

Kriya for Disease Resistance To avoid persistent colds and illness, it is essential to keep digestion and elimination functioning well. Add to this a strong metabolic balance and you will have heartiness. This kriya develops these capacities. It gives physical strength and builds disease resistance.

1. Pumping the Stomach



Comments: This exercise stimulates digestion and the kundalini energy in the Third Chakra.

Pumping the Stomach (1 minute to 3 minutes)

Sit on your heels. Stretch the arms straight up over the head with the palms pressed together. Inhale and suspend the breath. Pump the stomach by forcefully drawing the navel in toward the spine and then relaxing it again. Continue rhythmically until you feel the need to exhale. Then exhale. Inhale and begin again. To End Exhale then inhale. Exhale and relax.

2. Bear Grip



Comments: This exercise opens the Heart Center and stimulates the thymus gland.

Bear Grip (1 minute to 3 minutes)

Sit on your heels. Place the hands in Bear Grip at the chest level with the forearms parallel to the ground. Inhale. Suspend the breath and without separating the hands, try to pull the hands apart. Apply maximum force. Variation. Set the beargrip over your head alternate. Exhale. Inhale and pull again.to End. Inhale. Exhale and relax.

3. Sitting Bends



Comments: This exercise improves digestion and adds flexibility to the spine.

Sitting Bends (1 minute to 3 minutes)

Sit on the heels with your fingers interlocked in Venus Lock behind the neck, beneath any loose hair. Inhale. Exhale and bend forward touching your forehead to the ground. Inhale and sit up again.To End. Inhale sitting up. Exhale and relax.

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4. Front Stretch



Comments: This exercise allows the glandular secretions from the previous exercises to circulate through the body and allows the body to deeply relax.

Front Stretch (1 minute to 3 minutes)

Sit with the legs stretched out straight 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, and lengthen the core of the spine, bending forward from the navel, continuing to lengthen the spine. The head follows, last. Remain in this position, breathing normally. To End. Inhale, exhale and relax.

5. Neck Rolls



Comments: This exercise and the two exercises following it combine to open circulation to the brain and to stimulate the higher glands including the pituitary, parathyroid, thyroid, and pineal glands which work together to give harmony to the entire body.

To the Right (1 minute to 2 minutes), To the Left (1 minute to 2 minutes)

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 and the neck should be allowed to gently stretch as the head circles around. Continue. to End. Bring the head to a central position and relax.

6. Cat Cow



Comments: This exercise, in addition to the effects mentioned above, helps to transform the sexual energy of the Second Chakra and the digestive energy of the Third Chakra while stimulating the main nerves that are regulated through the lower cervical vertebra.

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Cat Cow (1 minute to 3 minutes)

Come into a position supporting yourself on your hands and knees, with knees shoulder-width apart, heels together, and arms straight. Do not bend the elbows. Inhale and flex the spine downward as if someone were sitting on your back. Stretch the neck and head back. Then exhale and flex the spine up, bringing the chin towards the chest. Gradually increase your speed as you feel the spine becoming more flexible. Continue rhythmically with powerful breathing. To End Inhale in the original position. Exhale and relax.

7. Alternate Shoulder Shrugs

Alternate Shoulder Shrugs (1 minute to 3 minutes)



Sit on the heels. Alternately shrug your shoulders as high as possible, keeping the head still. On the inhale, lift the left shoulder, as the right shoulder goes down. On the exhale, lift the right shoulder up and the left down. Continue rhythmically with powerful breathing. To End Inhale raising both shoulders up. Exhale and relax.

8. Triangle Pose



Comments: This exercise aids in digestion, strengthens the entire nervous system and relaxes the major muscle groups of the body.

Triangle Pose (2- 5 minutes)

Place the palms of the hands and the soles of the feet flat on the ground. Feet are approximately hip-width apart. Create a straight line between the wrists and the hips, and from the hips to the heels. The chin is pulled in. Roll the arms pits toward each other. Hold this position breathing normally. To End Inhale, exhale, slowly come out of the position, and relax.