



Cleanse the Body and Disease Prevention

13 exercises 32 min - 59 min *Kriya: Yoga Sets, Meditations, Classic Kriyas*

This set that I am giving you today is a must for every woman and it is good for every man. The shoulder movement is more important than even the leg movement and we never get to do it. Let us see how this affects the body. This set is recommended for women as a regular practice. It wards off menstrual problems, breast cancer, and excessive emotionality. It is good for men, too. Exercise 1 gives the mind calmness and strength to judge each situation. Exercise 2 cuts down excess weight in the torso, improves digestion and builds your overall power of recuperation. Exercise 3 strengthens the aura, your power to communicate clearly, and removes the deposits in the shoulder area. Exercises 4 and 5 are for the lower back and sciatic nerves. They prevent headaches and adjust the thigh area. Exercise 6 is for the magnetic field, heart, and shoulders. Exercises 7 and 8 can correct any imbalance between the diaphragm and the sex organs. They are valuable exercises for rebalancing the Navel Point energy. Exercise 9 is for the lungs and for adjusting the hip bones. It also helps avoid breast cancer. It gives you a strong sense of your own centeredness. Exercise 10 and 11 work on the mental equilibrium and release anxiety. The last exercise corrects problems of the colon and liver areas.

This entire set is a good example of practical preventative self-care. When the body has become diseased, it is very difficult for preventative measures to be fully effective. A regular practice of kriyas such as this one, will aid in the assurance of a longer and healthier life.

1. Backward Circles

Comments: *"Do it once in a while so your head will be all right. It will calm you down. Do it for a few days and you can't even think what is wrong and right. I want to see the effect on your body and mind."*

Light and Powerful (5 minutes to 10 minutes)

1. Sit in Easy Pose and extend the arms out to the sides, parallel to the ground, with the elbows straight and the palms facing forward.
2. Make the hands into fists with the Saturn (middle) finger extended. Begin rotating the arms in backward circles. The movement should be tight and powerful.



Faster (1 minute to 2 minutes)

1. Increase the speed and continue.



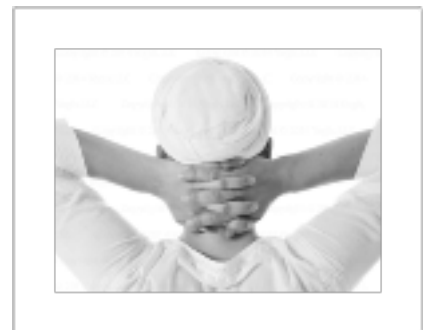
2. Sahaj Naoli (Variation)

Comments: *"This is one of the most fascinating exercises you can do."*

Sahaj Naoli (Variation) (3 minutes)

1. Sit in Easy Pose and bring the hands into Venus Lock behind the head.
2. Roll the entire spine around on the hips working the abdomen, in a grinding motion.
3. Move in a counter clockwise direction; circling the spine to the left.

Mudra Venus Lock



3. See Saw Arms - Sitting

Comments: "You will get a lot of cracks in this exercise. That only means that the muscles are not acting right. It means there is a looseness in the muscle movement."

See Saw Arms (3 minutes)

1. Sit in Easy Pose and place the thumbs at the base of the Mercury (pinkie) finger.
2. Bring the arms out to the sides, parallel to the ground, with the palms facing down.
3. Alternately raise one arm to 60 degrees above horizontal while the other arm drops to 60 degrees below horizontal. The arms will create a diagonal line.
4. Move fast and powerfully.



4. Camel Pose

Comments: *"This is the life of the person, the thigh and the stretch of the sciatica. This is the only posture that can do it. It should be your daily routine. A person cannot afford to have a headache if he does this exercise every day."*

Camel Pose (1 minute 30 seconds to 3 minutes)

1. Come into Camel Pose.
2. Bend the elbows and lower the body as far as possible behind you, without letting the head touch the floor.
3. Continue pressing up and down.



5. Camel Pose - Gurpranam

Camel Pose (1 minute to 2 minutes)

1. Move from Camel Pose to Gurpranaam and back, in a continuous motion, bringing your forehead and arms to the floor and then returning to camel.



6. Spine Twists - Arms Straight

Spine Twists (1 minute to 2 minutes)

1. Sit in Easy Pose with the arms out to the sides, parallel to the ground.
2. Fingers are curled into fists with the thumbs pointing up.
3. Twist from side to side. You will feel pressure on the forearm if done correctly.



7. Navel Pumps

Comments: "You can do it about 50 times if you like. This can keep you young. Anything between the diaphragm and the sexual area can be corrected by the exercise, liver, spleen, pancreas."

Navel Pumps (1 minute 30 seconds to 3 minutes)

1. Come into Rock Pose, sitting on the heels.
2. Inhale and pump the navel as many times as possible.
3. Exhale and pump the navel as many times as possible.



8. Sufi Grind - Rock Pose

Left (26 to 52 reps)

1. Still in Rock Pose, begin to rotate the spine around the hips to the right.

Right (26 to 52 reps)

1. Rotate in the opposite direction 52 times.



9. Punching

Comments: *You can adjust the hip bone with this exercise. It will help to avoid breast cancer, and chest and lung area problems.*

Punching (2 minutes 30 seconds to 5 minutes)

1. Still in Rock Pose, make the hands into fists with the thumbs inside.
2. Powerfully pull one arm back while other fist extends forward, continue alternating in a punching motion.



10. See Saw Arms - Standing

See Saw Arms (3 minutes 30 seconds to 7 minutes)

1. Stand up.
2. Arms are out to the sides, parallel to the ground.
3. Very slowly begin lifting one arm up as the other goes down.
4. Alternate sides.



11. Life Nerve Stretch - One Leg at a Time

Comments: *This is helpful for those who have mental disequilibrium.*

Life Nerve Stretch (1 minute to 2 minutes)

1. Sit down and extend the left leg forward and put the right foot inside the left thigh, close to the groin.
2. Grasp the left toe with both hands and bend slowly down to the left knee.
3. Hold the posture.

To End

1. Repeat on the right side for 2 more minutes.



12. Bowing - Easy Pose

Comments: *"You cannot have a liver and a colon problem if you do this. Try it out."*

Bowing (1 minute 30 seconds to 3 minutes)

1. Sit in Lotus Pose or Easy Pose.
2. Interlace the fingers at the base of spine with the Sun (ring) fingers extended.
3. Bend forward toward the right and raise the arms up as high as possible; come back up.
4. Repeat this bowing motion to the center, and then to the left; and continue: right, center, left.



13. Relaxation

Relaxation (5 minutes to 11 minutes)

1. Rest.

