



This set builds your physical energy and stamina. It strengthens the navel energy. Then it rhythmically moves the meridian energy from the third chakra to the eighth chakra and back. This dance of energy builds all the chakras and the radiance of the aura. It is the kind of kriya you can master gradually and that becomes increasingly delightful as your aura expands.

1) Sit in Easy Pose. Bend your elbows out to the sides at shoulder level and slightly cross your hands in front of your open eyes. Spread your fingers wide, like a fan. Then move your upper arms from the elbow, bringing the hands slightly out to the side and back again. The upper arm will be parallel to the floor. Continue this motion rapidly and forcefully for 3 minutes. This exercise works on the eyes.



2) Stand up and move into Archer Pose, with the right leg bent forward so the knee is over the toes. The left leg is straight back with the foot flat on the ground at a 45° angle to the front foot. Raise the right arm straight in front, parallel to the ground and make a fist, with thumb pointing up as if grasping a bow. Pull the left arm back as if pulling the bowstring back to the shoulder. Face forward with the eyes fixed on the horizon above the fist. From this position begin bending the right knee so the body drops down, and then comes back up. Continue this motion powerfully and rhythmically for 2 minutes. Switch sides and continue for 2 more minutes. Switch sides and continue for 30 seconds more.





3) Come into Cobra Pose. Lie down on the stomach with the palms flat on the floor under the shoulders and the heels together with the soles of the feet facing up. Arch the spine from the neck to the base until the arms are straight with elbows locked. From this position, raise the buttocks up into Triangle Pose supporting yourself on your palms and soles of your feet, with your body forming straight lines, heels to buttocks and buttocks to wrists. Then return to Cobra Pose. Alternate movements at a speed of 2 seconds per posture for 5 minutes.



4) Sit in Easy Pose with a straight spine and play the recording of the Wahe Guru Jio meditation (by Bhai Avtar Singh). When you hear the words Wahe Guru or Wahe Jio, pull Mulbandh, pulling in on the muscles of the rectum, sex organs and Navel Point for the length of the phrase, then relax and meditate on the words in between. When you hear the Toohee, take one powerful Breath of Fire, an equal inhale and exhale from the abdomen for the length of the word, then relax and meditate in between. Continue for at least one cycle of the meditation (approximately 14 minutes). This meditation moves the energy from the third chakra out into the aura, and returns to the third chakra energizing each chakra. If you practice it for the full length of the recording for 90 days, you will perfect the meditation.

