

## Kriya for Disease Resistance 2 OF 2

6) **Cat-Cow.** Come into a position supporting yourself on your hands and knees, with knees shoulder-width apart 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. Continue rhythmically with powerful breathing for **1-3 minutes**. Gradually increase your speed as you feel the spine becoming more flexible. Inhale in the original position. Exhale and relax.

*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.*

7) **Alternate Shoulder Shrugs.** 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 for **1-3 minutes**. Inhale, raising both shoulders up. Exhale and relax.

8) **Corpse Pose.** Deeply relax. Lie on the back with the arms at the sides, palms facing up, for **5-7 minutes**.

9) **Triangle Pose.** 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 for **5 minutes**, breathing normally. Then inhale. Exhale and slowly come out of the position and relax.

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

10) **Elephant Walk.** Stand up. Reach down and grab the ankles. Keeping the knees straight, begin walking around the room. Continue for **1 to 3 minutes**, then return to your place. Sit down and relax.

*This exercise aids in elimination and adjusts the magnetic field to prepare you for meditation.*

## COMMENTS:

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.



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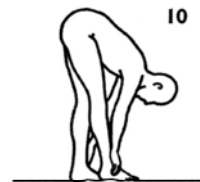
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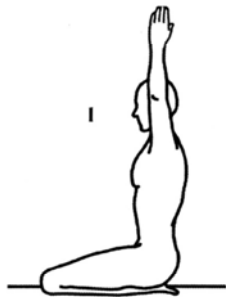


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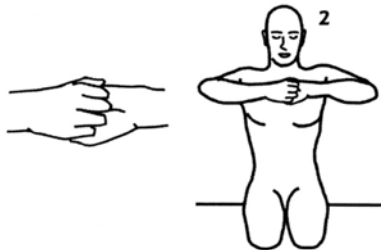


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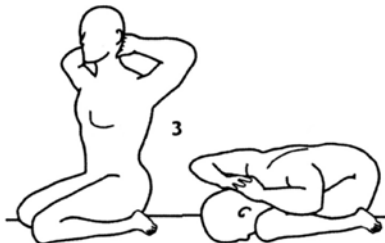
1) **Pumping the Stomach.** Sit on your heels. Stretch the arms straight up over the head with the palms pressed together. Inhale. Pump the stomach by forcefully drawing the navel in toward the spine and then relaxing it again. Continue rhythmically until you feel the need to exhale. Then exhale. Inhale and begin again. Continue for **1-3 minutes**, then inhale. Exhale and relax.

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



2) **Bear Grip.** Sit on your heels. Place the hands in Bear Grip at the chest level with the forearms parallel to the ground. Inhale. Hold the breath and without separating the hands, try to pull the hands apart. Apply maximum force. Exhale. Inhale and pull again. Continue for **1-3 minutes**. Inhale. Exhale and relax.

*This exercise opens the Heart Center and stimulates the thymus gland.*



3) **Sitting Bends.** Sit on the heels with your fingers interlocked in Venus Lock behind the neck. Inhale. Exhale and bend forward touching your forehead to the ground. Inhale and sit up again. Continue with powerful breathing for **1-3 minutes**. Inhale, sitting up. Exhale and relax.

*This exercise improves digestion and adds flexibility to the spine.*



4) **Front Stretch.** 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 for **1-3 minutes**. Then inhale. Exhale and relax. *This exercise allows the glandular secretions from the previous exercises to circulate through the body and allows the body to deeply relax.*



5) **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, and 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.

*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.*