

Yogic Support for this time of Transformation
Offered by Kirn: Yoga Santa Fe www.yogasantafe.com

Change process:

- Observe and accept what was
- Bring yourself to the present, integrate what was with your present day tools
- Pause/Vision Quest: see your transformation
- Offer it to the divine

Daily practices to: Ground and center your energy in your Spirit, and for harmony with Universal Consciousness

Get up at 5am

Cold shower, followed by warm sesame oil massage (from head down)

Tune in with Ong Namō mantra then do;

Yoga set: See post on Facebook

Pranayam: one minute breath or see post on FB

Meditation: see post on Facebook

Diet: No sugar, no caffeine, YES vegetarian sattvic food

Drink at least 2 quarts of water daily add the following Bach Flower remedies:

4 drops of rescue remedy and 2 drops of Walnut

Group yoga class every week

Or early morning group sadhana on Wednesday and Sunday (5:30 till 7:15am)

Keep mantra music playing all day and night to clear the astral field

Before Bed:

Alternate nostril breathing for 5 minutes

Yoga stretches

Take calcium/magnesium and bedtime tea (yogi tea)

Other practices to consider:

Master cleanse fast: See post on Facebook

Media fast

Devotional chanting

Walking while chanting: Sa (left foot) Ta (right) Na (left) Ma (right)

Donate to charity

Set up a peace altar and put your vision board on it

Speak your highest Truth (beyond time and space)

De-clutter your internal and external environments

Practice contentment

Do seva, Take time to be in nature

While doing all this remember to Inhale Sat, exhale Nam on each breath

Gunpati Kriya Meditation

Originally taught by Yogi Bhajan in January 1988

Sit in an Easy Pose, with a *light jalandhar bandh*.

EYE POSITION: The eyes are 1/10th open. Concentrate at the Third Eye Point.

MUDRA: Place the wrists over the knees, hands in Gyan Mudra, with the arms and elbows straight.

MANTRA:

SAA-TAA-NAA-MAA
RAA-MAA-DAA-SAA
SAA-SAY-SO-HUNG

Part I

Chant the mantra on a single breath, as you press the fingertips sequentially with each syllable. Use a monotone voice in the Tibetan form or use the same melody you would use for Kirtan Kriya.

TIME: Continue for **11-62 minutes**.

Part II

Inhale deeply and hold the breath. Move the body in a slow twist and stretch motion. Move each muscle of the body. Move the head, torso, arms, back, belly and hands. Then exhale powerfully. Repeat this **3-5 times**.

Part III

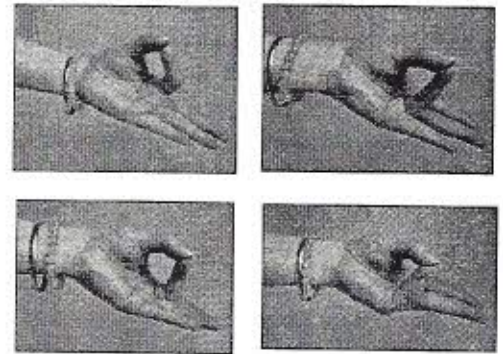
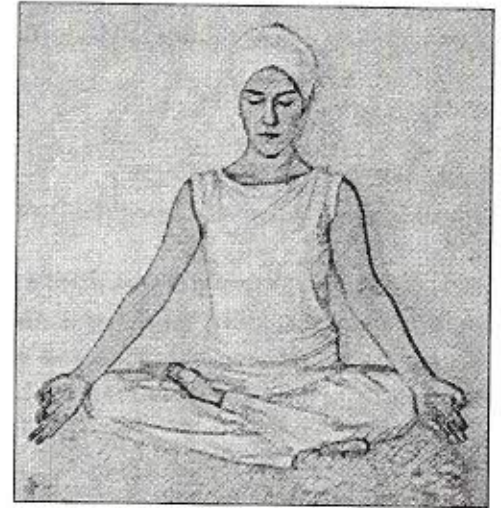
Immediately sit straight. Look at the Lotus Point, the tip of the nose. Become totally calm, absolutely still. Meditate for **2-3 minutes**.

TO END: Inhale and hold the breath for **30 seconds** as you physically move and rotate your body as if it is going through spasms. Every muscle must be stretched, squeezed and turned around, from the muscles in your face, head and neck, down to your toes. Exhale. Repeat this **3 more times**. Then inhale, sit calmly and concentrate on the tip of your nose for **20 seconds**. Exhale, and relax.

COMMENTS

This beautiful and powerful meditation has a history in its name. The ancient symbol for this was the Hindu God of Knowledge and Happiness, Ganesha. The other name for Ganesha is *Gunpati*. Ganesha was depicted as a rotund man with the head of an elephant. This huge body balances and rides on a rat, conveying the message that even the impossible can be done with this meditation. The rat represents the quality of penetration. A rat can get in almost any place. So Ganesha can know anything and can get past any blockages. Wisdom and wise choices grant you happiness in your life.

The impact of this meditation is to clear the blocks from your own karma. Each of us has three regions of life to conquer: The past which is recorded in our *samskaras* and which brings us the challenges and blessings of fate are balanced by these sounds; the present which must be mastered by karma yoga, the practice of action with integrity in the moment; and the future, recorded in the ether and, which at its best and most fulfilled, is called dharma. This *kriya* allows you to let go of the attachments to the mind and to the impact of past actions so you can create and live a fulfilled life and a perfect future.



This easy set of exercises is excellent as a tune-up. It systematically exercises the spine and aids in the circulation of prana to balance the chakras.

1) **Ego Eradicator.** Sit in Easy Pose. Raise the arms to a 60 degree angle. Curl the fingertips onto the pads of the palms. Thumbs aim at each other above the head. Eyes closed, concentrate above the head, and do Breath of Fire. **1-3 minutes.** To end, inhale and touch the thumbs together above the head, and open the fingers. Exhale and apply *mulbandh*. Inhale and relax.

This exercise opens the lungs, brings the hemispheres of the brain to a state of alertness, and consolidates the magnetic field.

2) **Spinal Flex.** Sitting in Easy Pose, grasp the shins with both hands. As you inhale, flex the spine forward. As you exhale, flex the spine back, keeping the shoulders relaxed and the head straight. Continue rhythmically with deep breaths for **1-3 minutes.** Then inhale, exhale, relax. *This exercise stimulates and stretches the lower and mid-spine.*

3) **Spinal Twist.** In Easy Pose, grab the shoulders, with the thumbs in back and the fingers in front. Keep the elbows high, with the arms parallel to the ground. Inhale as you twist the head and torso to the left. Exhale as you twist to the right. Continue for **1-4 minutes.** To end, inhale, facing straight forward. Exhale and relax.

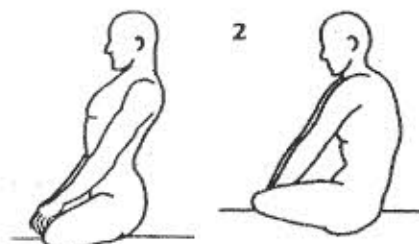
This exercise stimulates and stretches the lower and mid-spine.

4) **Front Life Nerve Stretch.** Stretch both legs straight out in front. Grab the toes in finger lock. (Index finger and middle finger pull the toe, and the thumb presses the nail of the big toe.) Exhale, as you lengthen the core of the spine, bending forward from the navel, continuing to lengthen the spine. Inhale, use the legs to push up. The head follows, last. Reverse to come up; head comes up last. Continue with deep, powerful breathing for **1-3 minutes.** Inhale up and hold the breath briefly. Stay up and exhale completely, holding the breath out briefly. Inhale and relax.

This exercise works on the lower and upper spine.

5) **Modified Maha Mudra.** Sit on the right heel with the left leg extended forward. Grasp the big toe of the left foot with both hands, applying a pressure against the toenail. Exhale, bring the elbows to the ground as you lengthen the core of the spine, bending forward from the navel, continuing to lengthen the spine. Lastly, bring head to knee. Hold, with Breath of Fire for **1-2 minutes.** Inhale. Exhale and stretch the head and torso forward and down. Hold the breath out briefly. Inhale, switch legs and repeat the exercise. *Relax.*

This exercise helps elimination, stretches the sciatic nerve and brings circulation to the upper torso.

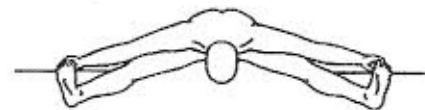


Seventh Body

Kriya for Elevation 2 of 2



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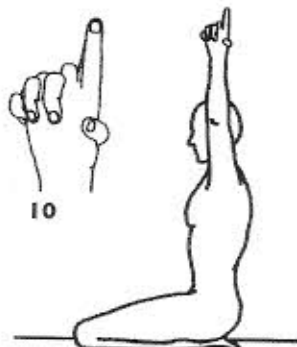
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9



10



6) **Life Nerve Stretch.** Spread the legs wide, grasping the toes as in Exercise 4. Inhale and stretch the spine straight, pulling back on the toes. Exhale and, bending at the waist, bring the head down to the left knee. Inhale up in the center position and exhale down, bringing up the head to the right knee. Continue with powerful breathing for **1-2 minutes**. Then inhale up in the center position and exhale, bending straight forward from the waist touching the forehead to the floor. Continue this up and down motion for **1 minute**, then inhale up stretching the spine straight. Exhale, bringing the forehead to the floor. Hold the breath out briefly as you stretch forward and down. Inhale and relax.

This exercise develops flexibility of the lower spine and sacrum and charges the magnetic field.

7) **Cobra Pose.** Lie on the stomach with the palms flat on the floor under the shoulders. The heels are together with the soles of the feet facing up. Inhale into Cobra Pose, arching the spine, vertebra by vertebra, from the neck to the base of the spine until the arms are straight. Begin Breath of Fire. Continue for **1-3 minutes**. Then inhale, arching the spine to the maximum. Exhale and hold the breath out briefly, apply *mulbandh*. Inhale. Exhaling slowly, lower the arms and relax the spine, vertebra by vertebra, from the base of the spine to the top. Relax, lying on the stomach with the chin in the floor and the arms by the sides.

This exercise balances the sexual energy and draws the prana to balance apana so that the kundalini energy can circulate to the higher centers in the following exercises.

8) **Shoulder Shrugs.** Sit in Easy Pose. Place the hands on the knees. Inhale and shrug the shoulders up toward the ears. Exhale and drop the shoulders down. Continue rhythmically with powerful breathing for **1-2 minutes**. Inhale. Exhale and relax.

This exercise balances the upper chakras and opens the hormonal gate to the higher brain centers.

9) **Neck Rolls.** Sit in Easy Pose. Begin rolling the neck clockwise in a circular motion, bringing the right ear toward the right shoulder, the back of the head toward the back of the neck, the left ear toward the left shoulder and the chin toward the chest. The shoulders remain relaxed and motionless. The neck should be allowed to gently stretch as the head circles around. Continue for **1-2 minutes**, then reverse the direction and continue for **1-2 minutes** more. Bring the head to a central position and relax.

10) **Sat Kriya.** Sit on the heels with the arms overhead and the palms together. Interlace the fingers except for the index fingers, which point straight up. Men cross the right thumb over the left thumb; women cross the left thumb over the right. Begin to chant *Sat Naam* emphatically in a constant rhythm about 8 times per 10 seconds. Chant the sound *Sat* from the navel point and solar plexus, and pull the navel all the way in and up. On *Naam* relax the navel. Continue for **3-7 minutes**, then inhale and squeeze the muscles tight from the buttocks all the way up the back past the shoulders. Mentally allow the energy to flow through the top of the skull. Exhale. Inhale deeply. Exhale completely and apply the *mulbandh* with the breath held out. Inhale and relax. *Sat Kriya* circulates the kundalini energy through the cycle of the chakras, aids in digestion and strengthens the nervous system.

11) Relax in Easy Pose or on the back with the arms at the sides, palms up. Deep relaxation allows you to enjoy and consciously integrate the mind/body changes which have been brought about during the practice of this kriya. It allows you to sense the extension of the self through the magnetic field and the aura and allows the physical body to deeply relax.