

WOMAN AS HER OWN PSYCHOLOGIST II

4. Sit in Easy Pose with the navel pulled in and chest out. Tuck the chin in to form a straight line from the base of the spine to the top of the head and lock yourself in this posture. Extend your arms up to 60 degrees with the palms facing each other. Keep the arms straight with no bend in the elbows. Inhale and extend the arms up to 90 degrees, then exhale and lower the arms to 60 degrees. Continue for **5 minutes** taking one complete breath every 2 seconds. (*The recording of Jaap Sahib by Ragi Sat Nam Singh is used.*) Extend the arms straight up to 90 degrees on the first accented beat—*Namastang* or *Namo*, then back down to 60° on the second beat. Do not move at all during musical phrases. Do this as a perfect drill through Verse 28 (*to Chaachree Chand*). Move in perfect rhythm with the music. To end, inhale, exhale and relax.

Physically this exercise stimulates the heart, circulatory system and glandular system. It works powerfully on the mental realm as well, training you to concentrate and gain control of your mind and 'sahibi' or control over your domain.

5. Remain in Easy Pose. Breathe long and deep and meditate to the music for **5 minutes**. (*The song Himalaya by Sat Peter Singh was played in the original class. Select any uplifting and relaxing 3HO music.*)

6. Lie down on the back with the legs crossed at the ankles and hands crossed over the heart. Relax in this position and breathe long and deep for **5 minutes**. (*The song Promises by Sat Peter Singh was played in the original class. Select any uplifting and relaxing 3HO music and relax.*)



4



6

About This Kriya

When you control your domain you act from the center of your being. In the realm of mind it means you can hold and project an important thought. In the realm of body it means you are able to circulate blood from the core to the outlying limbs and glands. This kriya gives you that command in both realms.

The deep muscular tension released through these exercises enables the blood to flow freely to all parts of the body, feeding the cells with oxygen and nutrients, and flushing the body of toxins and the byproducts of normal metabolism.