

## **Kundalini Yoga Kriya for a Healthy Heart and Lungs**

Here is an awesome kundalini yoga kriya for a healthy heart and lungs, followed by three beautiful meditations to choose from. You can decide to practice just one meditation on its own or choose one and practice it after completing the exercise set for a really deep kundalini session.

Please follow the directions carefully. Have fun and I look forward to seeing you in Birmingham at the Ceremony Space or my exciting chakra balance workshop for kundalini yoga, meditation, and mantra!

### **ANAHATA ACTIVATION**

Tune in by chanting

ONG NAMO GURU DEV NAMO x3

(I bow to the Infinite Creative Consciousness.

I bow to the Divine Wisdom, the teacher within and without.)

Aad Guray Nameh, Jugaad Guray Nameh, Saat Guray Nameh, Siri Guru Devay Nameh x3

(I bow to the primal wisdom. I bow to the wisdom through the ages. I bow to the true Wisdom. I bow to the great unseen wisdom.)

New Lungs and Circulation Kriya

#### **1. Backward Arm swings**



Stand up straight with the weight equally balanced with the feet rooted into the earth hip width apart. Keep the elbows locked tight with the arms perfectly straight and press the tips of the Mercury fingers ( baby fingers ) to the tips of the thumbs keeping the other fingers straight to create buddhi mudra ( the seal of mental clarity) . Begin to circle the arms simultaneously in a backward motion working from the shoulders keeping the elbows strong and straight, work to keep this movement rhythmic and dynamic for 5 mins. Put your whole self into creating these powerful giant circles working at a steady pace that feels comfortable and consistent to you. To finish inhale as you reach the arms up to the heavens and then exhale the arms down sweeping through the aura.

This exercises flushes the upper lymph system and stimulates the heart, lungs and chest meridians.

## 2. Forward arm swings.



Close all the fingers into a fist with the thumbs firmly clamped tight underneath the fingers then swing the arms in the opposite direction in forward circles. Be sure to keep the elbows locked and the movement vigorous, continue for 2 minutes. To finish inhale the arms forward and parallel to the ground and hold briefly before exhaling powerfully.

This exercise enhances the first posture and brings circulation to the neck and the cheeks.

## 3. Front bend bounce



Keeping the feet hip width apart bend forward from the waist and strike the ground seven times as you chant the mantra 'Har' (creative infinity) powerfully from the navel each time you strike. Make sure the tip of the tongue touches the roof of the mouth when you pronounce the 'R' so that the mantra activates the upper glandular system by the action of the tongue flicking the roof of the mouth. On the eighth beat stand up and clap the hands above the head with the arms straight and at the same time make the sound 'Hari ' (creative infinity in action). Continue repeating this action for 7 mins. To finish inhale as you reach up to the heavens and exhale sweeping the arms down through the aura.

This exercise stimulates the manipura chakra, improves the digestive system and releases energy for the body to heal by removing negative emotions such as anger, fear, confusion and frustration.

#### 4. Leg lifts with breath of fire



Sit with you legs and heels together extended in front of your body. Place your hands beside your hips as you raise and lower both legs up and down together at a 60 degrees angle with a consistent breath of fire ( as the navel pulls in it pushes the air out through the nostrils or the mouth, focus is on the power of the exhale, the inhale takes care of itself) perform this movement vigorously with one breath of fire when the legs are up and one when they are down. Continue for 2 mins. To finish inhale the legs and hold them at 60 degrees then exhale them down. This enhances the circulation in the lower triangle, stimulating the lower colon and strengthening the navel and legs.

#### 5. Criss cross legs with breath of fire

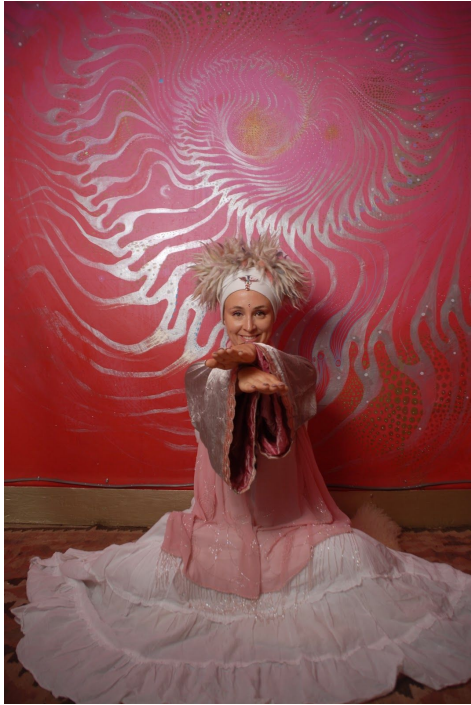


Remain in the same position as the last posture but this time hold the legs firmly in the air and then open and close them out to the sides at a 45 degrees angle in a criss cross movement, alternating the leg that

goes on top each time. synchronise the movement with breath of fire and continue for 2 mins. To finish inhale and hold the legs together strong and still and then exhale them down.

This reinforces the benefits of the previous exercise, strengthens the sexual system and adds balance to the electro magnetic field.

#### 6. Criss cross arms with breath of fire



Sit in lotus and extend both arms out straight parallel to the earth and each other with the palms facing down. Begin to make a criss cross motion alternating the arms over each other returning to the original position each time they separate, work with a breath of fire ( powerful pull to the navel that shoots the breath through the nose on the exhale).

Continue for 1 minute.

To finish inhale the arms parallel squeeze mulbhand and relax.

The breath rhythm synchronises the electromagnetic field of the heart as the movement rejuvenates the lungs.

#### 7. Baby pose with breath of fire





Kneeling down with your buttocks resting on your heels fold yourself forward so your third eye is kissing the earth, let your hands rest beside your feet with your palms facing up to the heavens. Keep your focus with the Ajna chakra and begin pumping the navel with breath of fire for 1 minute. To finish inhale deeply and the exhale completely.

This brings a circulatory flush to the brain, eyes and upper glandular system.

#### 8. Moving yoga mudra



Remain in baby pose and interlace the fingers together in hammer lock with the thumbs folder over to secure the grip then starting from the base of the spine lift the arms up as high as they will go into yoga mudra and begin to alternate between the two positions performing one breath of fire in the upward position and one breath of fire at the starting point. Continue this motion powerfully for 2 minutes.

To finish inhale as your hold the arms up and then exhale them down to relax.

This exercise works on the top of the lungs and strengthens the electro magnetic field.

## 9. Meditate



Sit majestically with your spine perfectly straight and your head on the sternal notch so that there is a smooth path for the energy to flow from base to crown.

Place your hands in gyan mudra

(first finger and thumb touching) focus on the third eye (Ajna chakra) sitting in your grace, in silence meditate on the unlimited and the vast.

## 10. Relax completely

### Benefits

- This Kriya rebuilds the lungs and improves circulation throughout the body. It will fill you with energy and vitality, stabilising your emotions and strengthening the physical heart and balancing the Anahata chakra.

- it will take Just 22 minutes a day and prepare your lungs perfectly for a pranayam practice or one of the 3 meditations suggested below.

### Comments

Always tune in before you practice. If you wish to perform a meditation from the 3 suggested below then choose one that resonates with you and practice it after the Kriya or just on its own if you prefer and don't forget to take a savasana and tune out at the end of your session.

- Be sure not to aggravate any injuries by pushing yourself beyond your capabilities if you are new to the practice build the longer times up slowly .

- Ladies if you are on moon time or pregnant practice long deep breathing instead of breath of fire.

- Also please note that to get the full benefits and the deeper experience of any Kriya or meditation it is suggested that you practice it every day for 40 consecutive days as is the tradition in kundalini yoga.

## Beginners

### Meditation for a Calm Heart



#### Mudra

Sit in easy pose with the eyes closed and a light Jalandhar lock. Place the left hand flat over the sternum point at the heart centre (Anahata chakra) with the fingers pointing to the right and the thumb pointing up.

Place the right hand in Gyan mudra (Jupiter finger and thumb touching) with the others fingers pointing upwards. Place this hand to the side of the body facing forward as if taking an oath.

#### Breath

Concentrate on the flow of the Breath in four equal parts regulate each segment of the breath consciously. Inhale through both nostrils evenly, suspend the breath comfortably holding it and raising the chest a little. Exhale through the nostrils smoothly and then evenly suspend the breath out for the same amount of time.

Continue this cycle for 3-31 mins!

#### To finish

Inhale deeply and exhale powerfully 3 times to complete.

#### Benefits

It gives an awareness of the power of the breath, physically conditioning the lungs and strengthening the heart muscle. Emotionally it adds clear perception to your relationships both with yourself and others.

The left palm creates a deep stillness at the natural home of prana (the heart centre) .

The right hand that is usually associated with projection and action is in the position of peace inducing a calm and serene state!

#### Modifications

- Be sure to build the breath suspensions up slowly. You should not be rasping or gasping for breath is should be smooth and calm.
- Beginners should begin with 3 minutes then rest for a minute and perform another 3 mins building up gradually.
- Keep the spine straight at all times with the head on the sternal notch.
- For a more advanced practice of concentration and rejuvenation practice it up to 31 mins.

#### Contraindications

- do not suspend the breath for too long in or out if you are pregnant. Just keep it slow and steady.

#### Intermediate

##### ' The Caliber of Life Meditation'



Sit in lotus with your spine straight and a light Jalandhar lock. Extend both arms straight forward and parallel to the earth.

Curl the fingers of the right hand into a fist with the thumb pointing up and place it in line with the heart chakra (sternum point). Extend the left arm and wrap the fingers of left hand around the right fist, also with the thumb extended upwards.

Create a V shape with the thumbs and connect the base of them together to seal the mudra tight!

Keep the eyes open and focus on the thumbnails and stare into infinity through the V shape you have created.

#### Breath

Inhale deeply and fill the lungs to the count of 5 then exhale and empty the lungs completely to the count of 5 then suspend the breath out for 15 seconds.

Remain perfectly still throughout and continue this breath cycle for 3-5 mins gradually building up to 11 mins.

#### To finish

Inhale deeply and exhale  
I'm completely 3 times.

#### Benefits

Builds tremendous strength in the nervous system helping to alleviate depression and banish discouragement and despair.

It will give you stability and trust in yourself. It adjusts the projection and the command of the breath, improving the caliber of your capacity to reach personal excellence and fulfil your destiny.



### Modifications

Cultivate this practice slowly and be sure you can do the meditation perfectly for the entire length of time you choose to practice  
Otherwise you must lessen the time.

When you have mastered it you can increase the time you hold the breath out from 15 - 60 seconds as long as its comfortable to you. Build it up to 11 mins but never perform it for longer, as this is the perfect amount of time to integrate the projection of the prana throughout the pranic body.

### Contraindications

-If you feel dizzy or disoriented during this practice be sure that you are performing the breath suspension correctly with the spine straight and Jalandhar bandh applied with both the elbows locked out.

- Do not practice if you are pregnant

### Advanced

#### The Liberated Heart Meditation



### Mudra

Sit in lotus or easy pose with light Jalandhar bhandh ( neck lock ). Press the tips of the thumbs together 6-8 inches in front of the face in line with the bow of the lips forming a little arc. The palms face forward and the fingers are curled into the hand so the pads press onto the mounds at the base of the fingers. The elbows are relaxed down by the side of the chest and the drishti (eye focus) is on the tips of the thumbs.

### Breath

Inhale completely in 8 even strokes ( sniffs through the nostrils) then exhale through the nose also in 8 even strokes.

Time each segment so that you reach your lung capacity evenly. One entire breath cycle (16 strokes ) should take about 10 seconds. Meditate on the sound of the breath and Continue for a minimum of 11 mins building up to a maximum of 31 mins.

#### To finish

Inhale deeply and hold the breath for as long as is comfortable then exhale powerfully. Inhale again then stretch the hands up at the same time pulling on the spine and squeezing the hands as you open and close the fists then hold still and exhale powerfully. Repeat this process again then exhale and relax.

#### Benefits

This meditation will bless you with inner grace, a dominance of the neutral mind and sattvic guna. It will give you strength equanimity steadfastness & immunity.

#### Modifications

- Take little arm breaks when needed in the beginning as you will have to build your stamina slowly to hold for the full duration.
- Be conscious to keep your spine perfectly straight with your head on the sternal notch so there is a smooth clear channel for the kundalini energy to flow.

#### Contraindications

- Do not perform this meditation if you are nursing any shoulder injuries.
- This is not a beginners meditation, it should be practiced with respect and the times increased gradually so that the nervous system can adjust to the psychosomatic changes it initiates.

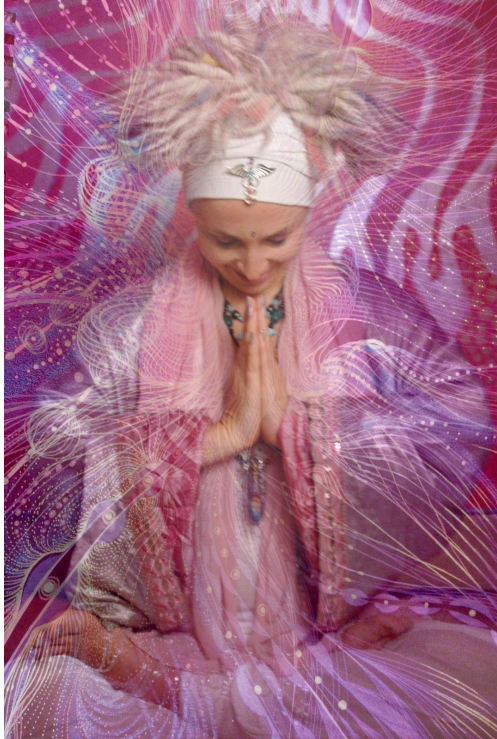
#### Tune out by chanting

#### THE SUNSHINE SONG

" May the long time sun shine upon you all love surround you and the pure light within you Guide your way on, Guide your way on, Guide your way on."

(We sing this song to the world. It blesses everyone and brings peace and clarity of mind to all who chant it)

Tune out by chanting SAT NAM 3 times



Sat meaning truth, Nam meaning Name 'Truth is our vibration/name'

For more info : [www.kwalikundalini.com](http://www.kwalikundalini.com)

Find Kwali teaching at : [www.triyoga.co.uk](http://www.triyoga.co.uk)

Purchase : 'Exalted' on 'I tunes'

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Profile

Kwali Kumara Hari Bhajan Kaur

I look forward to seeing you at the MBS ceremony space where I will be teaching and hosting an awesome array of cosmic healers, speakers & spiritual artists.

<http://www.mindbodyspirit.co.uk/birmingham>