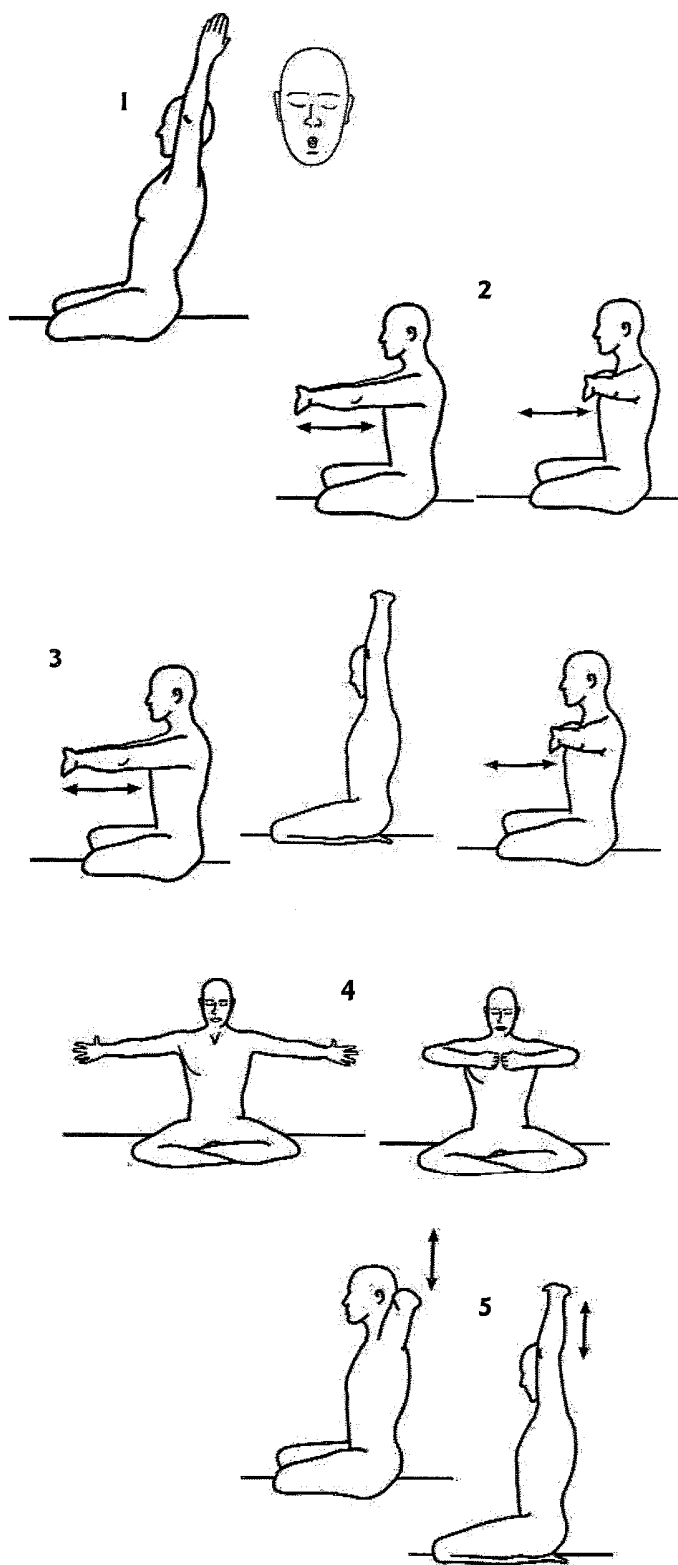


## Kriya to Prepare for Deep Meditation 1 OF 2



1) **Whistle Breath.** Sit in Easy Pose. Stretch the arms straight over the head with the palms flat together. Pull the spine up and then tilt it back as far as you can gracefully maintain balance. Breathe consciously through the puckered mouth in a long whistle on the inhale and on the exhale. Continue this for **5 minutes**. Relax for 30 seconds.

2) Stay in Easy Pose. Inhale and stretch the arms forward, parallel to each other and parallel to the ground. Interlace the fingers so that the palms face forward. Touch the thumb tips together. Exhale as you bend the elbows and bring the back of the palms near the chest at the level of the Heart Center. Alternate rapidly between these two positions with a strong breath for **2-3 minutes**. Inhale and hold the breath with the arms extended briefly. Relax the breath and maintain the position to begin the next exercise.

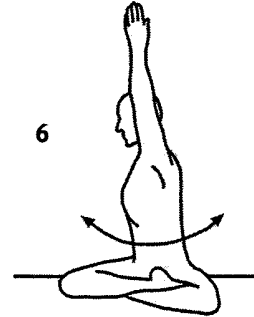
3) **Arm Pumps.** With arms extended from the last exercise, inhale, hold the breath in, and pump the arms up over the head and back down parallel to the ground. Then exhale, bringing the hands near the chest. Quickly inhale back into the first position. Continue the sequence in a steady rhythm for **2-3 minutes**. Then inhale with the arms extended and hold briefly for **10-15 seconds**.

4) Immediately extend the arms parallel to the ground at a 60 degree angle to each other. The palms face each other and the elbows are straight. Inhale a deep complete yogic breath. As you inhale, slowly clench the fists. Hold the breath in. Slowly bend the arms and bring the fists toward the chest. Create tremendous tension in all the arm and hand muscles. Pull as if you are dragging a thousand pound weight. When you finally touch the chest, release the breath with an explosive exhale. Repeat this cycle for **3 minutes**. Maintain an emotional and facial posture of anger and determination throughout the exercise.

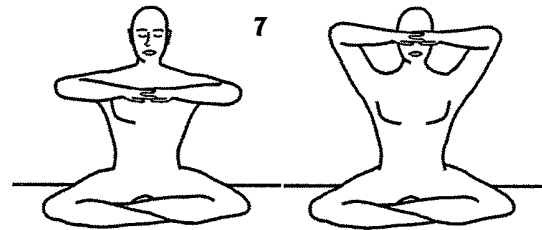
5) Sitting in Easy Pose, stretch the spine erect. Interlace the fingers and place the hands, palms up, an inch behind the neck. Inhale as you stretch the arms straight up over the head. Keep the fingers interlocked. The thumb tips touch. Exhale back into the first posture. Alternate rapidly, up and down, with a strong smooth breath. Continue for **2-3 minutes**.

## Kriya to Prepare for Deep Meditation 2 OF 2

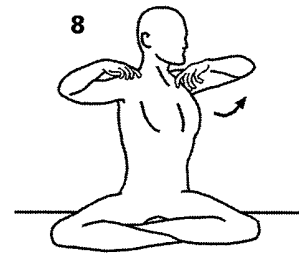
6) **Torso Twists.** Immediately stretch the arms straight over the head with the palms flat together. Hug the ears. Cross the thumbs over each other to lock the hands together. Inhale as you twist the torso and head to the left. Exhale as you turn toward the right. Rotate side to side in a steady quick pace for **2-3 minutes.** Then inhale in the center and apply *mulbandh*.



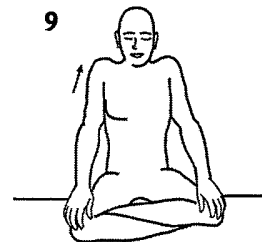
7) Interlace the fingers and place the hands, palms down, in front of the Heart Center. Inhale as you raise the palms and forearms to the level of the Brow Point. Exhale down into the first position. Create a rapid pumping motion, and a strong steady breath. Continue for **2-3 minutes.** Then inhale and hold **10-15 seconds.**



8) **Spinal Twist.** Place the hands on the shoulders with the fingers in front and the thumbs in back. Raise the elbows to shoulder height. Inhale as you twist the torso and head to the left. Exhale as you twist the torso to the right. Create a steady powerful swing. Open the lungs completely. Move with grace as if you rotate around a perfectly balanced and frictionless spinal column. Continue for **2-3 minutes.** Then inhale in the center, apply *mulbandh*, and hold **10-15 seconds.**



9) **Shoulder Shrugs.** Sit in Easy Pose. Keep the spine erect and still. Inhale as you raise both shoulders straight up toward the ears. This is a natural motion. Do it without stress or cramping. Exhale as you drop both shoulders down. Create a quick steady pace. Continue for **2-3 minutes.**



This set was originally taught by Yogi Bhanan November 27, 1974.