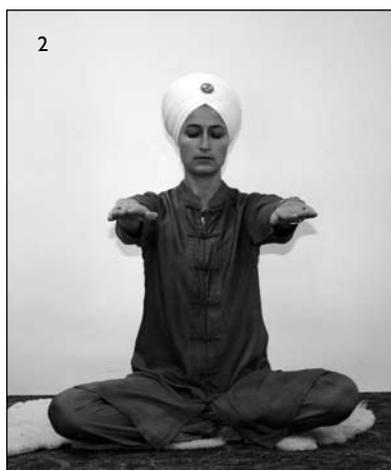
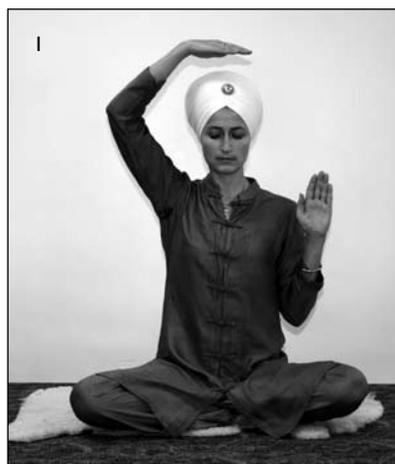


KUNDALINI YOGA

CREATING SELF-LOVE

Love doesn't rule you. What rules you is fear, phenomenal fear. Through this kriya love can be invoked and fear can be reduced. **Yogi Bhajan**



1. This exercise is called *Reverse Adi Shakti Kriya*. Here you are mentally and hypnotically blessing yourself. This self-blessing is to affect and correct the magnetic field. It is said that doing this exercise will hurt if you have a lot of anger. Self-help is very difficult for those who are angry. After doing this exercise for 5 minutes your muscles may start hurting if your diet is improper. The taste in your mouth will change if you are breathing correctly.

Sit in Easy Pose with a straight spine and hold your right palm six to nine inches above the top center of your head. The right palm faces down, blessing you. This self-blessing corrects the aura. The left elbow is bent, with the upper arm near the rib cage. The left forearm and fingers point upward. The left palm faces forward and blesses the world. The eyes are closed and focus at the lunar center in the middle of the chin. Breathe long, slow, and deep with a feeling of self-affection. Try to bring the breath to one breath per minute: Inhale for 20 seconds, hold for 20 seconds, exhale for 20 seconds.¹ Continue for 11 minutes then inhale deeply and move slowly and directly into position for Exercise 2.

¹ If your current lung capacity doesn't allow this timing, reduce each part to 10, 10, 10 or 5, 5, 5

2. This exercise is said to benefit everything between the neck and navel, and to give strength to the heart and open up the heart center.

Extend your arms straight out in front, parallel to the ground, palms facing down. Stretch out to your maximum. The eyes are closed and focused at the lunar center in the center of the chin, and the breath is long, slow, and deep. Continue for 3 minutes then inhale deeply and move slowly and directly into position for Exercise 3.

3. Stretch your arms straight up with the palms facing forward. There is no bend in the elbows. The eyes are closed and again focused at the lunar center, and the breath continues to be long, slow, and deep. Continue for 3 minutes. To finish: Inhale, hold your breath for 10 seconds while you stretch your arms upward (try to stretch so much that your buttocks are lifted) and tighten all the muscles of your body. Exhale. Repeat this sequence two more times.

This set can be found in *Self-Knowledge* compiled by Harijot Kaur, p. 11, available from www.kriteachings.org.