

Kundalini Yoga Set for Liver, Aura and Self-Reliance

Taught by Yogi Bhajan on 3/3/72



1. Sit with the legs out straight in front of you, spine straight, arms extended straight in front, parallel to the floor. Lean back at a 60 degree angle to the floor (1a). Raise the legs as high as possible (1b). Try not to lean back farther than 30 degrees. Then slowly lower the legs back down to the floor (1a). Continue this up and down motion while chanting *Sat Nam Wahe* (Wha-hey) *Guru* for 3 minutes. Breathing is automatic.



2. Bend forward and catch your big toes and press hard with the thumbs on the toenails. Stretching forward, gently pull the torso down towards the knees. Breathe normally for 3 minutes. Then inhale deeply, exhale and stretch further forward. Inhale up, keeping the spine straight while still holding the toes. Exhale and stretch down and forward. Repeat the inhale/exhale stretch 2 more times. Relax. This exercise has the power to take away all tension from the body.



3. Sit on your heels in Rock Pose. Place the hands on the thighs. Begin spine flexes, whispering *Sat* as the navel moves forward, and *Nam* as it moves back. Continue for 5 minutes, then inhale, exhale and relax for 1 minute.



4. Sit in Easy Pose and bring the palms together at the heart center. Lock the thumbs right over left. Press the entire weight into the palms. Focus the entire energy of the mind at the brow point. Breathe normally for 5 minutes and then inhale deeply, exhale and relax.



5. Sit in Easy Pose. Move the waist from side to side in a rhythmic motion, for 3 minutes. Then inhale deeply, exhale and relax. This exercise cleanses the liver.



6. Sit in Easy Pose and flex the spine forward and back like you are riding a horse. Continue for 5 minutes. Then inhale, exhale and relax. This exercise balances the sexual energy.



7. Sit in Easy Pose in Gyan Mudra. Turn the head to the to the left, chanting *Sat Nam*. Turn the head to the right, chanting *Wahe Guru*. Keep the spine straight. Continue for 5 minutes. Then inhale with the head straight, exhale with the head straight, and relax.

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This kriya can be found in *Aquarian Times*, Spring 2003.