

Awakening to Your Ten Bodies Kriya 1 OF 3

The Ten Bodies are:

Soul Body
 Negative Mind
 Positive Mind
 Neutral Mind
 Physical Body
 Arc Line
 Auric Body
 Pranic Body
 Subtle Body
 Radiant Body

1) **STRETCH POSE.** Lie on the back. Bend the knees and bring the legs towards the chest. Engage the Navel Point and a strong *mulbandh*, rooting through the Navel Point through the sacrum, so it presses against the floor. Inhale. Exhale and simultaneously stretch your legs straight so that the feet are six inches off the floor while bringing the chin into the chest. Look at the toes. Arms reach towards the feet, either alongside the body with palms facing the thighs or hands over the thighs, palms facing down. Begin Breath of Fire. **1-3 minutes.**

2) **NOSE TO KNEES.** Bring the knees to the chest, with the arms wrapped around the knees. Tuck the nose between the knees, and begin Breath of Fire. **1-3 minutes.**

3) **EGO ERADICATOR.** Sit in Celibate Pose or Easy Pose. Raise the arms to a 60° angle, reaching the shoulder blades down and wide. Curl the fingertips onto the mounds at the base of the fingers, pulling the knuckles back. Pull the thumbs back and face them up to the sky. With eyes closed, concentrate above the head, and do Breath of Fire. **1-3 minutes.** To end: inhale, suspend the breath, touch the thumbtips together overhead. Open fingers wide. Exhale and apply *mulbandh*. Inhale, exhale, and slowly lower the arms. Relax.

4) **LIFE NERVE STRETCH.** Sit tall on the sit bones, with the legs stretched wide apart, pelvis turned slightly forward. With arms overhead, inhale. Exhale, stretch down and over the left leg, grabbing the toes of the left foot. Elongate the spine as you stretch down from the hip joint. Do not let spine collapse. Head comes last. Inhale, come straight up center; then exhale and stretch down over the right leg and grab the toes. Continue **1-3 minutes.**

5) **LIFE NERVE STRETCH.** Continue to sit with the legs stretched wide apart. Hold onto the toes of both feet, exhale as you stretch down, elongating the spine, bringing the chest to the floor, head comes last. Inhale as you come sitting up. Continue for **1-3 minutes.**



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6) **SPINAL FLEX (Camel Ride).** Sit tall on the sit bones in Easy Pose with elongated spine and Neck Lock. Grab the shins or ankles with both hands. Keeping the ribcage lifted and shoulders and head stable, inhale the pelvis forward, lift the chest, Exhale the pelvis backward. **1-3 minutes.**

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7) **SPINAL FLEX (Camel Ride).** Sit on the heels in Rock Pose. Place the hands flat on the thighs. Flex the spine forward, and raise the chest on the inhale, backward on the exhale. Keep shoulders and head stable. Focus at the Third Eye Point. **1-3 minutes.**

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8) **SPINAL TWIST.** Still on the heels, with elongated spine and Neck Lock. Grasp the shoulders with the fingers in front, thumbs in back. Inhale and twist to the left, exhale and twist to the right. Keep the elbows high, upperarms parallel to the floor. Initiate movement from the spine, not the arms. Allow head to move with the spine. (Do not reverse.) **1-3 minutes.**

9) Grasp the shoulders as in the previous exercise. Inhale and raise the elbows up so that the backs of the wrists touch behind the neck. Exhale and lower the elbows to original shoulder-height position. Continue for **1-3 minutes.**

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10) **ARM PUMPS.** Interlace the fingers in Venus Lock. Inhale and stretch the arms up over the head, exhale and forcefully bring the hands down until they are just above the lap. **1-3 minutes.**

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1) **ALTERNATE SHOULDER SHRUGS.** Sit in Easy Pose with the hands resting on the knees. Inhale and shrug the left shoulder up. Exhale and raise the right shoulder up as you lower the left shoulder. **Continue for 1 minute.** Then, reverse the breath so that you inhale as you shrug the right shoulder up, exhale as you shrug the left shoulder and lower the right shoulder. **Continue for 1 minute.**

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12) **SHOULDER SHRUGS.** Inhale and shrug both shoulders up towards the ears, exhale down. **1 minute.**

13) **NECK TURNS.** Still in Easy Pose, hands on the knees. Elongate the spine, engage Neck Lock. Inhale, and turn your head to the left, exhale and turn it to the right, like shaking your head “no.” Continue for **1 minute.** Then reverse, so that you inhale and turn to the right; exhale and turn to the left. Continue for **1 minute.** Inhale center, concentrate at the Third Eye, Point, and slowly exhale.

14) **FROG POSE.** Come into a squatting position with knees wide, fingertips on the ground between the legs, close to the body. Heels are touching, and off the ground. Face is forward. Inhale, straighten legs up, lift hips up, keeping the fingertips on the ground. Exhale and come back squatting down, face forward. The inhale and exhale should be strong. Continue this cycle **54 times.**

15) *Deeply relax on the back.*

LAYA YOGA MEDITATION KRIYA

This Meditation Kriya works very well with this kriya and is often practiced with it. The time can be decreased if needed.

Sit in Easy Pose with the hands on the knees in Gyan Mudra (thumb and index finger together.) Mantra: **Ek Ong Kaar(uh) Sat Naam(uh) Siree Wha(uh) Hay Guroo.** On **Ek** pull the Navel Point in *lightly*, and hold. Lift the diaphragm up firmly as you chant each line of the mantra. The “uh” sound is created as the diaphragm powerfully moves up. It is not another pronounced word. Relax the Navel Point and abdomen on *Hay Guroo*. With the breath, visualize the sound or energy spiralling up from the base of the spine out the top of the head spinning in 3-1/2 spins.

11-31 minutes.



This kriya is from *Owners Manual for the Human Body*.

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Long Chant (Adi Shakti Mantra or Morning Call)

Sit in Easy Pose with *jalandhar bandh*.

MUDRA: Have the hands in Gyan Mudra, or resting in Buddha Mudra in the lap. Maintain a strong Neck Lock (*jalandhar bandh*).

MANTRA: Chant the Adi Shakti Mantra,

EK ONG KAAR SAT NAAM SIREE WHAA-HAY GURROO

ਇਕ ਓਅੰਕਾਰ ਸਤਿਨਾਮ ਸਿਰੀ ਵਾਹਿਗੁਰੂ

One Creator created this Creation. Truth is His Name.

Great beyond description is that Infinite Wisdom.

Chant in a 2-1/2 breath cycle, in the following manner:

- Inhale deeply and as you pull in the Navel abruptly, chant **EK**.
- **ONG KAAR** is drawn out. Give equal time to **ONG** and **KAAR**.
- Inhale deeply, pull in the Navel abruptly as you chant **SAT**.
- Then **NAAM** is drawn out, given equal time as **ONG KAAR**.
- Then, just as you get to the end of the breath, add a quick **SIREE**. (pronounced **S'REE**.)
- Inhale half a breath, pull in the Navel abruptly, chant **WHAA**. Then **HAY GURROO** (**HAY** should be relatively short, **GURROO** is pronounced **G'ROO** and is drawn out.)

TIPS:

- Maintain a strong Neck Lock throughout.
- The **ONG KAAR** and **NAAM SIREE** are equal in length. The **HAY GURROO** is equal in length to **ONG**.
- Keep the ratios precise.
- Try not to let the pitch fall.
- Let the sound resonate in the upper cavity of the head, by closing the back of the throat and vibrating the upper palate, and allowing the sound to come through the nose.

TIME: This can be done for as little as **3 minutes**, or **11 minutes**. It is done in Aquarian morning sadhana for **7 minutes**. For a powerful experience of this meditation, do **31 minutes**, or **2-1/2 hours**.

COMMENTS

This mantra is used as the cornerstone of morning *sadhana*, and is also called Long Ek Ong Kaar's or just Long Chant. It has also been referred to as Morning Call. This mantra initiates the kundalini, initiating the relationship between the soul and the Universal Soul. It balances all of the chakras. Though it is part of morning *sadhana*, it can be chanted at any time.

Yogi Bhajan speaks about this mantra: "This mantra is known as the Ashtang Mantra for the Aquarian Age. It has eight vibrations, and describes the glory of God. Thus said the Master, 'In the time period two-and-a-half hours before the rising of the Sun, when the channels are most clear, if the Mantra is sung in sweet harmony, you will be one with the Lord.' This will open the solar plexus, which in turn will charge the solar centers. The person will get connected with the Cosmic Energy, and thus will be liberated from the cycle of Time and karma. Those who meditate on this mantra in silence will charge their solar centers and be one with the Divine. That is why I speak to you of why we should meditate and recite this mantra.

"All mantras are good, and are for the awakening of the Divine. But this mantra is effective, and is the mantra for this time. So my lovely student, at the will of my Master I teach you the greatest Divine key. It has eight levers, and can open the lock of the Time, which is also of the vibration of eight. Therefore, when this mantra is sung with the Neck Lock, at the point where *prana* and *apana* meet *shushmuna*, this vibration opens the lock, and thus one becomes one with the Divine."



**BOW POSE***Dhanurasana***INSTRUCTIONS:**

- Lie on the stomach with the chin on the floor and arms alongside the body. Reach the legs straight out from the hip joints, and bend at the knees to bring the feet back towards the buttocks.
- Engage the Navel Point, root/ground thru the pubic bone. As you press down use the thighs and pull so the chest/heart center and head rise. Keep drawing the shoulder blades down the back. If you can, lift the legs.
- If you can, hold the ankles with the hands.
- Use the pressure of the ankles against the hands to lift the thighs off the floor and the chest higher. Keep engaging the navel and *mulbandh* to spread the stretch away from the lower back and let the spine lengthen. Relax the buttocks, and between the shoulder blades. Keep the face reaching up with a long neck.

VARIATIONS: Rolling on the stomach, inhaling back and exhaling forward.

CHECKPOINTS:

- Do not let the knees go wide. This puts more pressure on the lower back and around the sacrum—you lose the stretch of the psoas muscle (the main hip flexor). Keep knees and ankles only as wide as hip joints. If you are not able to do this, just keep the arms and hands actively reaching towards the ankles.
- Continue to actively reach the knees and chest away from each other to avoid compression of the lower back.

TRADITIONAL BENEFITS: Strengthens and stretches the muscles of the abdomen, chest, shoulders, thighs and spine; stimulates the adrenals and kidneys; opens up the central channel of the spine.

**BRIDGE POSE***Ardha Purvottanasana***INSTRUCTIONS:**

- Sit tall on the sit bones, bend the knees and bring the feet flat on the floor.
- Bring the hands to the ground behind you, palms flat, fingers spread wide and facing towards the feet.
- Engage the Navel Point, root down thru the sit bones and let the chest/heart center rise, draw the shoulder blades down, and feel a root line from the Navel thru the chest and down thru the arms and hands.
- Then lift the hips until you have a parallel line from the shoulders to the knees.
- Use *jalandhar bandh* to keep the head and neck in line with the rest of the spine. (Note: in some kriyas, the chin is lifted with the head extending back.)

CHECKPOINTS:

- Hip joints, knees, ankles, feet are in parallel alignment. Feet underneath the knees.
- Keep actively lifting underneath the pelvis and the knees reaching away from the body.
- Hands are underneath the shoulders. Keep actively engaging the shoulder blades down and wide, heart reaching up towards the sky. Elbows are stretched but not locked.

TRADITIONAL BENEFITS:

Provides a deep stretch to the upper body, including the shoulders, chest, abdomen, and spine; strengthens the wrists, arms, buttocks, legs, and back; aids in metabolism; stimulates the medulla oblongata; relaxes the autonomic nervous systems functions.

**BUTTERFLY POSE***Baddha Konasana***INSTRUCTIONS:**

- Sit tall on the sit bones and engage *jalandhar bandh* and *mulbandh*.
- Bring the soles of the feet together and in towards the groin as much as possible while lengthening the spine.
- Without losing the length in the spine, wrap the hands under the feet. If this is not available to you, hold the ankles or shins.
- Move the knees up and down in a ten to twelve-inch range of motion.

CHECKPOINT:

- It's more important to maintain the length of the spine than to have the feet close to the groin.

VARIATION: Butterfly bends.

- Complete steps one through three above.
- Inhale and elongate the spine, creating space in the hip joint.
- Exhale and flex forward from the hip joint, keeping the spine long and *Jalandhar bandh* engaged.
- Continue to inhale up, exhale flex forward.

TRADITIONAL BENEFITS:

Improves circulation in the hips, pelvis and lower back thereby improving the function of the sex organs; good preparation for sitting in Easy Pose and Lotus Pose; stimulates the penetrating and belt channels and kidney meridian.