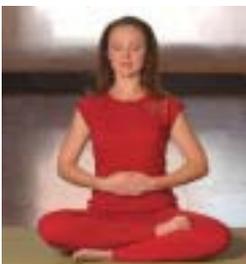


HEALTHY BACK

Breath of Ten: Meditation to Become Disease Free

This pranayam is a magnetic energy therapy. The energy connection between the hands must not be broken. It can give you a disease-free body and a clear meditative mind, and it can develop your intuition but it requires practice.



Sit in Easy Pose with a straight spine. Your elbows are bent and your forearms and hands are relaxed in a clapping position at the level of the solar plexus. Your hands move in and out as if you are clapping but they do not touch. Stop the inward motion when the hands are about six to eight inches apart. Move them slowly and rhythmically. Concentrate on the energy you feel between the palms of your hands.

The breath is timed with the movement of the hands. Each stroke of the breath is one complete clapping motion (hands move in, hands move out). Inhale in five strokes through the nose as you complete five complete clapping motions. Then exhale in five strokes through the mouth as you complete the next five clapping motions. Continue for 11 minutes and do not break the rhythm of the movement and the breath.

To end, inhale and hold the breath for 20 seconds as you press your hands against your face as hard as you can. Exhale. Inhale again, and hold the breath 20 seconds as you press your crossed hands strongly against your heart center. Exhale. Inhale one last time and hold the breath 20 seconds as you press your hands against your navel point. Exhale and relax.

To also put all the chakras in rhythm, do this meditation every day for 11 minutes. You can gradually increase the time to 16 1/2 minutes.

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1a

Kundalini Yoga Kriya: Self-Adjustment of the Spine

In this set, when we adjust the pelvis as we do in Tree Pose, we set a strong and balanced foundation. This foundation stabilizes the hips so that we can carry the weight of our body with ease.

Squatting in Crow Pose, we again balance the hips and also strengthen the thighs so that we build our pelvic foundation. Also, we adjust the vertebrae of the lower spine to take pressure off the discs and nerves of the lower back.

The third posture works powerfully to stretch, correct, and adjust the sciatic nerve. When we adjust the sciatic, we relieve pressure through the back of the thighs and lower back. In the last exercise, as we stretch laterally, we adjust the entire length of the spine from the hips through the neck to relieve stress and compression.

When practiced regularly, this set of exercises will help keep your back comfortable, strong, and healthy. If you are experiencing back pain or soreness, approach the exercises slowly and carefully. If need be, modify the exercises so that you are not creating any pain in the body. The exercises in this set are designed to adjust the pelvis, lower vertebrae, sciatic nerve, and neck. This adjustment allows for the proper balance, support, and stability of the hips and the spine.

Self-Adjustment of the Spine



1b



1c



1d



2a



2b

1. Come into a standing position with the palms together at the heart center (Prayer Pose). Raise the left leg and place the sole of the foot on the inside of the right thigh so the heel touches the groin (1a). This is called Tree Pose. Hold for 2 minutes with normal breathing. Then bring the palms together over the head. Stretch the arms up keeping the elbows straight (1b). Hold for 2 minutes then change legs and repeat (1a) and (1b) for 2 minutes each.

A more advanced version is to rest the heel of the raised foot on the pelvic bone (1c), (1d). The body should be balanced with the spine held firmly. There will be pressure at the base of the spine and, when done properly, all the vertebrae will automatically be adjusted.

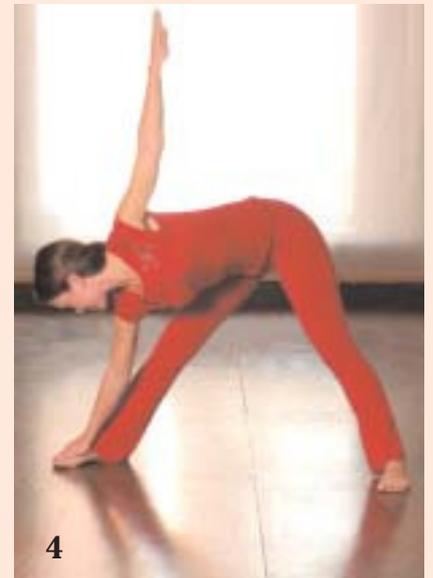


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2. Stand straight with the heels together and toes pointing out at a 60° angle to the mid-line of the body. Interlace the fingers and place the palms on top of the head (2a). In this posture, bend the knees and lower the torso all the way down keeping the heels on the ground (2b). The buttocks will be about two to three inches above the ground (ideally). The spine should be kept straight, although the lower back will bend forward slightly to balance the body. The eyes look straight ahead to help keep the body balanced. Inhale bending down for a count of 5 seconds and exhale standing up for a count of 5 seconds. Continue for up to 21 complete cycles. The angle of the back in this exercise will allow the discs of the lower spine to adjust and balance.

3. In a standing position, spread the legs wide apart. Bend forward from the waist and grab the toes with the hands. Let the knees bend outside of the arms and bring the back parallel to the ground, keeping the head up. Bounce the lower back and buttocks area up and down 11 times, inhaling up and exhaling down. The position of the head does not change. Next, stand up and breathe normally for 5 seconds, and then resume bouncing for another 11 times. Each 11 bounces should take 7-8 seconds. Continue for 3 minutes. This exercise corrects the sciatic nerve in the thighs.

4. Stand up and spread the legs wide apart. Stretch sideways to the right bringing the left arm up and over the head without letting it bend and stretching the right arm down towards the right foot. Change sides and stretch the left arm down to the left foot and the right arm over the head. Hold the stretch for 10 seconds on each side, switching sides slowly without stopping in between. Continue for 2-3 minutes.



4

This exercise is helpful in correcting the balance in the musculoskeletal systems of the neck.