

Now...

If your answer is Yes...stay with me here on this page. You're on the **FIRST PATH**.

If the answer was No... then go to page 30

You're on the **SECOND PATH**.

I have talked with many students about weight loss during my many years of teaching. It has led me to this conclusion: When there is not a medically diagnosed physical imbalance, weight gain is as much about an inner process of life and discovery as it is about what you eat, how you look, and what you consider an ideal body image. Weight gain can be about protecting yourself with "extra padding." Your fat cells are lipids and water. Water is a psychic capacitor. It holds energy. The protection may be from daily work-related stress or from current or past emotional trauma that is resurfacing. It requires you to be patient with yourself: no crash diets, no daily weighing on the bathroom scale, and a regular sadhana of being kind to yourself and doing the Kriya for Physical and Emotional Clearing below. I also recommend:

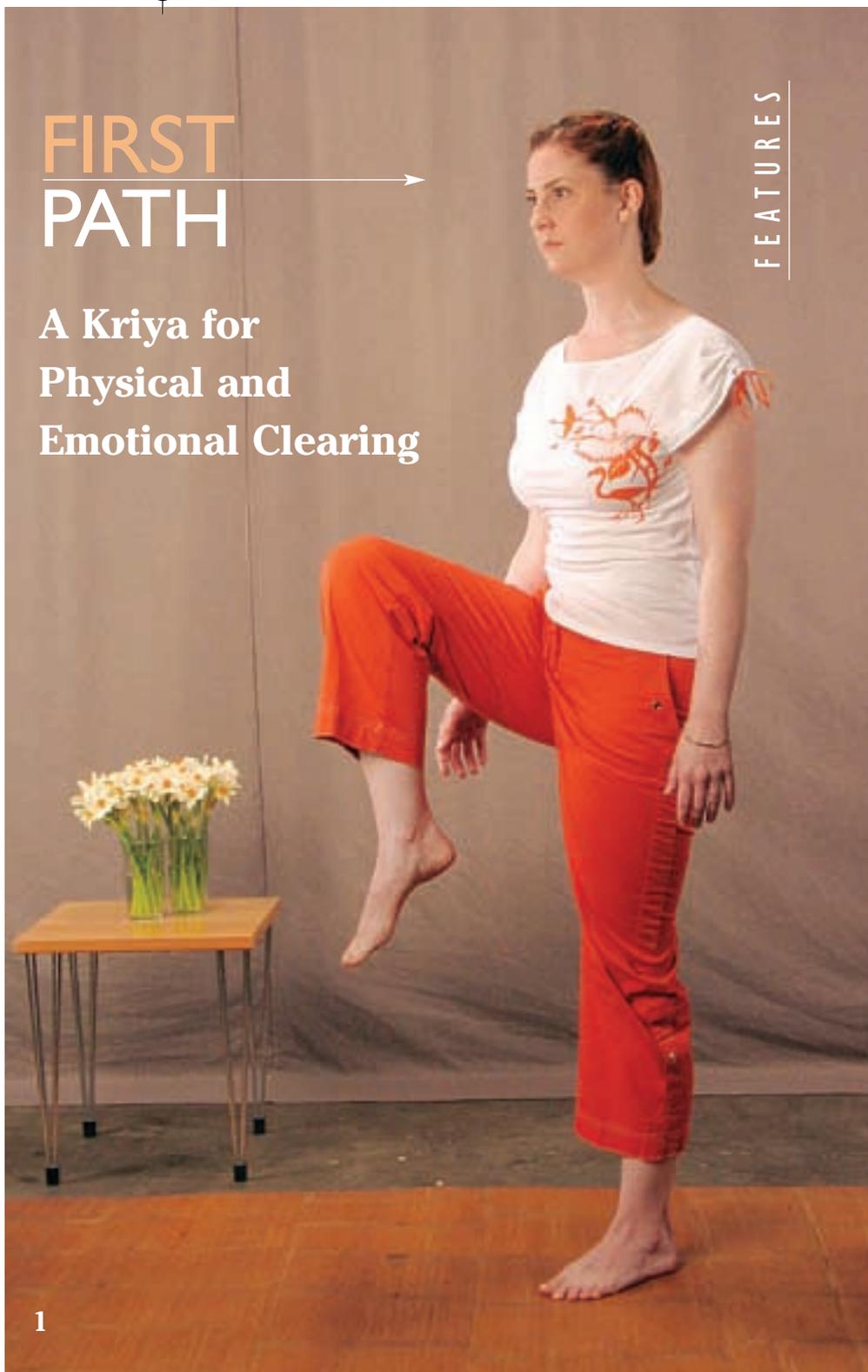
- Chanting *Guru Guru Wahe Guru, Guru Ram Das Guru* daily for 11 minutes. There are wonderful versions that you can chant with on CD's by Snatam Kaur, Singh Kaur, Sada Sat Kaur, Gurudass Singh, and Mata Mandir Singh.<sup>2</sup>
- Exercise regularly...daily walking for 20 to 30 minutes is excellent.
- Eat a normal, healthy, and balanced diet: 10 to 20 percent of your calories coming from fat, 10 to 20 percent coming from protein, and the rest coming from vegetables, fruit, and complex carbohydrates.
- Drink plenty of pure water as well. This is especially important if you are doing a higher protein diet, which may be hard on the kidneys. As a general rule of thumb, drink one half your body weight in ounces of water a day.

\* See Glossary pages 85-86

<sup>2</sup> Available through [www.a-healing.com](http://www.a-healing.com) or [www.spiritvoyage.com](http://www.spiritvoyage.com)

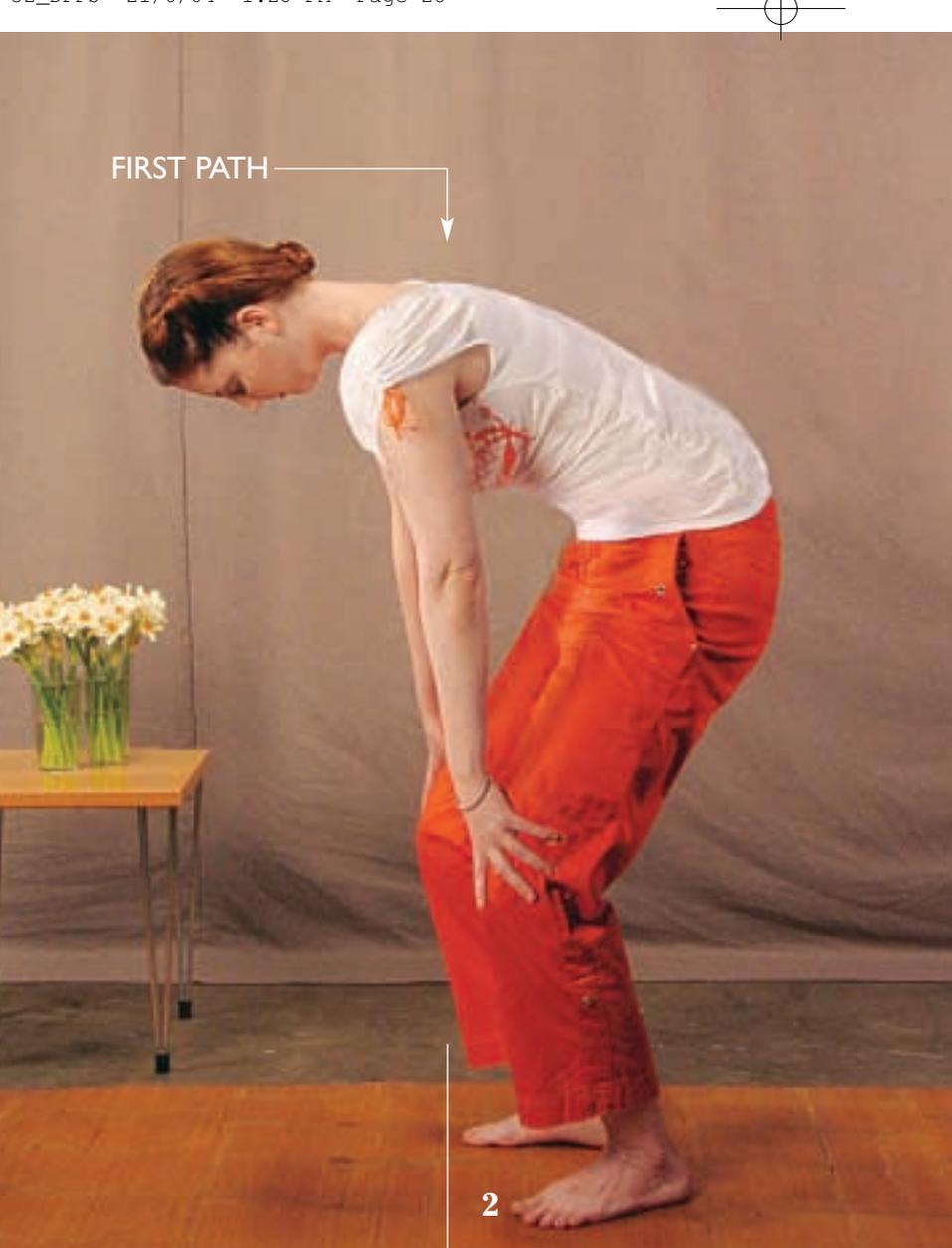
# FIRST PATH

## A Kriya for Physical and Emotional Clearing



This series is excellent for digestion and elimination. Yoga works on many levels. For optimal health, you need to move food, emotions, and life circumstances through your system in a timely way. If you are stuck, this series can re-establish flow and, as a result, bring you more energy and vitality. Sitting in Easy Pose, with the spine straight, chant the tune-in mantra *Ong Namō Guru Dev Namō* three times.

**1. High Knee-Lift Walk.** Come standing. Keep the back straight as you inhale and lift the left knee up high and as close to the chest as possible. Exhale and lower the knee down. Inhale and lift the right knee up high and as close to the chest as possible, exhale and lower the knee down. Continue marching in place. Keep the arms relaxed at the sides. (3 minutes)



**2. Diaphragm Lifts.** Remain standing. Bend forward and place the hands on the knees. Bend the knees slightly. Inhale and then exhale. Holding the breath out, pull up on the diaphragm (by making a concave area under the rib cage) and then release the diaphragm several times in a row, in a very steady rhythmic movement. Inhale when needed, then exhale and hold the breath out and continue. (3 minutes)

**3. Pelvic Grind Left.** Sitting in Easy Pose, place your hands on your knees and begin grinding yourself in a big smooth circle, going to the left. Lift the chest up high as you come forward, and let the chest collapse and the pelvis tilt backwards as you go back. Keep the chin level (parallel) to the ground in both positions. Breathe normally. (90 seconds)

**4. Pelvic Grind Right.** Repeat exercise 3, grinding to the right. (90 seconds)

**5. Wide Leg Stretch Left.** Stretch both legs straight out in front of you and then separate the legs until they are wide apart. Bring the torso upright and turn it to the left. Stretch forward and down over the left leg. Hold on to your shin, ankle, or foot with both hands. Keep the spine straight, the head in line with the spine. Stretch until you feel gently challenged. Hold it steady, no bouncing. Long Deep Breathing.\* (2 minutes)

**6. Wide Leg Stretch Right.** Repeat exercise 5 to the right side. (2 minutes)



**7. Short Relaxation.** Come out of this position and rest on your back. Lie down flat, have the arms by the sides with the palms up, the eyes gently closed, and the breath soft and normal. Have the knees up slightly for comfort, if needed. (1 minute)

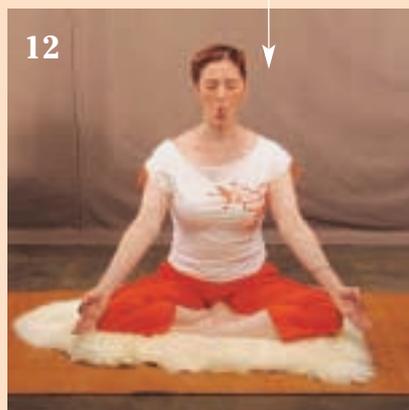
**8. Leg Thrusts.** Remain on the back, with arms by the sides and turn the palms face down. Bring both knees to the chest. Alternately straighten the legs in a thrusting motion with the toes pointed. Keep the feet twelve to eighteen inches off the ground. Place the hands under the hips for support, if needed. Powerful Deep Breaths. (1 minute)

**9. Short Relaxation.** Come out of this position and rest on your back. Lie down flat, have the arms by the sides with the palms up and the eyes gently closed. Breathe softly and normally. Have the knees up slightly for comfort, if needed. (1 minute)

**10. Bow Pose.** Roll over onto your stomach. Reach back and catch the tops of the feet or the ankles with the hands. Push out with the shins and pull in with the arms, keeping the elbows straight. Lift the chest off the ground, and if you are able, also lift the thighs off the ground. The head is up and back. Now, if possible, begin rocking like a rocking horse with Breath of Fire.\* (90 seconds)

**11. Baby Pose with Dragon Tail.** Come into Rock Pose\* and place the forehead on the ground. The arms are by the sides, hands next to the ankles, with the palms up. In this position begin moving the hips as though you had a big heavy dragon's tail. Slowly move the hips from side to side. Breathe normally. (2 minutes)

**12. Cooling Relaxing Breath** (Sitalee Pranayam). Sit in a comfortable cross-legged position, place the hands in Gyan Mudra\* at the knees, and stick out your tongue. Make a tunnel (or a taco) out of your tongue and begin to inhale very slowly and deeply through the rolled tongue and to exhale equally slowly through the nose. Breathe slowly and deeply. (4 minutes)



**13. Deep Relaxation.** Come out of the position and rest on your back. Lie down flat, have the arms by the sides with the palms up, and the eyes gently closed. Breathe softly and normally. Have the knees up slightly for comfort, if needed. (7 to 11 minutes).

\* See Glossary pages 85-86