

Weight Loss...No

If your inner answer was “No,” you’re on the **SECOND PATH.**

I know this may have been a surprise to you. Honestly, I think that most of you reading this article really belong on this page! All you really need to do is **stabilize** your weight.

- Exercise regularly: daily walking for 20 minutes 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: as a general rule of thumb, one half your body weight, in ounces of water a day.

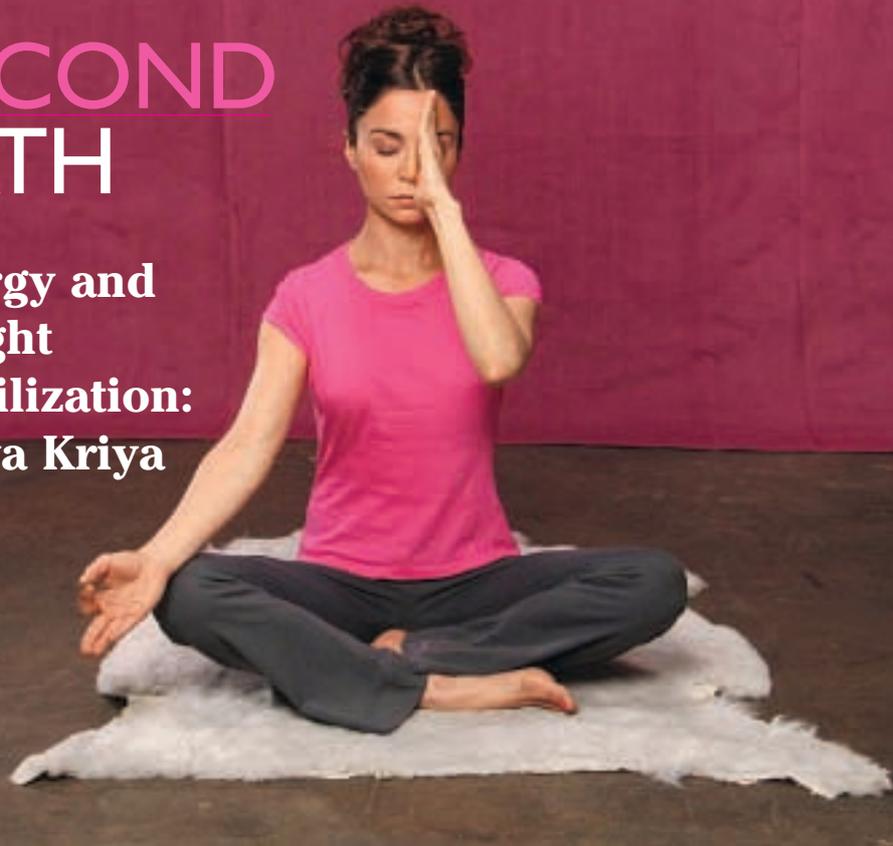
This series of exercises is for sun energy. This set will help you to be warm, energetic, enthusiastic, and outgoing. It should also help to stabilize your weight. Chant the tune-in mantra, *Ong Namō Guru Dev Namō*, three times.

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SECOND PATH

Energy and Weight Stabilization: Surya Kriya

1



1. Right Nostril Breath. Come sitting up in Easy Pose* with the lower back tucked in, the chest high, and the chin level (parallel) to the ground and slightly tucked in. Raise the left hand and, using your thumb, block off the left nostril. Long Slow Deep Breathing* through the right nostril. (3 minutes)

2. Sat Kriya. Sit in Rock Pose (Vajrasana).* You may sit in Easy Pose if Rock Pose is not possible. Arms are held up overhead with the upper arms hugging

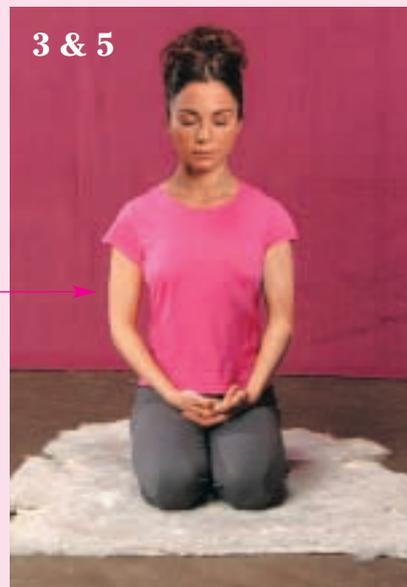
the ears. Fingers are clasped together with the index fingers pointing straight up and palms touching. Recite the word *Sat* as you pull the Navel Point in and up. Recite the word *Naam* as you relax the Navel Point. Let the breath regulate itself. The eyes are closed and focused at the Brow Point.* Continue for 3 minutes. Then inhale, hold the breath, apply mulbandh.* Imagine your energy radiating out from the Navel Point and circulating throughout the body for a few seconds. Relax.

3. Rest. Remain in Rock Pose if possible. Rest, keeping the eyes and concentration at the Brow Point. Breathe normally. (1 minute)

2 & 4



3 & 5



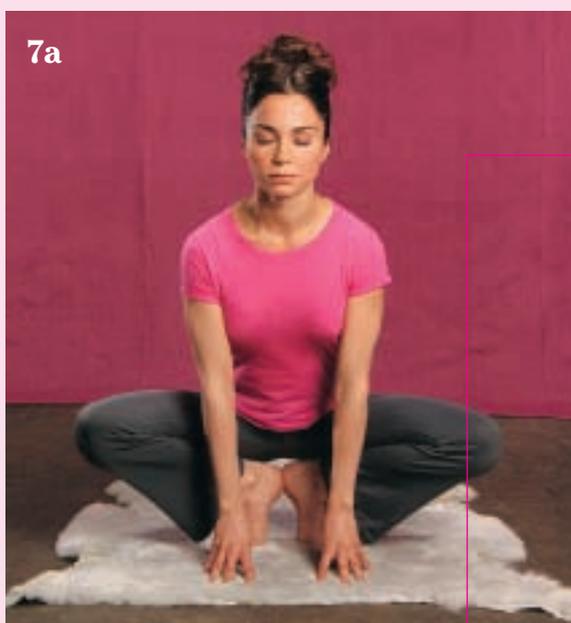
4. Sat Kriya. Repeat exercise 2 for 3 minutes, but at the end inhale, hold the breath, apply mulbandh, and mentally draw all the energy to the top of the fingertips for a few seconds. Relax.

5. Rest. Remain in Rock Pose if possible, and rest, keeping the eyes and concentration at the Brow Point. Breathe normally. (1 minute)

6a and b. Basic Spine Flex with Root Lock. Place the hands on the shins right above the ankles. Grasp the shins firmly and inhale through the nose as you lift the chest up high and tilt the pelvis forward. Now exhale through the nose, collapse the chest, and gently tilt the pelvis the opposite way as you briefly apply Root Lock.* Release Root Lock and inhale up. Exhale back and apply Root Lock. Continue. Remember to lift the chest up high on each inhale and keep the chin level to the ground in both positions. As you inhale, mentally chant *Sat*. As you exhale, mentally chant *Nam*. Keep it smooth, without jerking the body. (3 minutes)

7a. Frog Pose. Slowly stand up and place the feet close together with the heels touching and the feet out at an angle. Squat down on the tiptoes with the fingertips on the ground in between the legs. Knees are wide apart and heels remain together. Head is up.

7b. Inhale and straighten the legs, staying on the tiptoes and keeping the fingertips on the ground. Bring the chin to the chest. Exhale down into the original position. Heels remain together and off the floor for the entire exercise (modified Frog Pose). Continue for 26 repetitions. (You can shorten the duration of an exercise if necessary, but do not increase it.)



* See Glossary pages 85-86

SECOND
PATH



8. Head Turns. Come into Rock Pose. Catch your breath for a moment. Fold the hands in the lap and begin turning the head. Inhale slowly as you turn the head to the left keeping the chin level to the ground, exhale slowly as you turn the head to the right keeping the chin level to the ground. Long Slow Deep Breath. (3 minutes)



9. Torso Bends. Remain sitting in Rock Pose* and bring the hands on to the shoulders with the fingers in front and thumbs in back. You may sit in Easy Pose if necessary. Without twisting, inhale as you bend left, and exhale as you bend right (like a pendulum). Long Slow Deep Breath. (3 minutes)



10. Slow Meditative Breath. Come out of this position and sit comfortably in Easy Pose*. Have the hands folded in the lap or in Gyan Mudra* at the knees. Keeping a very firm concentration at the Brow Point, and applying a very light Root Lock, begin long slow deep breathing. On the inhale think *Sat* and on the exhale think *Nam*. (6 minutes)

11. Deep Relaxation. Come out of this position and lie 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. (7 to 11 minutes)

* See Glossary pages 85-86