

Kriya for the Instinctual Self (15 - 52 min.)

What This Kriya Will Do For You:

As human beings, we have certain instincts as do animals, but we also have the ability to direct, shape and give meaning to the expression of these instincts. Many of the strongest instincts find expression and representation through the "lower triangle" of chakras, that is the first, second and third chakras. The physical correlates of these chakras are the rectum, the sex organs and the navel point.

According to the science of Humanology as taught by Yogi Bhajan, dysfunctions of the body are reflected in the mind and vice versa. A serious neurotic behavior or self-destructive attitude in the mind will also appear as an imbalance in the lower triangle. One of the most direct ways to correct such an imbalance is to use physical nerve and glandular stimulation to alter the instinctual and learned patterns in the lower chakras. Once this is achieved and a new energy balance is attained, then, through analytic self-assessment and meditation, it is possible to effect the wholistic change in behavior which is desired.

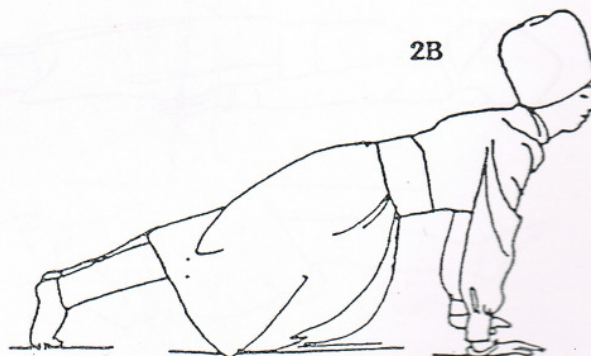
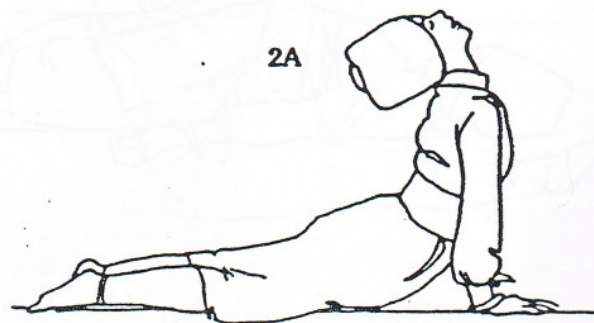
This kriya is an example of such a technology. To use it correctly, remember to bring your mind to focus on what you are doing and experiencing during each moment of this kriya.

1) Sit with the soles of the feet pressed together. Grab the feet with both hands and draw them into the groin, keeping the knees as close to the floor as possible. Inhale and flex the spine forward, keeping the head straight. (1A) Exhale and flex the spine back, again keeping the head straight (1B). Continue rhythmically, coordinating the movement with the breath, for 1 to 3 minutes. Inhale and hold the breath briefly. exhale and relax.

This exercise loosens the lower spine and stimulates the flow of sexual energy.

2) Lie on the stomach with the palms flat on the floor under the shoulders. The heels are together with the soles of the feet facing up. Inhale into Cobra Pose, arching the spine, vertebra by vertebra, from the neck to the base of the spine until the arms are straight with the elbows locked. (2A) Exhale. Then inhale and raise the buttocks so that the body forms a straight line from the head to the heels. (2B) Exhale and lower the body back into Cobra Pose. Continue rhythmically with powerful breathing for 1 to 3 minutes. Then inhale in Cobra Pose, holding the breath briefly and applying the mool band. Exhale and relax.

This exercise works to strengthen the lower back and to balance the flow of sexual energy with the region of the third chakra.





3) Sit in Crow Pose, a crouching position with the knees drawn into the chest and the soles of the feet flat on the floor. Keep the spine straight. Wrap the arms around the knees with the fingers interlocked in Venus Lock. Begin breath of fire. Continue for 1 to 3 minutes. Inhale. Exhale and relax.

This exercise circulates the energy of the lower three chakras and opens up the circulation to the hips and lower intestines.

4) Lie on your back. Inhale and raise both legs up to 90 degrees. Exhale and lower the legs. Continue rhythmically with powerful breathing for 1 to 3 minutes.

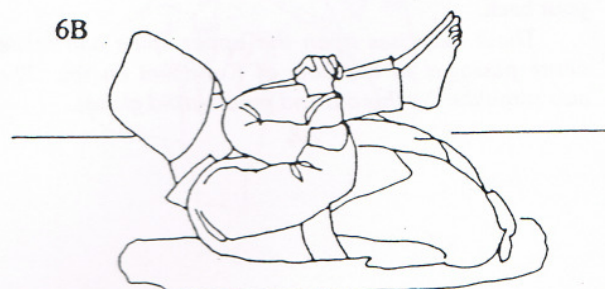
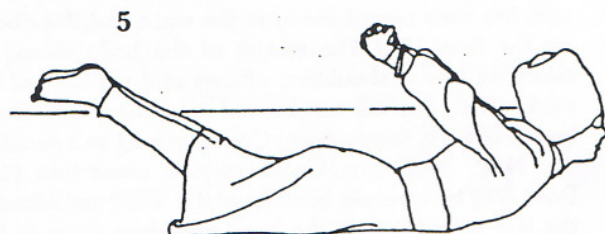
This exercise strengthens the abdomen, setting the navel point and balancing prana and apana.

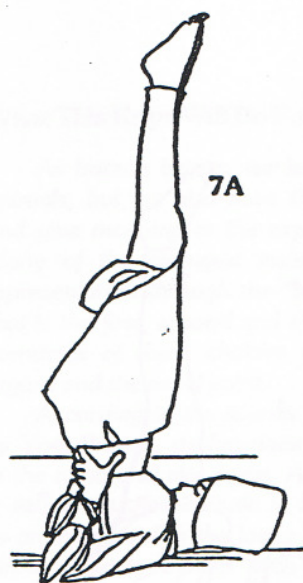
5) Lie on the stomach. Interlock the fingers in Venus Lock at the small of the back. Inhale, raising the head and hands as far as possible. Begin breath of fire. Continue for 1 to 3 minutes. Inhale. Exhale and relax.

This exercise strengthens the lower back, allows the energy to flow to the mid-spine and opens the nerve channels in the area of the solar plexus.

6) Relax on the back for 1 to 3 minutes with the arms at the sides and the palms facing up. (6A) Then pull the knees to the chest with the arms wrapped around the knees and the head pressed forward so that the nose is between the knees. (6B) Rock back and forth on the spine from the base to the top and back for 1 minute.

This period of relaxation and the exercise following it, relax the spine and distribute the energy from the previous exercises.





7) Shoulder Stand. Lie on the back. Raise the legs to an angle of 90 degrees from the ground. Then, using the arms for support with the elbows on the floor, raise the body up so that, from the shoulder to the toes, it is perpendicular to the floor. Support the body with the arms placed firmly at the waist and the elbows on the floor (7A). The weight of the body should be taken up by the shoulders, elbows and the back of the neck. The chin will be pressed into the chest. Begin breath of fire in this position. Continue for 1 to 3 minutes.

Next, continuing breath of fire, come into Plow Pose (7B) by carefully bending at the waist and allowing the legs to come over the head and drop down to the floor, pointing away from the chest. The toes will be pointed with the tops of the feet resting on the floor. The legs should be straight. The arms should be stretched out behind you, pointing away from the back. Continue breath of fire for 1 to 2 minutes. As you breathe, slowly and carefully stretch the legs farther away from your torso so that you feel a mild stretch in the upper back and neck. Then inhale deeply. Exhale and relax the breath. Slowly come out of the posture by un-flexing the spine, vertebra by vertebra, from the top of the spine to its base. Be aware of each vertebra as you slowly lower yourself down. Then relax on your back.

These exercises open the upper spine and related nerve passages to the flow of Kundalini energy. They also stimulate the thyroid and parathyroid glands.



8) Sit in a kneeling position on the heels. Spread the knees and heels wide so that you are sitting between your heels in Celibate Pose. Stretch the arms over the head so that the elbows hug the ears. Interlock all the fingers except the index fingers which point straight up. The right thumb should be clasped over the left. Begin to chant "Sat Nam" (rhymes with "But Mom") emphatically in a constant rhythm about 8 times per 10 seconds. Chant the sound "Sat" from the navel point and solar plexus, and pull the umbilicus all the way in toward the spine. On "Nam", relax the belly. Continue for 3 to 5 minutes. Then, inhale and squeeze the muscles tightly from the buttocks all the way up the back, past the shoulders. Mentally allow the energy to flow through the top of the skull. Exhale and relax.

This exercise circulates the Kundalini energy and integrates the energy released from the lower three chakras into the entire system so that the total effects of these exercises are stable and long lasting.

9) Deeply relax for 3 to 10 minutes.

