



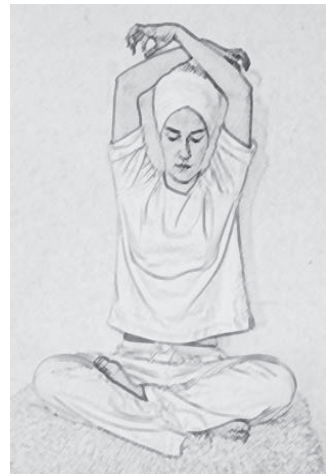
Sit in an Easy Pose, with a light jalandhar bandh.

**Mudra:** Make both hands into Lion's Paws: curl and tighten the fingers of each hand. Keep the tension in the hands throughout the exercise. Extend both arms out to the sides, parallel to the ground with the palms up.

**Breath & Movement:** Bring both arms up over the head so that the hands pass each other over the crown of the head. The elbows bend and the palms face down. Then bring the hands back down as you extend the arms out parallel to the ground again. Start a rhythmic motion in this way. Alternate which wrist is in front when they cross by each other over the head. Create a powerful breath with the motion of the arms. The arm motion is very fast-paced. The breath is an inhale as the arms extend and an exhale as the arms cross over the head. The breath becomes a steady Breath of Fire.

**Time:** Continue for 9 minutes.

**To End:** Without breaking the pace of the exercise, stick the tongue out and down all the way. Continue for 15 seconds more. Then inhale, bring in the tongue and fix the arms at 60 degrees, so that they form an arc around the head with the palms facing down about six inches apart over the head. The hands are still in Lion's Paws. Hold the breath for 15 seconds. Keep the arms fixed as you exhale and inhale completely. Then hold the breath for 30 seconds. Relax and let the arms down. Meditate at the Heart Center. Follow the gentle flow of the breath. Chant an inspiring and uplifting song. Continue for 3-5 minutes.





**Comments:**

This short one-exercise kriya has a powerful and immediate effect on the brain and its electromagnetic field. The pressure in the hand position triggers reflexes in the fingertips to each area of the brain. The movement of the arms moves the lymph in the lymphatic system. It also pressurizes the nervous system to change its current state. The Breath of Fire added to the motion enhances functioning of the pituitary and stimulates the pineal gland to increase the radiance and subtle frequency of the brain's projection.