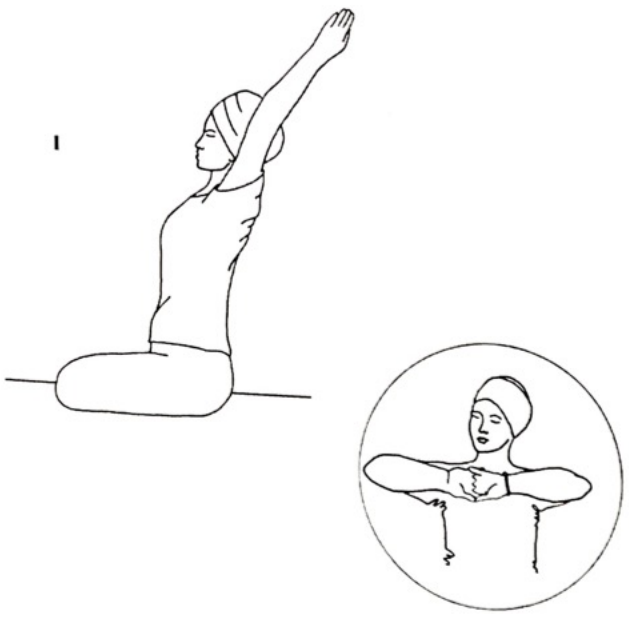
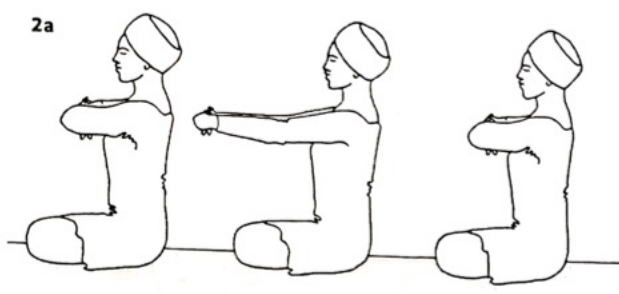


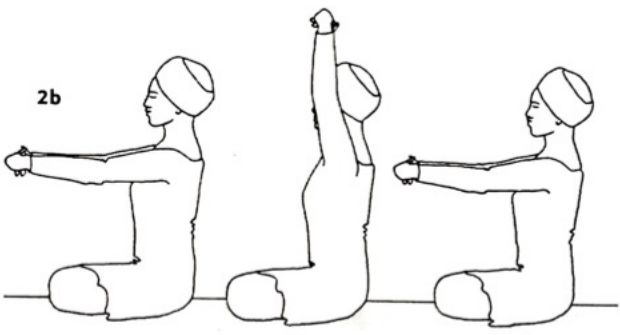
Kriya for Lungs, Magnetic Field and Deep Meditation



1. Sit in **Easy Pose**. Stretch the arms overhead with the palms together in **Prayer Pose**. Arch the spine as far up and back as possible. Begin **Long Deep Breathing** through the **mouth—whistle** on both the inhale and the exhale. **5 Minutes**. Relax.



2. Stretch the arms straight out in front of you with the fingers interlaced, palms facing outward. a) Inhale in this position, exhale and bring the hands toward the chest. Continue in a fairly rapid motion, about one per second, for 2 minutes. b) Then, inhale and stretch the arms out in front of you, suspend the breath as you extend the arms overhead and back down to parallel (this is fairly rapid); exhale bring the hands toward the chest. Continue this sequence for **2 minutes**. Then go immediately to the next exercise.



3. Without resting, stretch the arms in the shape of a V in front of you (about a 60° angle to each other). Inhale, suspend the breath and make fists with the hands. **With a great deal of tension**, bring the fists to the chest. Exhale—release the hands and arms back to the 60° angle. Your face should be angry throughout the exercise. **3 minutes**.

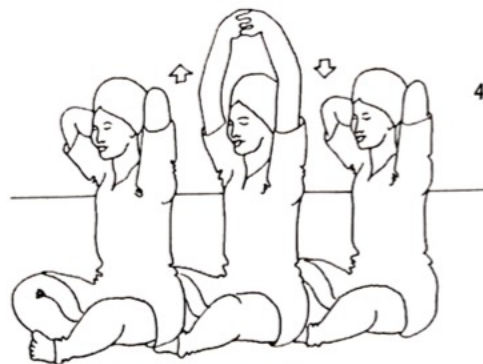
Warm up
 Cat/cow
 long nose stretch
 Butterfly.
 Arm circle.
 easy pose



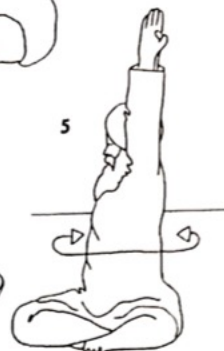
Comments:

This series begins by purifying the blood and expanding the lung capacity. Then the circulatory system is stimulated. The Throat Chakra and the correlated functioning of the thyroid and parathyroid

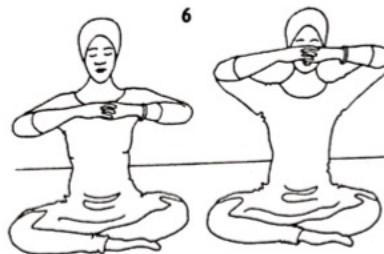
4. Place the hands behind the neck with the fingers interlaced and the palms facing up. Inhale—stretch the arms up straight. Exhale—relax them down behind the neck. **2 minutes.**



5. Stretch the arms up straight overhead with the palms together, thumbs locked (or crossed). **Inhale** and twist to the **left**; **exhale** and twist to the **right**. Fairly rapid pace. **2 minutes.**



6. Interlace the fingers with the palms down in front of the chest. Inhale—bring the hands up to the eye level; exhale—bring the hands back to the chest. Fairly rapid pace. **2 minutes.**



7. **Spinal Twist:** Bring the hands to the shoulders, fingers in front, thumbs in back. Inhale—twist to the left; exhale—twist to the right. **2 minutes.**



8. **Shoulder Shrugs:** Sit in Easy Pose. Place the hands on the knees. Inhale and shrug the shoulders up. Exhale down. **2 minutes.** Without a break, **move immediately into Spine Flex.**

9. **Spine Flex:** Still in Easy Pose, flex the spine forward and back. Inhale—press the chest forward; exhale—extend it back. **2 minutes.** Roll the eyes up as far as possible. Concentrate at the crown of the head.

10. Meditate. 15 minutes.



secretions are optimized. The circulation is increased and the upper magnetic field of the body is enlarged. This is an excellent preparation for beginners who want to learn deep meditation.