Breath** Breath of Fire



## 6. Relaxation Rock

**Comments:** *This period of relaxation and the exercise following it, relax the spine and distribute the energy from the previous exercises.*

### Relax on Back (1 min to 3 min)

1. Relax on the back with the arms at the sides and the palms facing up.

### Relaxation Rock (1 min)

1. Pull the knees to the chest, wrap the arms around the knees, press the the head forward, nose towards the knees.
2. Rock back and forth on the spine from the base to the top and back.



## 7. Shoulder Stand

**Comments:** *These exercises open the upper spine and related nerve passages to the flow of Kundalini energy. They also stimulate the thyroid and parathyroid glands.*

### Shoulder Stand (1 min to 3 min)

1. Lying on the back, place the hands on the hips, just below the waist.
2. Bring the hips and legs up to a vertical position, making the spine and legs perpendicular to the ground.
3. Support the weight of the body on the elbows and shoulders using the hands to support the lower spine.
4. The chin is pressed into the chest. Begin Breath of Fire in this position.



**Breath** Breath of Fire

## 8. Plow Pose

### Plow Pose (1 min to 3 min)

1. Continuing Breath of Fire, come into Plow Pose, by carefully bending at the waist, dropping the legs down and touching the pointed toes on the ground behind the head.
2. Ideally the back is straight, perpendicular to the ground. You may interlace the fingers with the arms on the floor, pointing away from the body.



### To End

1. As you breathe, slowly and carefully stretch the legs farther away from the torso so that you feel a mild stretch in the upper back and neck. Then inhale deeply.
2. Exhale and relax the breath.
3. Slowly come out of the posture by releasing the spine, vertebra by vertebra, from the top of the spine to its base. Then relax on the back.

**Breath** Breath of Fire

## 9. Sat Kriya in Celibate Pose

**Comments:** *This exercise circulates the Kundalini and integrates the energy released from the lower three chakras into the entire system so that the total effects of these exercises are stable and long lasting.*

### Sat Kriya in Celibate Pose (3 min to 5 min)

1. Sit on the heels in Rock Pose. Spread the knees and heels wide so that you are sitting between the heels in Celibate Pose.
2. Clasp the hands above the head in Venus Lock, fingers interlaced except for the index fingers, which point straight up. (Men cross the right thumb over the left; women cross left thumb over right).
3. Arms are straight, hugging the ears. Squeeze the Navel Point in and up as you say "Sat". Release as you chant "Naam".



### To End

1. Inhale and squeeze the muscles tightly from the buttocks all the way up the back. Mentally allow the energy to flow through the top of the skull. Exhale and relax.

**Mudra** Venus Lock

**Mantra**

Sat Naam

## 10. Deep Relaxation

### Deep Relaxation (3 min to 10 min)

1. Deeply relax.



