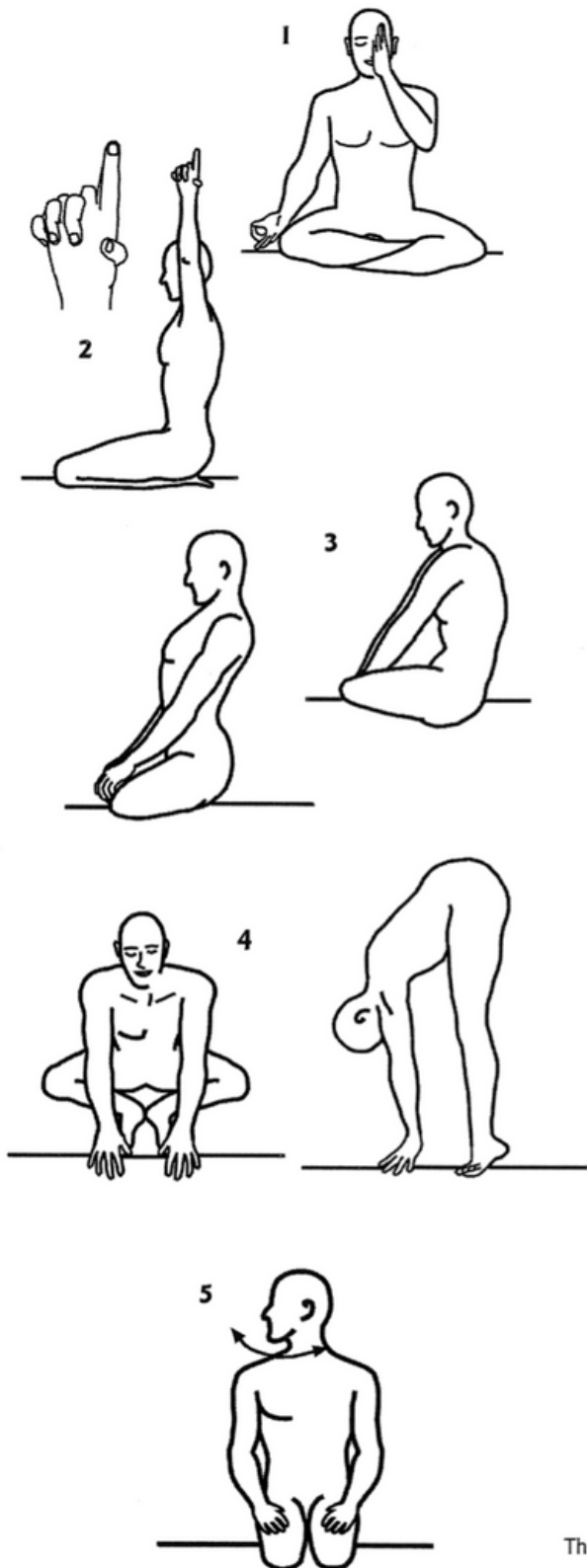


Surya Kriya 1 OF 2



1) **Breathing through the Right Nostril.** Sit in Easy Pose with a straight spine. Rest the right hand in Gyan Mudra on the knee. Block the left nostril with the thumb of the left hand. The other fingers point straight up. Begin long, deep, powerful breaths in and out of the right nostril. Focus on the flow of breath. Continue for **3 to 5 minutes**. Inhale and relax.

This exercise draws on the "sun" breath and gives you a clear, focused mind.

2) **Sat Kriya.** Sit on the heels with the arms overhead and the palms together. Interlace the fingers except for the index fingers, which point straight up. Men cross the right thumb over the left thumb; women cross the left thumb over the right. To do Sat Kriya begin rhythmically chanting *Sat Naam*, emphasizing *Sat* as you pull the navel in. On *Naam* release the lock. Focus at the brow point. Continue for **3 minutes**. Then inhale, suspend the breath, apply *mulbandh* and imagine your energy radiating from the Navel Point and circulating throughout the body. Relax. Repeat the exercise for **3 minutes**. Then inhale, apply *mulbandh*, and mentally draw all the energy to the top of the fingertips. Relax.

This exercise releases energy stored at the Navel Point.

3) **Spinal Flex.** Sit in Easy Pose. Grasp the shins with both hands. Inhale, stretch the spine forward and lift the chest. Exhale, let the spine flex backwards. Keep the head level during the movements. On each inhale mentally vibrate the mantra *Sat*, on the exhale vibrate *Naam*. On each exhale apply *mulbandh*. Continue rhythmically with deep breaths **108 times**. Then inhale, hold briefly with the spine perfectly straight. Exhale. Relax.

This exercise brings the released kundalini energy along the path of the spine and aids its flexibility.

4) **Frog Pose.** Place the toes on the ground, heels together off the ground, fingers on the ground between the knees, and lift the head up. Inhale, raise the buttocks high. Lower the forehead towards the knees and keep the heels off the ground. Exhale, come back to the original squatting position, face forward. Continue with deep breaths **26 times**. Inhale up, then relax down onto the heels.

This transforms the sexual energy.

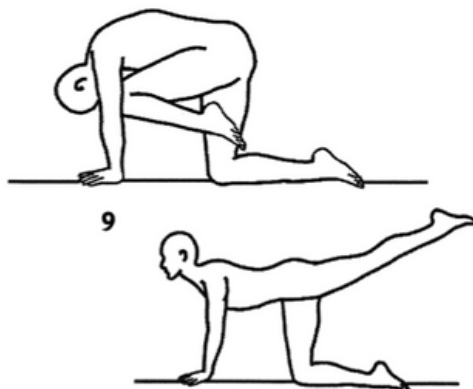
5) **Neck Turns.** Sitting on the heels, place the hands on the thighs. With the spine very straight, inhale deeply and turn the head to the left. Mentally vibrate *Sat*. Exhale completely as you turn the head to the right. Mentally vibrate *Nam*. Continue inhaling and exhaling for **3 minutes**. Inhale with the head straight forward. Relax.

This opens the throat chakra, stimulates circulation to the head and works on the thyroid and parathyroid glands.

This set is from *Sadhana Guidelines*.

Stress Set for Adrenals & Kidneys 2 of 2

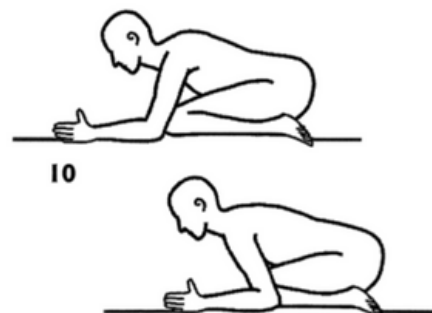
9 **Modified Cat-Cow.** In cat-cow position, exhale as you bring the left knee to the forehead, and inhale as you stretch the leg out and up in back. Do not over-extend. Switch legs. **1-3 minutes.**



10) Sitting on the heels, bring the forearms to the ground in front of knees, palms together, thumbs pointing up. Inhale as you stretch over the palms, and exhale back. Keep the chin up to create pressure at the lower back.

1-3 minutes.

11) **Back Rolls.** Bring the knees to the chest, nose between the knees, breathing normally, and roll back and forth on the spine. **1-3 minutes.**



12) *Totally relax.* It is nice to relax for an hour afterward. Have a glass of water. This set is done with very little pause between the exercises.

COMMENTS:

Do we have a reserve capacity to get to our destination despite the snowstorm? Our energy can be flowing, we can be eating well, sleeping enough, but if our adrenals fail, it is hard to keep up. We get tired and snappy. Glandular balance, and in particular, strong adrenals and kidneys are important to have that extra edge, to control anger and hypoglycemia. Without strong adrenals and kidneys, the heart can't function well.

