

LIVING YOGA

This self-healing process builds your body's capacity to conquer pain.



**Kriya to Conquer Pain**

Sit in Easy Pose with your spine straight and apply Jalandhar Bandh (Neck Lock).<sup>2</sup> Split your fingers so that the index and middle fingers are together and the ring and pinkie fingers are together. Stretch your arms straight out to the sides parallel to the ground. You'll feel a stretch in



the armpits. The left palm faces downward and the right palm faces upward. Inhale deeply through the mouth and exhale deeply through the nose. Slow your breathing to three breaths per minute. Keep

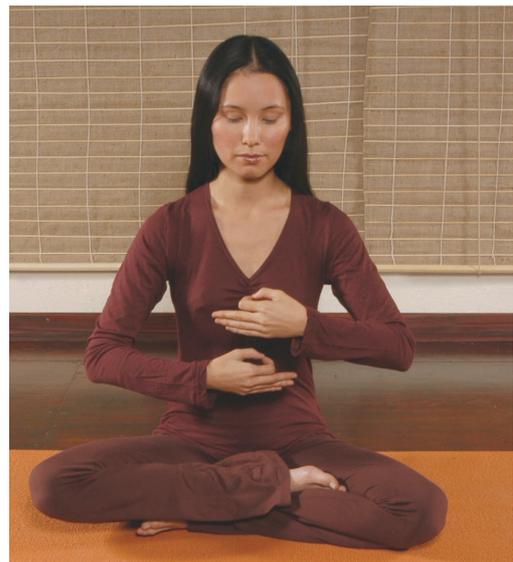
your arms straight and your armpits stretched. Continue for 11 minutes.

To finish, inhale deeply through the mouth, hold the breath, and stretch the arms out to the sides and the spine upward. Exhale through the nose and repeat this sequence two more times.

This self-healing process builds your body's capacity to conquer pain. It balances your central nervous system. This kriya<sup>3</sup> trains your body to fight pain and when your body is trained to fight pain, you can conquer many obstacles.

**Eggbeater to Recharge Yourself**

Jump-start yourself every morning with this simple exercise. Sit in Easy Pose with the hands in Gyan Mudra (thumb tip touches tip of forefinger of each hand, the rest of the fingers are stretched out straight). Eyes are <sup>9</sup>/<sub>10</sub> closed. Rotate the hands around each other over and over, moving very quickly (about 6 circles per second). Create your own electromagnetic field. After 11 minutes, close your eyes, inhale deeply, lift the arms, and stretch the fingers straight up to the sky (no bend in the elbows). Breathe long and deeply for one minute, stretching up. Then relax.



<sup>1</sup> Potassium alum may be obtained from [www.thecleanse.com](http://www.thecleanse.com) and [www.taoskundalini.com](http://www.taoskundalini.com)

<sup>2</sup> To apply Neck Lock, lift your chest and sternum and gently stretch the back of the neck straight by pulling the chin in slightly.

<sup>3</sup> See Glossary, pages 86-87.

