

INNER VITALITY AND STAMINA

Yogi Bhajan often said that we could revitalize ourselves in as little as 15 or 20 minutes.

Many of the *kriyas* and meditations that he gave for increased vitality would gradually build energy within our system, circulate the energy we already have or release the blocks keeping us from our own energy. The goal is to use the energy that is always, naturally with us. Yogi Bhajan thought of vitality as a property of our being, a quality of our spirit. It was not so much something that we get, acquire or possess but rather a gift that is always within us, which we can accept, nurture and release. Vitality is expressed in our flow of life and in our intuitive sense that guides us to act with integrity, innocence and kindness.

Because vitality is an innate part of our being, we can do certain, simple things for a very short time and have a profound effect. If there is a dam with miles of water locked up

behind it, all we have to do is open the gate. That rush of water clears every obstacle before it, making a way for the streams to flow and for growth to come to the thirsty lands awaiting it.

This *kriya* unleashes the energy that is within you. It begins by stimulating the Navel Point energy and releasing the reserve energy that is stored there. It brings that energy to all the meridians in the body.

Then the exercises systematically awaken the same flow of energy from the solar plexus up to the throat. The *kriya* then guides the energy to the higher centers and glands.

Finally, it opens the energy superhighway of the *sushmu-na* and the spine. The *kriya* ends with a short navel meditation for healing that creates the effect of *Ang Sang Wahe Guru* in every cell of your body.

It's a simple set. Its effects are immediate. It's appropriate for beginners and advanced alike.

KUNDALINI YOGA KRIYA
INNER VITALITY & STAMINA

Yogi Bhajan • Spring 1992

1. Balance on your toes and fingertips with the knees straight but not locked. Rapidly move your hips from side to side like an animal swishing its tail. **3 minutes.**
2. Sitting in Easy Pose, lean back to 60°. Fold your arms across your chest and lock your elbows with your hands at diaphragm level. Keep your neck straight with your chin pulled in and roll your shoulders forward in a circle. **3 minutes.**
3. Come into Baby Pose. Bring both hands to the small of your back and interlock your fingers. Raise your arms up into Yoga Mudra. **3 minutes.**
4. Cross your legs in Lotus Pose and lean back on your elbows. **3 minutes.**
5. Stretch your legs out in front of you and grab your toes. Bring your head to your knees and come back up. Do this movement rapidly—11 times only. Breathe normally; do not do Breath of Fire.
6. Sit in Easy Pose, with your hands in Prayer Pose in the center of your chest. Focus your eyes at the tip of your nose. Keep your chin in, chest out and neck straight. Pump your navel point and imagine 30 trillion points of light in and around you. **3 Minutes.**
TO END: inhale deeply, hold your breath and tighten every muscle of your body. Hold the breath for 10 seconds and then let it go out of the mouth explosively like cannon fire. Repeat this 2 more times.

Respiro. Facile via verso il silenzio

Yogi Bhajan, 23 gennaio 1998 – LA927

1) Mani in gyan mudra a lato del viso, cassa toracica in avanti. Inspirate dalla bocca ad O ed espirate dal naso. Chiudete gli occhi e concentrateli alla punta del naso.

3 minuti

2) Mantenete la posizione. Cominciate a fare respiro di fuoco dalla bocca ad O. **3 minuti**

3) Mantenete la posizione. Tirate fuori la lingua e fate respiro di fuoco dalla bocca. **3 minuti**

Per finire - Inspirate profondo dalla bocca, portate la lingua dentro e veramente lentamente espirate dalle narici, fermando 3 volte il flusso dell'aria che esce. Ripetere questo ciclo altre 3 volte.

4) Rilassate le mani e andate nel silenzio totale, senza pensieri per **3 minuti**. Shunnya.

