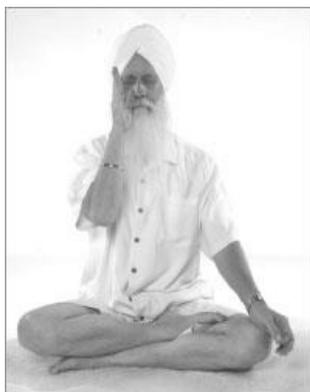


## Ninth Body ~ Subtle Body Meditation and Exercises

From: Ten Light Bodies of Consciousness by Nirvair Singh Khalsa



### Clearing Praniyam 3 MINUTES

Come sitting up. Have the left hand in gyan mudra. Bring the right hand up. Close off the right nostril and begin breath of fire through the left nostril only. 1 MINUTE. This particular mantra in the music that is playing is also for mastery - it helps you to master all mantras. Continue. Switch hands, switch nostrils and continue. 1 MINUTE. Now relax the hands down and continue powerful breath of fire for through both nostrils. 1 MINUTE. Inhale. Hold the breath. And exhale. Relax the breath.

### Meditation for Conquering Death 5 to 31 MINUTES

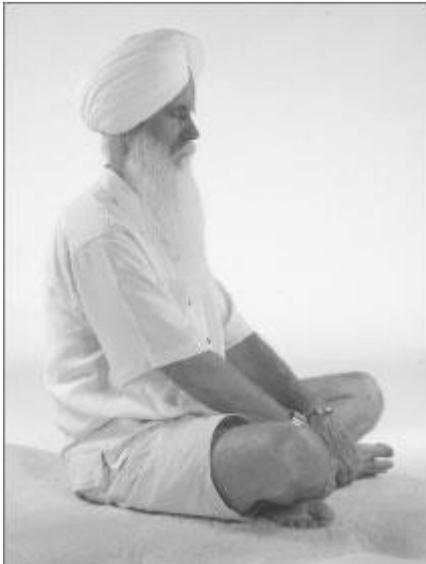


You're going to close everything off from the face. You're going to take your thumbs and put them in your ears. You're going to take your index, or middle fingers, however it fits your face - and close off your eyes. Then you're going to use your middle finger for your nose and you're going to use your little finger and ring finger to shut your mouth. You'll just be moving your middle fingers. You'll inhale deeply through both nostrils and exhale and hold all the breath out and then shut those nostrils down so nothing can come in. Your eyes are completely shut. Your mouth is shut. You're hearing nothing. All the breath is held out. I want you to hold the breath out for as long as you can. Then when you need to, open up and take another inhale, exhale, hold the breath out. Really concentrate deeply inside you. This is a very quiet place, where there are no outer external sounds. But close your ears off as much as you can. Try to get yourself into position. Do this at your own pace. Sit up tall. Inhale deeply. Exhale, hold the breath out as long as you can. Concentrate within and listen for inner sounds. Begin. Continue for 5 to 31 MINUTES. Inhale. Exhale. Relax your hands down.

Inhale and stretch your arms up. Shake your hands. Relax your arms down. We just did this meditation for a couple of minutes. Thirty-one minutes is good. I've done it for much longer periods of time.

It's very interesting. It makes you hot. It will space you out big time. So, if you do it for a longer period of time, don't plan to take any big tests afterwards.

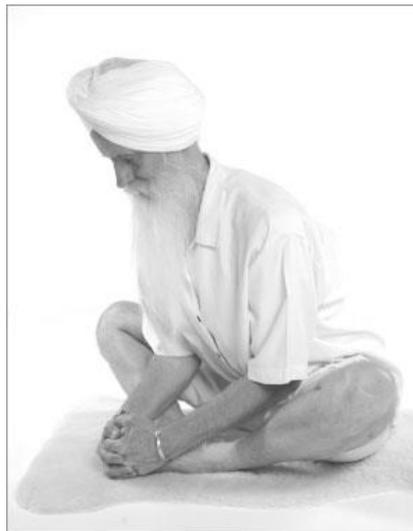
### **Spinal Flex 2 MINUTES**



Put the hands on the shins right above the ankles. Inhale forward, exhale back, with the chin level. By the way, did you hear anything during the meditation? Some people hear music, some people hear sound currents - sustained notes, whooshing sounds - some people hear voices. It's kind of like when you are sitting next to a stream - you can hear subtle things like the movement of the water over the rocks. And some people may not hear anything at all. That's okay. 2 MINUTES. Now, inhale forward. And exhale.

### **Butterfly Pose 3 MINUTES.**

We're going to do butterfly pose hold on to your big toe. Press middle of your big toe with a fair forward, keeping the back deep breathing. This works on back, and stimulates the pituitary is on the big toe. Continue. 3 exhale.



now. In butterfly pose your thumb right in the amount of pressure. Lean straight. Begin slow, the sex nerve, hips, lower gland - the pituitary point MINUTES Inhale. And



### **Navel Strength 1 MINUTE.**

Straighten the legs out in front of you. Now you're going to keep the back straight. Lean back, arms parallel to the ground. Concentrate on the navel center point. Do breath of fire. Continue. 1 MINUTE. Inhale. And exhale. Straighten up.



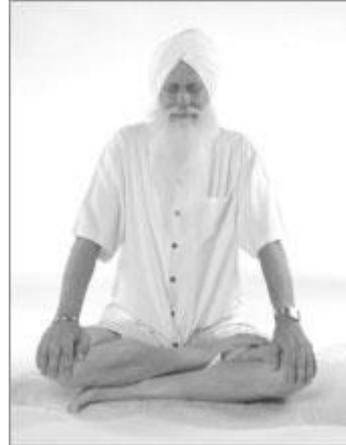
### **Torso Twist 1 MINUTE.**

Immediately come up on the knees and heels if you can. Otherwise sit crosslegged. Hands in a basket behind the neck, underneath any hair. Elbows back. Inhale, twist the torso to the left. Exhale, twist the torso to the right. Begin. Continue. 1 MINUTE. Inhale, faceforward. Exhale. Relax the arms down.

### **Shoulder Shrug 1 MINUTE.**

Come out of the position if you are sitting on the knees and heels. Sit crosslegged and bring the hands onto the knees. We're going to do a rapid shoulder shrug. Inhale, shoulders up. Exhale, drop them down. Do this at a fairly rapid pace, with a powerful breath. Begin. Continue. 1 MINUTE. Inhale, shrug the shoulders up. Hold the breath in.

Exhale, roll the shoulders back and down. Relax the breath. Continue rolling the shoulders a bit.



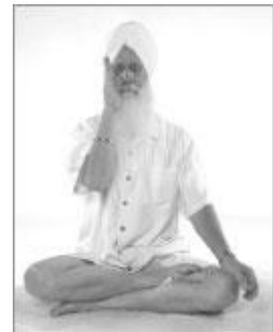
### **Neck Rolls 2 MINUTES.**

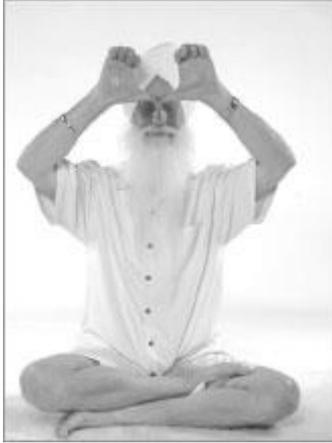
Now relax the shoulders and roll the head in large, slow, smooth circles in one direction. Continue. 1 MINUTE. Reverse directions. Continue. 1 MINUTE. Bring the head upright. Inhale. Now apply root lock. And exhale.



### **Calming Breath 1 MINUTE.**

We're going to do slow, deep breathing, inhaling through the left nostril and exhaling through the right nostril. Inhale deeply through the left nostril. Close off the left nostril and exhale through the right. Continue, inhaling left, exhaling right. 1 MINUTE. Inhale. And exhale, relax the hand down.





### **White Swan Meditation 3 to 11 MINUTES.**

We're going to do a perceptual trick. You're going to make your hands into the shape of a swan. That's why it's called the White Swan Meditation. The tips of the thumbs are pressed together. The wings are up with the fingers on the pads. You're going to hold your hands right in front of your eyes, with the thumbs at eye level. You're going to stare at the tips of your thumbs until you get a total mental picture of your thumbs. When you feel that you have that mental picture burned into your brain, you're going to close your eyes and continue looking through closed eyelids at the thumbs and recreate that picture, as though your eyes were open. You're going

to pretend that your eyes are open, and with your memory you're going to feel as though you can see your thumbs. We're going to do long, slow, deep breathing, inhaling Sat, exhaling Nam. Thumbs together, bring the hands up, open the eyes, and stare at the thumb tips. When you feel as though you have that mental picture firmly implanted, close the eyes. Look through closed eyes and recreate that mental picture. Inhale Sat, exhale Nam. Continue. 3 to 11 MINUTES. Inhale. Exhale and relax the arms down. Relax the breath.

### **Deep Relaxation 5 MINUTES.**

Moving slowly and smoothly, stretch the legs out straight. Lie down flat on your back. We did that meditation for three minutes. It's better to practice that one for 11 minutes. Now, arms by the sides, palms up, eyes gently closed, breath soft and normal. Totally relax. 5 MINUTES.

Inhale. Exhale. Roll the hands. Stretch the arms overhead. Twist the body from side to side. Rub the hands together. Rub the soles of the feet together vigorously. Draw the knees up to the chest. Rock a few times on the spine. Rock yourself up. sitting crosslegged, sit tall. Have the palms together at the heart center. Inhale deeply and sing the Sunshine Song: MAY THE LONG TIME SUN SHINE UPON YOU, ALL LOVE SURROUND YOU, AND THE