

**Front Stretch Left and Right 4 MINUTES**



Left leg out in front; right foot against the inner thigh; stretch forward and down; slow, deep breathing. Inhale, exhale, rise up, and switch sides. 2 MINUTES each side.

**Cat-Cow 2 MINUTES.**



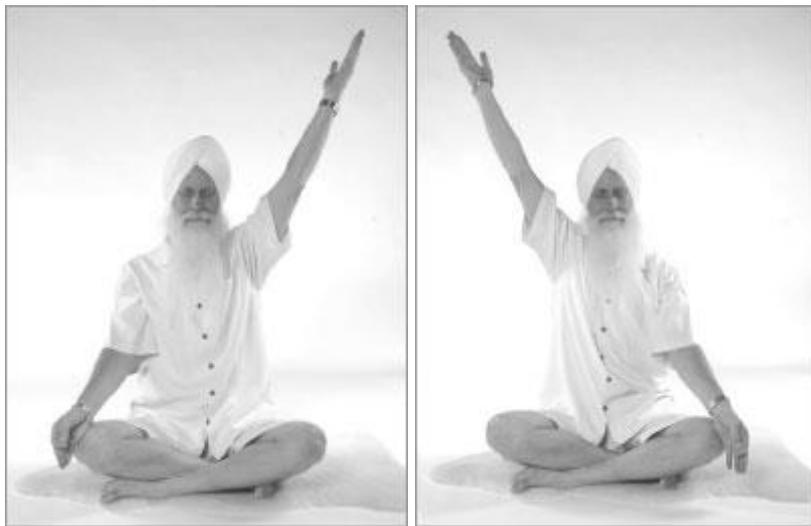
Come out of the position and come up on the hands and knees into cat-cow position. With the heels touching and knees spread slightly apart, inhale into cow, with spine pressed down and head arched back. Exhale and arch up into cat. Continue. 2 MINUTES.

**Moving Yoga Mudra\Baby Pose 2 MINUTES.**



Exhale and come into Baby Pose. Knees together, sit on the heels, forehead on the ground. Put the hands in a basket at the small of the back. Lift the hands up high, straightening out the elbows. Inhale and sit up, keeping the hands away from the body. Exhale and come forward, forehead on the ground, keeping your hands away from the body. Continue, inhaling up and exhaling down. Keep the Hands away from the body at all times. 2 MINUTES. Inhale up. Exhale, relax.

**Aura Builder 3 MINUTES.**



Come off your knees and heels, and sit cross legged. We'll work on the aura now. Right hand in gyan mudra on the knee. Left arm up, elbow straight, palm facing over head. Begin slow deep breathing. 1 MINUTE Switch arms and continue. 1 MINUTE Both arms up - continue. Concentrate on the space between the palms. Feel that with every breath you are getting stronger and brighter. 1 MINUTE. Inhale. Exhale. Relax and bring the arms down.

**Four-to-One Breath Aura Builder 3 MINUTES.**

Come up onto the knees and heels again, or sit cross-legged if it's easier. We're going to do a four-to-one breathing pattern which is an anti-depression breath. (By the way, expanding and building your aura will pull you out of depression.) Inhale in four equal parts until your lungs are full of air, and exhale in one part. You're going to build up tons of coordination with this exercise.



With elbows straight, fingertips on the ground, palms up inhale 1 part, fingertips touching the ground, inhale 2nd part arms to 30 degrees, inhale 3rd part arms parallel, inhale 4th part up 60 degrees, exhale down. Inhale, inhale 30 degrees, inhale parallel, inhale 60 degrees, exhale down. Continue. Four-to-one breathing. 3 MINUTES. Relax.

### **Back Paddling 1 MINUTE.**



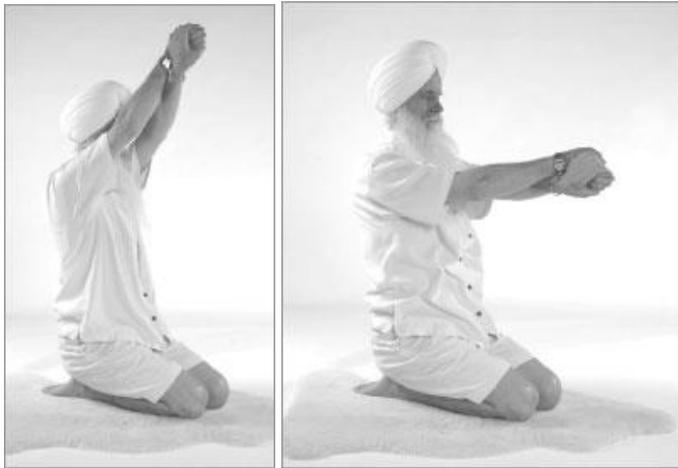
Come off the knees and heels and sit cross-legged. Bring your arms out to the sides, arms level to the ground, with elbows straight, palms up. Now begin rotating the hands on the wrists in a kind of back-paddling motion, with breath of fire. Inhale with palms flat and up. 1 MINUTE. Hold the breath, bringing the hands on the shoulders. Now exhale, relaxing the arms down.

### **Triangle Pose Push-Ups 14 REPS.**



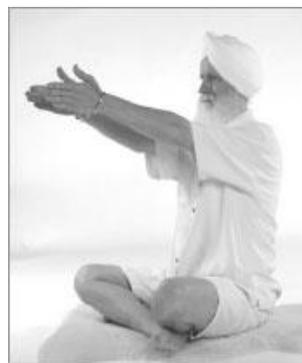
Come slowly standing. The next three exercises can be used as a quick fix for expanding the aura. It's a kriya in itself. We're going to do triangle pose push-ups on one foot at a time. Left leg is up and back. Hands are on the ground. Inhale up, exhale down. The back is at a 45 degree angle to the ground, it is not like a regular pushup. If you don't have a lot of upper body strength, please don't rearrange your face, just bend your elbow. Do seven on each side and then switch legs.

**Arm Chops 2 MINUTES.**



Now come resting on the knees and heels. Bring the left arm up in front of you as though you're going to shake hands left-handed. This is a little bit tricky. Bring your right arm underneath the left arm. Rotate the wrist so the right palm is against the back of the left hand with the fingers over the top. You're going to chop the arms in this range of motion - parallel, up to 60 degrees - no lower than parallel to the floor.

**Arms Swings 2 MINUTES.**



Come off the knees and heels and sit cross-legged. Make sure you have enough room to swing your arms.

Inhale, swing the arms back with the fingertips down. Exhale, swing them forward, eye level, six to eight inches apart. Inhale back, exhale forward. When the arms come forward, blink your eyes open quickly, as though you're taking a photograph of the space between the palms. Keep your eyes closed, blinking them only when the arms come forward. 2 MINUTES. Inhale, bringing the arms forward and up. Open the eyes, gaze fixedly between the palms, holding the breath. Exhale, lower the arms. Close the eyes, relax, feel the space around your body. Feel bright and light.

### **Seventh Body Meditation**

Close the eyes. Sit up tall, with the hands on the knees. Mentally concentrate on the space around your body - your energy field, your aura. Feel expanded, feel large. I'm going to recite some affirmations about your energy field. After a few repetitions, I want you to start repeating it mentally along with me, addressing your own energy field. So keep your concentration in your aura, listen, and enjoy it mentally. I AM LIGHT. I AM BRIGHT. I AM BEAUTIFUL. I AM STRONG. I AM KIND. WAHE GURU. [repeat 6-7 times] Inhale deeply, hold the breath, and exhale. Relax the breath.