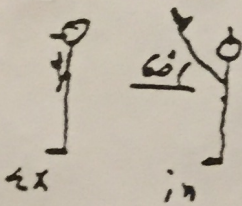
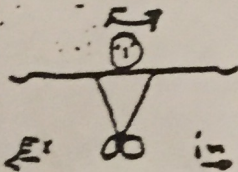


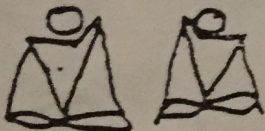
KANTHA PADMA KRIYA



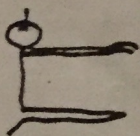
1). **Stand Straight.** Place the palms together in prayer pose at the center of the chest. Inhale deeply as you extend the arms up to a 60 degree angle from the horizon. Keep the palms together. As you inhale and lift the arms, let the head tilt up and back so you can look toward the sky. Exhale smoothly as you return the arms to the first position and as you bring the head to a normal position with the chin pulled in. Create a steady motion with the breath. Continue for 3-5 minutes.



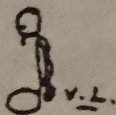
2). **Rock Pose.** Sit on the heels. Extend both arms out from the sides of the torso, parallel to the ground, palms facing up. Turn the head to the left with a deep inhale. Turn the head to the right with a deep exhale. Mentally inhale **SAT**, and exhale **NAAM**. Continue for 3 minutes.



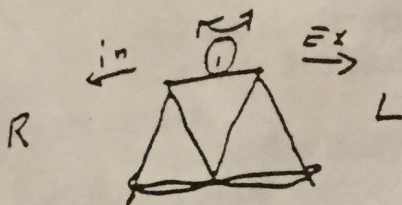
3). **Easy Pose.** Sit in an easy cross-legged posture. Place the hands on the knees. Start rhythmic alternate shoulder shrugs with a strong breath: inhale as you lift the left shoulder up, exhale as you relax the shoulder. Then inhale as you lift the right shoulder up, and exhale as you relax the shoulder. Continue 2 minutes, then inhale and lift both shoulders gently, keep the neck relaxed.



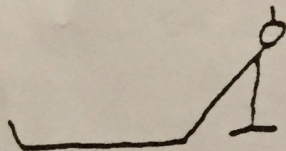
4). **Rock Pose.** Sit on the heels. Stretch both arms forward, parallel to the ground and to each other. Palms face down. Drop the head back to a comfortable angle to look toward the sky. Begin a steady powerful Breath of Fire. Continue for 3 minutes. Then inhale as you straighten the neck and pull in the chin. Relax.



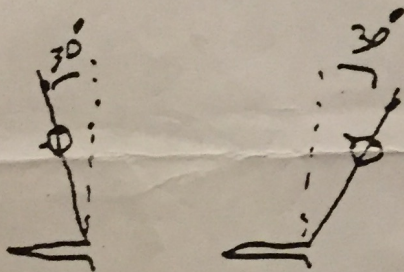
5). **Easy Pose.** Sit cross-legged. Interlace the hands in **venus lock**. Place the hands at the small of the lower back. Bend the head forward so the chin rests at the notch in the collar bone at the top of the sternum. Begin Breath of Fire. Continue for 3 minutes.



6). **Easy Pose.** Sit cross-legged. Spine erect, chest slightly lifted. Hands rest on the knees in **gjan mudra**. Inhale completely as you turn the head to the right. Exhale totally as you turn the head to the left. Mentally vibrate **SAT NAAM**. Continue for 26X or 3 minutes. Inhale to the center at the end and hold briefly as you focus at the brow point.



7). **Sit with Legs Out Straight.** The legs are together. Press the feet gently forward. Place the hands on the ground at the sides and behind the hips. Angle the spine back 30 degrees from vertical. Lift the head up and back to look toward the sky. Start a steady, long deep breath. Continue for 5 minutes. Then inhale and straighten the neck. Relax.



8). **Sat Kriya Position.** Sit on the heels. Lock the fingers together. Cross the thumbs. Point the index fingers up. Raise the arms over the head and hug the ears. Elbows straight. Inhale as you tilt arms, head and torso forward 30 degrees. Move them as a single unit that pivots from the base of the spine. Exhale deeply as you go up then back to 30 degrees from vertical. Continue this motion for 3 minutes. Then inhale straight, exhale and apply **mahabhandas**. Relax.

COMMENTS:

This set is named "The kriya for the lotus of the throat." It is a complete workout for the thyroid and parathyroid glands. It also helps the thymus gland and the immune system. Follow this set with a deep meditation on the heart center or on the higher chakras. If you want a great experience of the energy and beauty of Kundalini Yoga, do this kriya every day for 40 days. Do it at the same time each day. Follow it by chanting the mantra **SAT NAAM SAT NAAM SAT NAAM SAT NAAM SAT NAAM WHAHE GURU**. Chant in a steady rhythm with a quick small inhale after **GURU**. Meditate this way for 31 minutes. Then sit silently and survey all you words of the previous day to understand if they were truthful and from the heart. During the 40 days be humble, forthright, sincere and truthful. It will open the power of Vach Siddhi- the power of your

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Compiled by Gurucharan Singh Khalsa, PhD**

word. You will understand the real meaning of what is spoken. You will increase your sensitivity to speak what is true. Your word will gain force with yourself and with others.

Prepare the body and the glands with a good kriya. Once the body-soil is tilled then plant deeply into it the seeds of NAAM or creative sound that serve as a template for further development. This combination is an excellent yoga class. But sometime choose a complete set like this to master for 40 to 120 days.