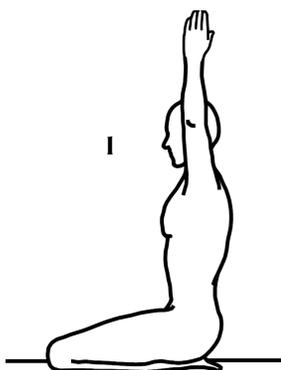
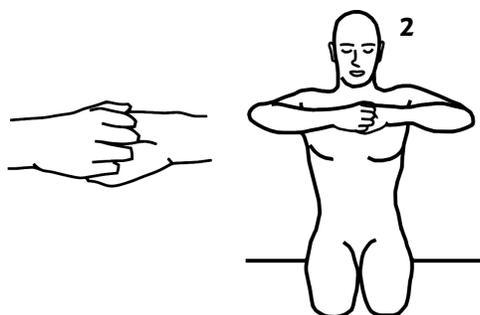


Kriya for Disease Resistance 1 OF 2



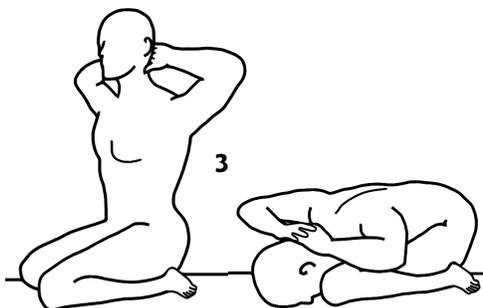
1) **Pumping the Stomach.** Sit on your heels. Stretch the arms straight up over the head with the palms pressed together. Inhale. Pump the stomach by forcefully drawing the navel in toward the spine and then relaxing it again. Continue rhythmically until you feel the need to exhale. Then exhale. Inhale and begin again. Continue for **1-3 minutes**, then inhale. Exhale and relax.

This exercise stimulates digestion and the kundalini energy in the Third Chakra.



2) **Bear Grip.** Sit on your heels. Place the hands in Bear Grip at the chest level with the forearms parallel to the ground. Inhale. Hold the breath and without separating the hands, try to pull the hands apart. Apply maximum force. Exhale. Inhale and pull again. Continue for **1-3 minutes**. Inhale. Exhale and relax.

This exercise opens the Heart Center and stimulates the thymus gland.



3) **Sitting Bends.** Sit on the heels with your fingers interlocked in Venus Lock behind the neck. Inhale. Exhale and bend forward touching your forehead to the ground. Inhale and sit up again. Continue with powerful breathing for **1-3 minutes**. Inhale, sitting up. Exhale and relax.

This exercise improves digestion and adds flexibility to the spine.



4) **Front Stretch.** Sit with the legs stretched out straight in front. Grab the toes in finger lock. (Index finger and middle finger pull the toe, and the thumb presses the nail of the big toe.) Exhale, and lengthen the core of the spine, bending forward from the navel, continuing to lengthen the spine. The head follows, last. Remain in this position, breathing normally for **1-3 minutes**. Then inhale. Exhale and relax. *This exercise allows the glandular secretions from the previous exercises to circulate through the body and allows the body to deeply relax.*



5) **Neck Rolls.** Sit in Easy Pose. Begin rolling the neck clockwise in a circular motion, bringing the right ear toward the right shoulder, the back of the head toward the back of the neck, the left ear toward the left shoulder and the chin toward the chest. The shoulders remain relaxed and motionless, and the neck should be allowed to gently stretch as the head circles around. Continue for **1-2 minutes**. Then reverse the direction and continue for **1-2 minutes** more. Bring the head to a central position and relax.

This exercise and the two exercises following it combine to open circulation to the brain and to stimulate the higher glands including the pituitary, parathyroid, thyroid, and pineal glands which work together to give harmony to the entire body.