

THE SOUL

1st Body



You have a soul, the spirit by which you live. Your soul is an electromagnetic psyche which puts everything together for you.

– YOGI BHAJAN

THE SOUL BODY KRIYA FOR DIVINITY

Throughout the kriya, concentrate at the Third Eye point with your eyes closed, and do long, deep breathing for 1-3 minutes, unless otherwise specified.



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



2

Still sitting, stretch your legs straight out. Raise your left leg up to a 60 degree angle, tilting the straight spine to a 60 degree angle. Stretch the arms straight forward parallel to the floor with palms facing each other. Maintain the position, apply a slight Jalandhar Bandh and do Breath of Fire. Then relax your leg down and repeat the posture with the right leg raised.



3

Spinal Twist. Sit in Easy Pose and stretch your arms to the sides. Bend the elbows and grasp your shoulders with your fingers in front, thumbs in back. Pull back on the elbows slightly. Inhale and twist the torso left; exhale and twist right, keeping your upper arms parallel to the ground. Let your head follow the movement of the chest.



4

Stand with your feet together and raise your left leg. Grab your left ankle with both hands and lift the leg as high as possible balancing on your right foot. Keep your spine and legs straight, shoulders relaxed. Apply a slight Jalandhar Bandh. Concentrate at the Third Eye with your eyes closed or keep them focused at a fixed point to help you balance. Switch legs and repeat.



5

Standing with your feet together, bend forward from the base of your spine, keeping your back straight until it is parallel to the ground. Let your straight arms hang down from your shoulders and move them alternately in a smooth fluid motion. Inhale raising the left arm forward and up and the right arm back and up; exhale as the right arm moves forward and up and the left arm moves backward and up. Both arms should be parallel to the spine at the same time at their maximum reach.



6a

Lie on the floor with your arms extended straight overhead on the floor, palms facing inward.



6b

Inhale and lifting from the chest, sit up and lean forward to touch your toes. Exhale as you return to your back. Keep your arms aligned with the spine throughout the movement.



7a

Come onto your hands and knees, spine straight. Your hands are flat on the floor aligned with your shoulders, arms straight. The knees are aligned with the hips. Your head is held so that the neck is parallel with the floor. Raise your left leg up parallel to the ground so it forms a straight line with your spine and neck.



7b

Then begin inhaling as you lift your left leg 30 degrees above horizontal, exhaling as you lower it parallel to the floor. Switch legs and repeat.



8

Tree Pose. Stand with your feet together and your hands in Prayer Pose at the Heart Center. Bend your right leg and place your foot on the inside of your left thigh with the heel up and the toes pointing down. Concentrate at the Third Eye with your eyes closed or keep them open and stare at a fixed point on the horizon to help keep your balance. Switch legs and repeat with the left leg.



9

Archer Pose. Stand with the feet together. Rotate the heel of your right foot 90 degrees outward so the toes form a right angle with your left foot. Step directly backwards with the right foot and rotate it 20 degrees inward. With your left foot pointing forward, bend your left knee until your thigh is parallel to the floor and your knee is over the toes. Curl the fingers of both hands into fists with the thumbs pointing up. Bend your right arm and stretch the fist back to your shoulder as you stretch your left arm straight out. Hold the position and focus on your left thumb. Change sides and repeat.



10

Sat Kriya. Sit in Easy Pose and stretch your arms straight up overhead, with the palms together or the fingers interlaced with the index fingers pointing up. Keep the arms straight hugging your ears. As you chant *Sat* pull your navel point in and up; as you chant *Nam* relax the diaphragm and project the sound from the Third Eye. The rhythm is approximately 8 cycles per 10 seconds. As you chant let your breath adjust naturally.