

THE AURIC BODY KRIYA FOR SENSITIVITY

From: Waves of Healing by Siri Atma Singh Khalsa

Throughout the kriya, concentrate at the Third Eye point with your eyes closed, and do long, deep breathing for 1-3 min

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 through. To end, inhale, straighten the spine and apply Mulbandh; exhale and relax.



facing each other. Stretch over and beyond your feet without touching them and do Breath of Fire.

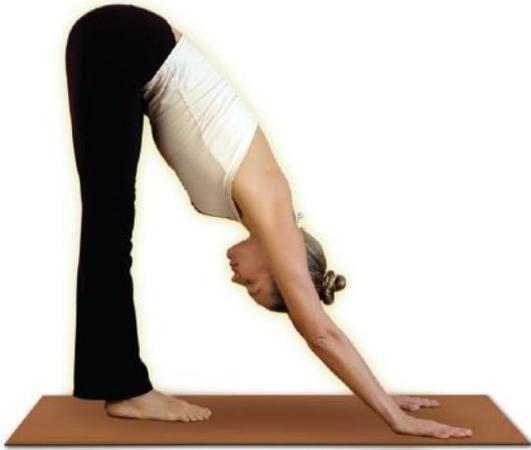
2

Sit with your legs straight out, feet together and flexed. Bend forward with your arms in line with your spine, parallel to each other with the palms



3

Sit in Easy Pose and raise your arms up to a 60 degree angle. Bend the fingers so your fingertips touch the pads of the palms. The thumbs point straight up, palms face forward. Apply Jalandhar Bandh and do Breath of Fire. To end, inhale and apply Mulbandh, exhale and relax.

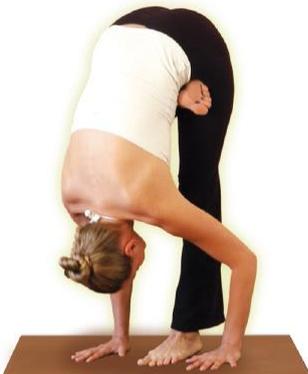


4 Stand with your feet together. Bend forward from the hips and place your palms flat on the floor, arms straight. Hold the posture. To end, slowly come standing up.



5 Stand and bring the legs wide apart. Bend your knees until the thighs are parallel to the floor. Balance with your hands on your thighs just above the knees, fingers in front.

6



Standing, bend the right leg and put the outer heel of your foot in your groin so the sole of your foot faces upward. Bend forward from the hips until you reach the floor with the palms of your hands. Let



7 Sit in Easy Pose with your hands in Prayer Pose. Meditate on the breath..



Cobra Pose. Lie on your stomach with your legs straight out, 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.



Hold the posture with Sitali breathing – inhale through the open mouth and curled tongue, exhale through the nose.



9

Lie on your back with your arms at your sides, palms on the floor. Apply Jalandhar Bandh (necklock) and raise both legs to 60 degrees. Bicycle the legs as you do Breath of Fire.