

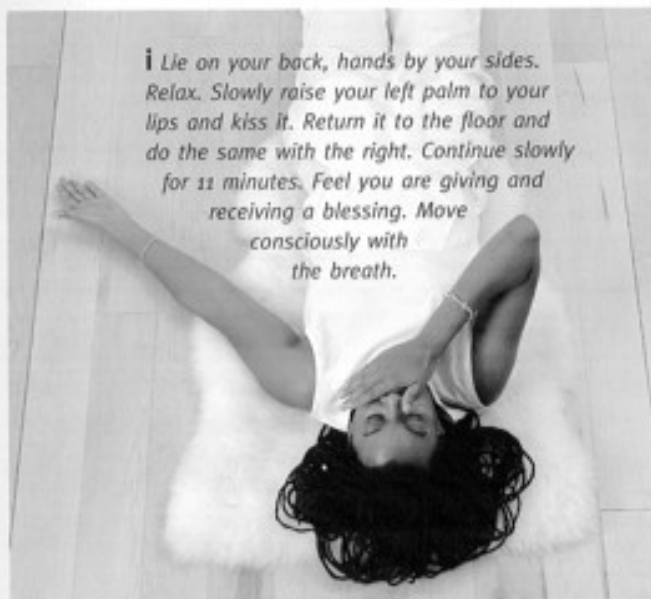
Fourth Chakra ANAHATA



4a Kriya for the Fourth Chakra

Originally taught by Yogi Bhajan as

EXERCISE TO STRENGTHEN THE NERVOUS SYSTEM AND OPEN THE HEART



i Lie on your back, hands by your sides. Relax. Slowly raise your left palm to your lips and kiss it. Return it to the floor and do the same with the right. Continue slowly for 11 minutes. Feel you are giving and receiving a blessing. Move consciously with the breath.

ii With eyes closed, bend your knees to your chest, tucking your hands in behind your knees. Hold tightly and bring your legs over the head, parallel to the ground. Slowly bend your knees and return to the starting position. Continue steadily for 5 minutes.

iii Relax.

Yogi Bhajan comments:

Makes you feel good and makes deep breathing automatic. Automatic pranayama increases circulation all over the body. 15 minutes each day can make you feel young, happy, beautiful, and healthy.



4b Kriya for the Fourth Chakra

Originally taught by Yogi Bhajan as OPPORTUNITY AND GREEN ENERGY SET

i Sit in Rock Pose (see p.132). Breathe in and flex the upper body forwards, mentally chanting "Sat", focusing at the First Chakra. Breathe out and flex backwards, mentally chanting "Nam" and focus on the Third Chakra for 2 minutes. To finish, breathe in, apply Mul Bandh (see p.134), breathe out, apply Mul Bandh, and hold 10 seconds. Repeat 3 times.



ii Sit with your legs stretched out. Place your hands beside your hips. Push down, lifting your body (and legs) momentarily off the floor before letting it drop again. Keep your spine vertical. Continue rapidly for 2 minutes.



iii Squat in Crow Pose (see p.130), spine straight. Clasp your hands, index fingers straight out. Extend the arms at heart level. Look into Infinity. Maintain with Breath of Fire (see p.120) for 2 minutes. To finish, breathe in and hold as long as you can while continuing to project out from the Heart Center.



iv Run on the spot, bringing your knees above the hips and punching with alternate arms. Continue for 3 minutes.



v Assume Kundalini Lotus (see p.131). Hold with Breath of Fire (see p.120) for 2 minutes. To finish, breathe in and hold while drawing energy up the spine. Breathe out and relax.



vi Sit on your left heel, with right foot on left thigh. Cup your hands just below the navel. Pull your diaphragm up and chant "Ong So Hung" powerfully from the heart for 3 minutes.



vii Sit in Easy Pose (see p.130), eyes closed. Extend your arms, palms up. Visualize energy arching over your head, flowing in through your left palm and out the right. Continue with Breath of Fire (see p.120) for 2 minutes. To finish, breathe in and hold as long as you can, continuing to feel the flow of energy. Exhale and relax.



viii Sit in Easy Pose (see p.130), placing your hands in Venus Lock (see p.127) behind your neck. Breathe in and bring your forehead to the floor, mentally chanting "Sat". Breathe out and come up, mentally chanting "Nam". Continue for 2 minutes.



ix Sit in Easy Pose (see p.130), arms extended. Breathe in and raise your right arm to 60 degrees, breathe out and lower to horizontal. Breathe in and raise your left arm to 60 degrees, breathe out and lower to horizontal. Continue moving rapidly for 2 minutes. To finish, bring your arms together at the brow level, breathe in, hold the breath, projecting from the Third Eye to Infinity. Breathe out and relax.



x Sit in Easy Pose, hands in Venus Lock (see p.127), 10 cm (4 in) above the Seventh Chakra. Look out of this chakra. Hold with Breath of Fire (see p.120) for 2 minutes. Then extend index fingers and breathe long and deep for 2 minutes. Continue, but open the hands so only finger- and thumbtips touch and hold with Breath of Fire for 2 minutes. Breathe in and hold, projecting up and out. Breathe out and relax.



xi Sit in Easy Pose, palms forwards. Visualize green energy and chant "Haree Haree Haree Har" from the heart, feeling the navel pulse, for 11 minutes. To finish breathe in, breathe out, and relax.

Meditate in Gyan Mudra (see p.126).

Feel the attractiveness of your energy field and know that opportunities are being attracted to you. Feel loved. Radiate love for all, to all.



