

### Online Resource 6.1 • Kriya for Elevation

This easy set of exercises is excellent as a warm-up or a tune-up. It aids in the circulation of *prana* (breath). It has 11 parts and takes 16–36 minutes.

1. *Energizer (also known as ego eradicator; see “Breath of Fire to Increase Energy” in Chapter 6) opens the lungs, consolidates the magnetic field, and increases alertness.*

**Position:** Sit in easy pose. Raise your arms to a 60-degree angle. Curl your fingertips onto the pads at the base of your fingers. Plug your thumbs into the sky.

**Eye Focus:** Close your eyes and focus on the brow point.

- Begin Breath of Fire.
- Continue for 1–3 minutes.

**To End:** Inhale deeply. Hold your breath and bring your thumb tips slowly to touch over your head. Exhale, gently squeeze your buttocks, pull energy up from your buttocks, and pull your navel point to your spine. Hold your breath out briefly. Inhale and relax.

2. *Spinal flex stimulates and stretches the lower and mid-spine.*

**Position:** Sit in easy pose and grasp your shins with both hands.

**Eye Focus:** Eyes are open or closed.

- As you inhale, roll your hips forward, extending your spine forward and lifting your chest.
- As you exhale, roll your hips back, flexing your spine back.
- Breathing is rhythmic and deep.
- Keep your shoulders over your hips and your head stable.
- Continue for 1–3 minutes, alternating between the inhale and exhale positions.

3. *Spinal twist stretches and stimulates the lower and mid-spine.*

**Position:** In easy pose, hold onto your shoulders with your thumbs in back and your fingers in front. Extend your upper arms parallel to the ground.

**Eye Focus:** Eyes are open or closed.

- As you twist your head and torso to the left, inhale.
- Then exhale as you twist to the right.
- Continue for 1–3 minutes.

**To End:** Inhale and face forward. Exhale and relax.

4. *Front seated stretch benefits the lower and upper spine.*

**Position:** Sit with your legs stretched out.

**Eye Focus:** Eyes are open or closed.

- Bend forward from your hip socket, grabbing a hold of your big toes, pressing your toenails with your thumbs (which impacts the pituitary gland), and keeping your legs and knees on the ground. Keep your head aligned with your spine, chin in. If you have difficulty reaching your toes, hold onto your ankles or lower legs.
- Pull your toes back, keep your knees straight, and stretch your spine up as you inhale. Then exhale as your chest comes toward your knees.
- Lead with your heart open, continuing to hold onto your toes or feet as you alternate positions.
- Continue for 1–3 minutes.

**To End:** Inhale up and hold your breath briefly. Stay up and exhale completely, holding your breath out briefly and bringing your head down toward your knees. Inhale and relax.

5. *Modified front bend stretches the sciatic nerve, brings circulation to the upper body, and helps with elimination.*

**Position:** Sit either on your right heel or with your right heel tucked into your groin area. Extend your left leg forward. Grasp the big toe of your left foot with both hands. Apply pressure with your thumbs against the big toenail.

- Exhale and bend from the hip to bring your head toward your left knee, releasing your elbows toward the ground. Hold this position.
- Begin Breath of Fire for 1–2 minutes.

**To End:** Maintain posture. Inhale and stretch as far forward as possible. Exhale, suspend the breath briefly, and relax. Switch legs and repeat the exercise.

6. *Forward seated stretch increases flexibility to the lower spine and charges the magnetic field.*

**Position:** Sit with your legs spread wide. Grab your toes as in exercise 4.

**Eye Focus:** Eyes are open or closed.

- Inhale, then exhale as you bring your chest to your left leg. Inhale up to center position, exhale as you bring your chest to your right leg, and inhale up to center position. Continue for 1–2 minutes, alternating to each leg.
- Now inhale in the center, exhale, and bring your chest straight forward to the floor. Continue this up and down movement for 1 minute.

7. *Cobra pose draws the energy from the lower body to the upper body, increasing flexibility of the spine.*

- Either modified or full cobra may be used. Begin Breath of Fire and continue for 1–3 minutes.

**To End:** Inhale, and elongate the spine to your maximum. Exhale briefly, suspend the breath out, and squeeze the buttocks, pulling up and pulling the navel in. Exhale slowly, lowering your spine to the floor, vertebrae by vertebrae. Then relax, lying on your stomach, with your head turned on one cheek.

8. *Shoulder shrugs balance the upper body and open pathways from the upper body to the brain.*

**Position:** Sit in easy pose with your hands on your knees.

**Eye Focus:** Eyes are open or closed.

- On the inhale, shrug your shoulders up toward your eyes. When you exhale, drop your shoulders back down. Continue at a moderate pace for 1–2 minutes.

**To End:** Inhale your shoulders up and exhale, rotating your shoulder blades back and down. Repeat a few times.

9. *Neck rolls release tension from the neck and shoulders.*

**Position:** Sit in easy pose with your hands on your knees.

**Eye Focus:** Eyes are open or closed, focused at the brow point.

- Inhale as you move your head in a clockwise circular motion, bringing your right ear to your right shoulder, and then exhale as you bring your head forward to your chest and over toward your left shoulder.
- Continue for 1–2 minutes.
- Reverse directions and continue for 1–2 minutes.

**To End:** Bring your head to center, inhale, exhale, and relax.

10. *Sat kriya aids digestion, raises energy from the lower body to the upper body and brain, and strengthens the nervous system.*

**Position:** Sit in rock pose (on your heels). Your arms are over your head, with your palms together. Your fingers are interlocked, except for your index fingers, which point up.

(*Optional:* For strengthening masculine qualities, right thumb is over left; for strengthening feminine qualities, left thumb is over right.)

**Eye Focus:** Eyes are closed, focused on the space between the brows or brow point.

- Rhythmically chant *Sat Nam* (translated as “Truth is my/our identity”)
- As you chant, draw your navel point to the spine on *Sat* (pronounced “sut”) and relax the navel on *Nam* (pronounced “nam”). The pace is moderately fast—at almost one *Sat Nam* every 1.5 seconds.
- Continue for 3 minutes.

**To End:** Inhale deeply, squeezing your muscles tightly from your buttocks, and imagine energy going up your spine and out of the top of your skull. Exhale. Inhale deeply. Hold your breath out and once again squeeze your buttocks, pulling up on the buttocks, drawing the navel toward the spine, and lifting the diaphragm, and imagine energy going up your spine and out the top of your skull.

11. *Deep relaxation will integrate the mind–body changes that have occurred during this set.*

**Position:** Lie down on your back, with your arms at your side, palms up.

- Totally relax. Begin by breathing deeply and on the exhale letting go.
- Continue for 3–5 minutes.