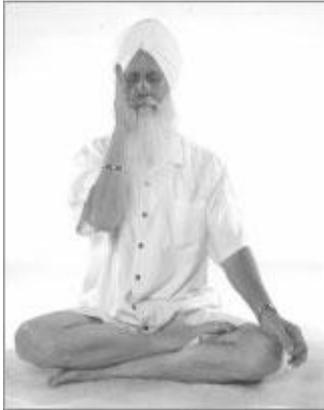


Kriya for Neutral Mind

Bron: The Ten Light Bodies of Consciousness van Nirvair Singh Khalsa

Alternate Nostril Breathing 3 MINUTES.



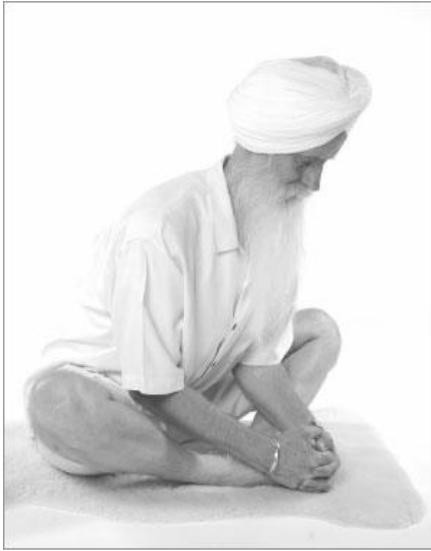
If you don't have time to do anything else before you meditate, then this is a good thing to do. What we're going to do is an alternate-nostril breath to balance out the nerve channels on either side of the spine and to bring your brain hemispheres into a little bit more balance. This will help bring you to a meditative state. We're going to use one hand, little finger and thumb, and we're going to switch back and forth — inhale through the left and exhale through the right; inhale through the right and exhale through the left. Switch back and forth. So sit up tall, close off the right nostril, and inhale slowly and deeply through the left; close off the left, exhale right; inhale right; exhale left; continue. Every time you exhale, you switch nostrils. Ok, relax the hand down, inhale, and exhale.

Front Stretch Left and Right 6 MINUTES.



Stretch the left leg out in front of you, right foot against the inner thigh. Stretch over the left leg, stretch forward and down; hold on to something; begin long slow deep breathing. Help yourself relax into it. As you feel more comfortable, you can stretch a bit more. As you're doing the slow deep breathing and slow stretching, listen to Guru Ram Das music. 3 MINUTES. Inhale, and exhale, slowly rise up. Switch sides now, stretch forward and down, hold on to something. Long slow deep breathing. 3 MINUTES.

Butterfly Pose 1 MINUTE.



Inhale, and exhale, rise up slowly. Come into butterfly pose now and lean forward, keep the head up, begin a light and fast breath of fire. ROOT LOCK. Inhale, exhale, hold the breath out and apply root lock. Release it, inhale, and exhale.

Pelvic Lifts 2 MINUTES.



Rise up out of position and lie down flat on your back with the knees up and feet flat. Reach down and catch the ankles with the hands if you can or touch the fingertips against the heels. Now, inhale, raise the pelvis up high, exhale lower it down, continue. 2 MINUTES. Inhale up, exhale down. Get a good arch. Arch all the way up as high as you can. Eyes closed, focused at the brow point, concentrate at the navel point. Inhale, arch up, and exhale down. Straighten out the legs now for a moment and rest.

Shoulder Stand 1 MINUTE.



We're going to do shoulder stand. (If you have a neck problem, then I want you to avoid doing this particular exercise.) Have the legs together, now inhale and raise the legs up and over the body. Support the hips with the hands and bring the legs straight up into the air with the legs together and the toes pointing upwards. Your back should be at about a 60-degree angle to the ground, so you get plenty of freedom of motion of the head and the neck. Hold this position now, slow, deep breathing. Keep the concentration at the brow point. We'll do this about 1 MINUTE. Inhale, exhale the feet back over the head. To lower yourself down, use your hands to come down slowly, and then once down on the back take a deep inhale, and then exhale.

Rocking Bow Pose 1 MINUTE.



Then roll over onto the stomach, flop right over. Now reach back and catch the tops of the feet or the ankles with the hands, knees spread wide apart. We're going to do a rocking bow pose which means you're going to arch up into bow pose and you're going to rock back and forth on your stomach, the mid-section of your body, a little bit like a rocking horse. Inhale as you rock your chest off the ground, and exhale as you rock forward. Do your best with it. You may not be able to rock very big. Arch up, begin rocking. If this becomes too difficult, hold the bow in a stationary position. We'll do this one minute. Inhale, arch up, exhale down. Legs together, arms by the side, turn the head to the side.

Baby Pose 1 MINUTE.



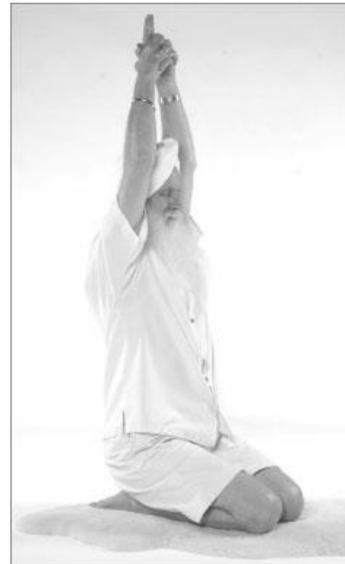
Push yourself up into baby pose now, up on the knees and heels, forehead on the ground, arms by the sides, hands by the ankles. This is to stretch out the other way. Normal Breath.

Wood Chops 1 MINUTE.



Now rise up and stay on the knees and heels if you can, otherwise sit cross legged. Have the hands in a basket in the lap. What we're going to do is you're going to inhale and bring your arms up, exhale bring them down — wood chopping motion — keep the elbows straight. Inhale up, exhale down. Inhale arms up, exhale lower them down.

Sat Kryia 3 MINUTES.



Now sit directly on the heels, have the ankles together. We're going to do a little SAT KRYIA here. So hands in a basket, index fingers up, bring your arms up overhead. Chant SAT as you apply root lock, NAM as you release it. Remember to concentrate Sat at the navel and Nam at the brow point. We'll do this for a short time, and we're going to do it a little bit faster than normal. Inhale, stretch up, apply root lock; exhale, lower the arms down.

Come off the knees and heels, and sit cross legged. Keep the eyes closed focused at the brow point. Normal breath.

Shoulder Rolls/Head Rolls 1 MINUTE.



Hands on the knees, begin rolling the shoulders -- big circles. Now relax the shoulders and roll the head. Reverse. Bring the head upright, inhale, and exhale.