Kundalini Yoga to Create Your Destiny - Harmonize the 6th Body

Balance the Pericardium and Triple Warmer Meridians

1. Easy Pose with hands in Gyan Mudra on knees. Focus at third eye. Inhale, mentally vibrate ‘Sat’, exhale, and mentally vibrate ‘Nam’ for 3 minutes.

2. Easy Pose, bring palms together at nose level, raising the elbows level with shoulders. Keep maximum pressure on the hands with Long Deep Breathing (LDB). Hold for 3 minutes.

Sit with hands in the lap for 1 minute.

3. On the heels with hands out in front of you on the floor. Vibrate the sound ‘Sat,’ then vibrate the sound ‘Nam’ and bring forehead to the ground. Continue for 15 minutes.

Easy Pose with hands in lap for 1 minute.

4. Easy Pose with palms together at heart chakra about 1 inch above the sternum. Mentally vibrate peace and love for the entire universe and hold this intention. LDB for 3 minutes.

5. Sit on heels and stretch the right leg out straight in front. Lean over and hold the right big toe with the right hand and the sole of the right foot with the left hand. Continue with LDB for 3 minutes.

Inhale, then exhale and hold the breath out for 8 seconds and apply Mulbhanda.

Change sides and repeat the asana with left leg out straight.

Relax in Easy Pose with the hands in the lap for 1 minute