

kundalini yoga

Withstanding the pressure of time



WHEN LIFE GETS CHALLENGING, you might find yourself in a crumpled heap on the floor. On the other hand, you can meet the challenge with calm creative solutions. This Kundalini Yoga kriya is designed to strengthen the nervous system so you can handle

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the pressure and stress of life just that way: calmly and creatively. It will also unlock the shoulders and the pelvis. It's a lively workout and leaves you feeling relaxed and renewed. *Punjabi Drum* or *Bangara Rhythm* CDs* work well for musical accompaniment as you shake in exercises one and two—this will be especially effective for

those with couch potato tendencies or sedentary lives. You can cut the times way down and still feel great, or, if you are already in good shape, go the distance. Whether you are a beginning yoga student or have been practicing for years, whether you are young or old, physically fit or a long way from it, tune in with *Ong Namō Guru Dev Namō* and use your sensitivity so you know when to push yourself and when to go easy. Have some fun with this kriya. ›



1 SITTING IN EASY POSE, raise your arms up so your hands are level with your face. Keep your elbows bent, and begin shaking the whole body. It should be an inner body massage. Shake every muscle and fiber. Move your arms, body, and head. Create your own rhythm and style and generate some heat. Shake like an earthquake. This will release toxins from your muscles. Continue for up to 15 minutes. If you need to rest after the exercise, relax for 1 – 3 minutes.

2 COME STANDING UP STRAIGHT. Shake your hips from side to side by bending your knees alternately. Feet can either stay on the ground with your hands dangling loosely, or you can really twist your hips and jump in the air while pumping your arms. Make it an energetic dance. Your thigh muscles should sweat. This will get rid of toxins, fat, and tissue deposits, and it will get all the old anger out of your body. Continue for up to 8 minutes. If you need to rest after the exercise, relax for 1 – 3 minutes.

3 SIT IN EASY POSE and extend your arms straight over your head with your palms together and your upper arms against your ears. Twist your body left and right. It is a triangular movement, and if done powerfully, will release locked up shoulders. Continue for 4 minutes.

4 COME ON TO YOUR HANDS AND KNEES. Lift your left leg up, straight out behind you. Then touch your forehead to the ground and come back up—like push ups. Do up to 52 repetitions, then change legs and repeat with the right leg stretched out.

5 COME STANDING ON YOUR KNEES and bend back into Camel Pose by bringing the pelvis forward, lifting the heart center, lifting the hips as high as you can, grabbing your heels or ankles, and letting the head drop back). Do not have your knees wide apart; about two fists apart is best. Then straighten back up onto your knees by pulling your pelvis back under you, releasing the ankles or heels, and raising the head up. Carefully do as many repetitions as you can, up to 55. If you are unable to come all the way into Camel Pose, just keep trying your best. Even leaning in the right direction will benefit you.





6 LIE DOWN ON YOUR BACK and lift your knees up to your chest and place your hands under your hips (6a). You may elevate your hips with your hands slightly in order to get your knees to your chest. Swing your legs straight out (6b), then up to 90 degrees (6c), and then bring your knees back to your chest. Do 108 repetitions. It is fine to do as many as you can as you build up to 108 with practice.



7 STILL LYING ON YOUR BACK, put both hands over your heart and relax for a moment (7a). Then inhale and raise your torso up. Bring your torso towards your knees, bending from the hips and keeping the spine straight (7b). Then exhale as you relax back down on your back. Repeat 26 times.

8 REMAIN ON YOUR BACK FOR A DEEP RELAXATION. Play a gong CD.* Become weightless and enjoy it. Relax deeply for 8 minutes. ■

This kriya can be found in the *Fountain of Youth*, page 26 - 27, available at www.a-healing.com.

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