

Eleventh Embodiment

Kriya to Harmonize the 11th Body from Tantric Numerology To Create your Destiny bij Guruchander Singh

1. Easy Pose and hold shins. Spinal Flex: Inhale and pull the spine forward, exhale and relax the spine back. Do this for 3 minutes.

Relax hands in lap, Long Deep Breathing (LDB) for 1 minute.

2. Rock Pose. Spine flex with the hands on the thighs for 3 minutes.

Rest hands in lap for 1 minute.

3. Lie on stomach, hands underneath the shoulders and lift up into Cobra Pose. Inhale through the nose and exhale through the open mouth with the teeth clenched for 3 minutes.

Inhale, hold breath, apply Mulabhandha (MB) and hold for 10 seconds.

Lower down; turn head to one side with arms by sides and palms up. Relax for 1 minute.

4. Up on knees and hands for Cat Cow. Inhale, stretch head up and spine down, then exhale and move head down and spine up.

Continue at a fast pace for 3 minutes.

Inhale and hold with MB for 20 seconds then exhale and sit back.

Rest with hands in lap for one minute

5. Easy Pose hands in Gyan Mudra. Inhale and turn the head over left shoulder.

Exhale, turning the head to the right shoulder. Continue for 1 minute.

Reverse the pranayam: Inhale, turn head over right shoulder then exhale, turning head over left shoulder.

Rest with hands in lap for 1 minute.

6. Lie on the back, and bring feet over head into Plow Pose with LDB for 3 minutes. At the end, slowly lower down vertebra by vertebra, then relax on back for 1 minute.

7. On back, bring knees to chest, wrap arms around knees, then roll back and forth on spine. Inhale up and exhale down for 3 minutes. Rest on back for 1 minute.

8. Sit on heels, with hands above head for Sat Kriya. Do Sat Kriya for 3 minutes.

Long Deep Relaxation for 11 minutes.