

# KUNDALINI YOGA KRIYA

## STIMULATE YOUR CHAKRAS

Yogi Bhajan • December 20, 1999

Sit in Easy Pose.

**MUDRA:** Put the fingers of your left hand on your forehead touching your Third Eye Point, placing the Mercury finger at the Brow Point and stacking the remaining fingers up the midline of the forehead. Extend your right arm out straight forward from your shoulder with the palm facing left.

**EYES:** Close your eyes, hold the position.

**BREATH:** Breathe slowly and deeply, and meditate silently. Recharge your body with energy.

**TIME: 18 minutes.**

**TO END:** Inhale, hold your breath 5-10 seconds, and exhale. Repeat this sequence one more time. Then inhale, hold your breath 10-15 seconds, and, with your fingers interlocked over your head, stretch your spine upward. Exhale and relax.



### COMMENTS:

This *kriya* is for handling the pressures of the Information Age. As you do the posture, your breathing will change. Use your breath, the energy of prana, to carry you through. Keep your right arm stretched out parallel to the ground, to catch up with the magnetic field of the earth. Your left hand is at your pituitary to balance the heavens. The force of your breath will become longer and more powerful. Your body will start feeling pain. This pain will give you endurance, endurance will cause you to rise above your situations, and, once you rise above yourself, you've got it.

*"This life is not for wasting. It is for reaching the wonderlands  
of your own consciousness."*