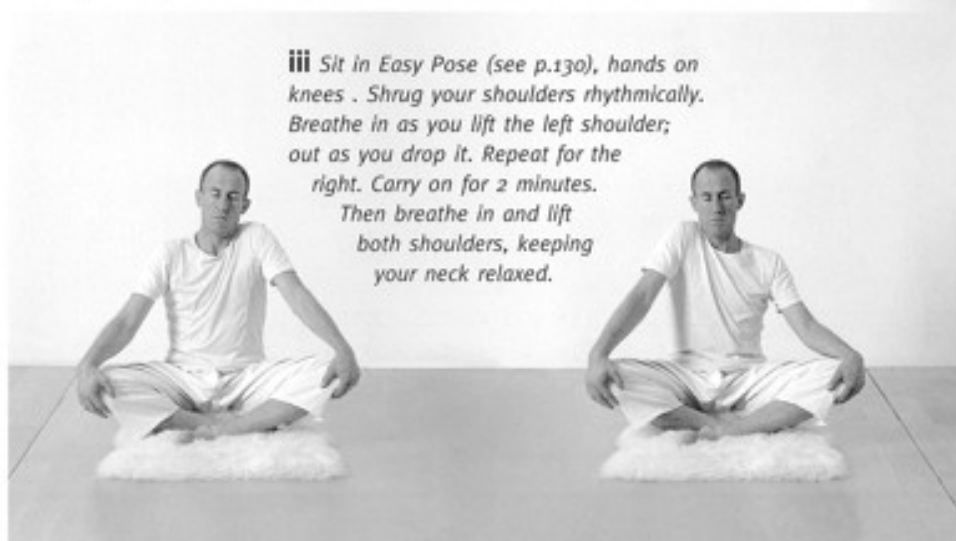
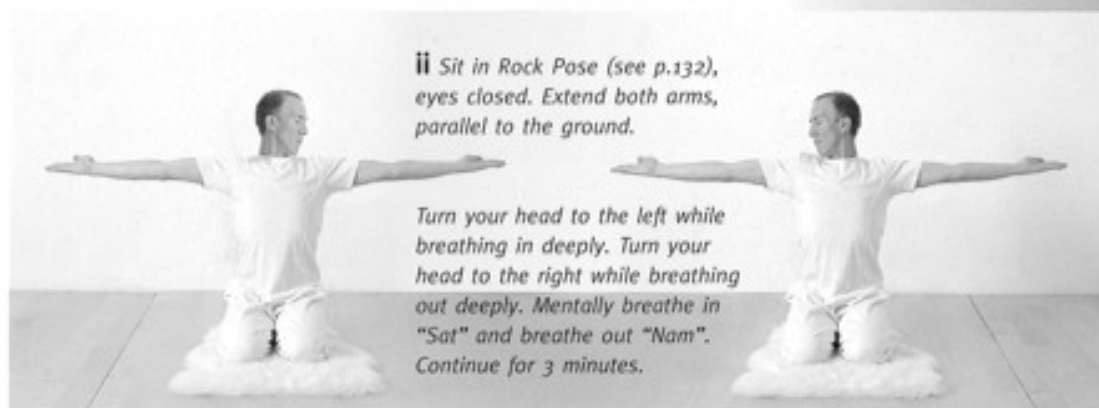
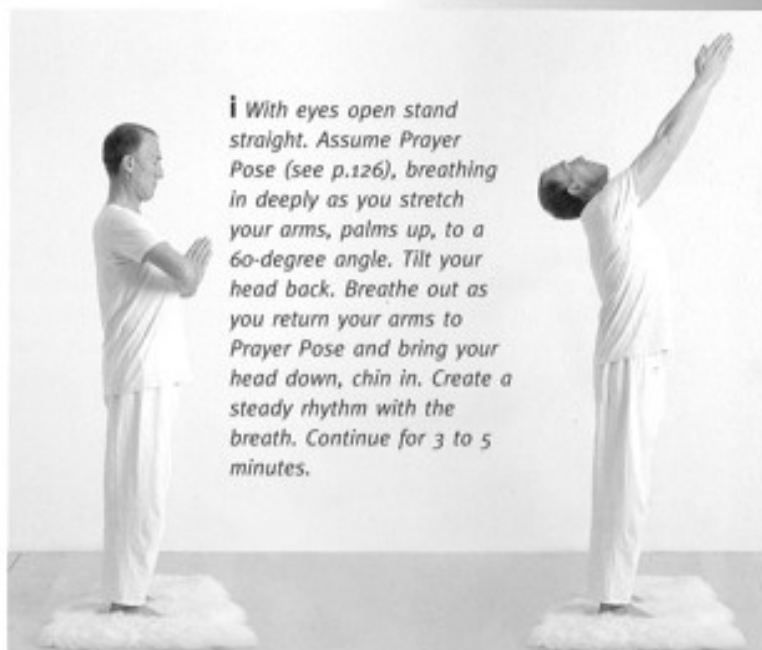


5b Kriya for the Fifth Chakra

Originally taught by Yogi Bhaajan as
FOR CREATIVITY



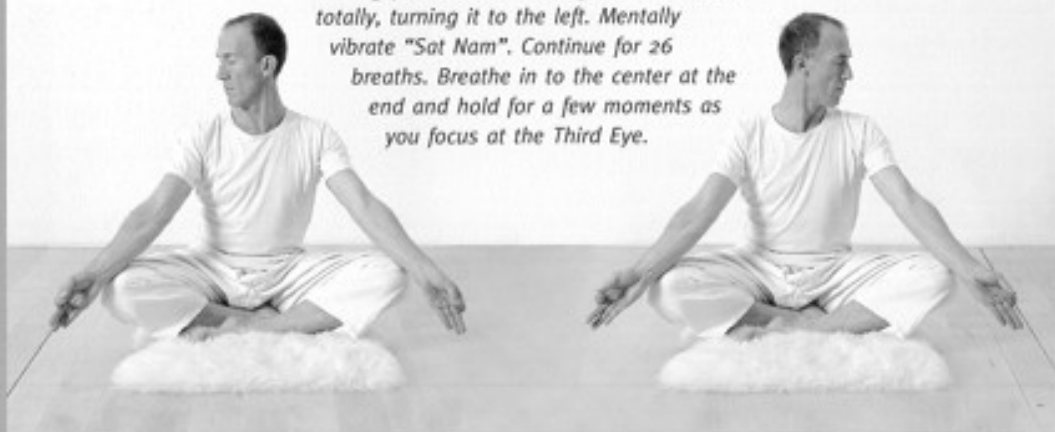
iv Sit in Rock Pose (see p.132). Extend your arms, palms down. Let your head drop back and look up. Begin Breath of Fire (see p.120). Carry on for 3 minutes. Then breathe in, straighten your neck, and pull in your chin. Relax.



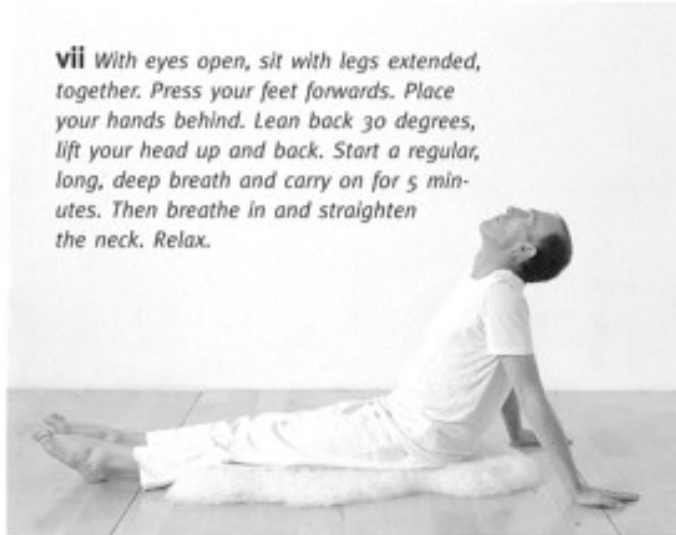
v Sit in Easy Pose (see p.130), hands in Venus Lock (see p.127) behind the small of the back. Tilt your head forwards. Begin Breath of Fire (see p.120) and carry on for 3 minutes.



vi Sit in Easy Pose, chest slightly lifted. Rest your hands on the knees in Gyan Mudra (see p.126). Breathe in completely, turning your head to the right. Breathe out totally, turning it to the left. Mentally vibrate "Sat Nam". Continue for 26 breaths. Breathe in to the center at the end and hold for a few moments as you focus at the Third Eye.



vii With eyes open, sit with legs extended, together. Press your feet forwards. Place your hands behind. Lean back 30 degrees, lift your head up and back. Start a regular, long, deep breath and carry on for 5 minutes. Then breathe in and straighten the neck. Relax.



Yogi Bhajan comments:

This set is a complete workout for the thyroid and parathyroid glands. ... Do this kriya every day for 40 days, at the same time of day. Then chant "Sat Nam Sat Nam Sat Nam Sat Nam Sat Nam Sat Nam Wahe Guru". ... Then contemplate your words of the previous day; were they true and from the heart? Be humble, forthright, sincere, and truthful. You will understand their real meaning. You will increase your sensitivity to speak what is true. Your word will gain force with yourself and with others.

viii As in Sat Kriya (see p.61), lock your fingers, crossing thumbs and pointing index fingers. Raise your arms close to your ears. With elbows straight, breathe in as you tilt your arms, head, and torso forwards 30 degrees, pivoting from the base of the spine. Breathe out deeply as you go up, then back to 30 degrees beyond the vertical. Continue for 3 minutes. Then inhale straight, exhale, and apply Maha Bandh (see p.135). Relax.

