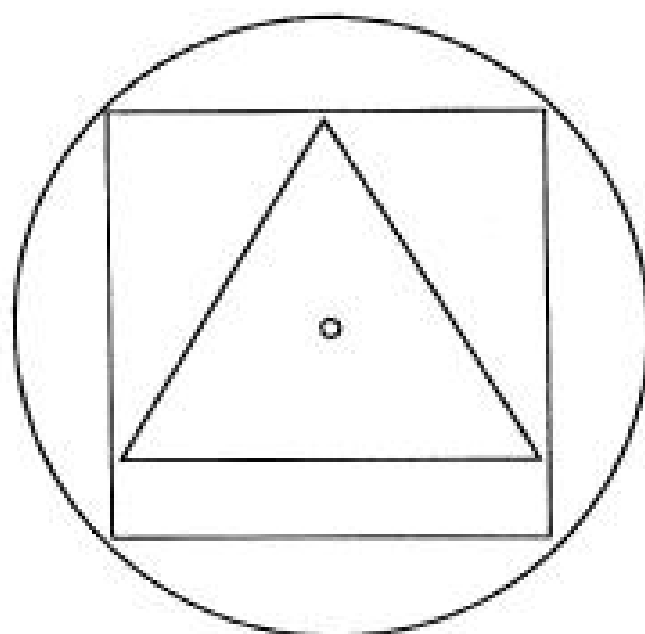


ASANA KRIYA



--jost--

ASANA KRIYA

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*To Allfather,
who has guided me in
writing this booklet,
as he has guided me
all through life.*

– Jost

*For those who realize that to change the world,
you must first change yourself!*

NS Kindred

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Asana Kriya

The path of the Siddha, the path of Wotan, is to evolve to the highest state, and to use that advancement to help raise the evolutionary level of the entire planet. The physical body is an integral part of the individual, and it must be evolved along with the mind. If the body is neglected while the mind evolves, the natural deterioration of the body will hamper progress. (In fact, evolving the mind without the body will actually accelerate the deterioration of the body.) But the physical body, even if presently weak or infirm, can be used to great advantage to rapidly accelerate the individual's evolution. The Aryan Siddhas discovered that certain physical motions and positions greatly stimulate the energy centers while at the same time healing, purifying, and evolving the physical body. Hence, many of the Kriyas are oriented to the physical body.

The Siddhas of Aryavarta developed many physical exercises to heal and evolve the body and to keep it healthy and toned. Babaji Nagaraj selected eighteen of these for a simple exercise routine which services all the essential areas of the body. This unique exercise routine, *Asana Kriya*, was designed to heal, purify, and keep the student's body in perfect health and agility, as well as to move the energy upward toward the higher centers. The daily practice of Asana Kriya, along with a natural diet, will eliminate illness and infirmity (even the infirmity of old age) from the life of the student once and for all.

How Asana Kriya Works

Asana Kriya keeps the physical body free from functional disorders and diseases by relaxing and rejuvenating the muscles and tendons, massaging the internal organs and glands, and strengthening all of the energy centers in the body to permit the unobstructed transmission of Pranic energy.

Besides the seven large energy centers along the spine, there are hundreds of smaller energy centers throughout the body which service particular muscles, joints, organs, etc. The ultimate cause of all disease or infirmities is always an obstruction to the natural flow

of Pranic energy through these centers and channels (caused by injury, toxins, or improper diet). Removing obstructions and allowing the Pranic energy to flow naturally will permanently heal illness and infirmity.

The physical motions of Asana Kriya not only strengthen particular muscles, joints, ligaments, and internal organs, but also stimulate, strengthen, and remove obstructions from the energy centers and channels which service that area. Stimulation of the energy centers amplifies any physical stimulation. Over a period of time, the daily practice of Asana Kriya will heal and recondition the entire body, slowly but steadily bringing all the muscles, joints, and internal organs back to their natural state.

Healing and Purifying the Body

Asana Kriya is truly remarkable. There are many examples of how faithful practice of Asana Kriya has cured even severe diseases such as diabetes, arthritis, and cancer. I have practiced these exercises daily for several years, and I have realized many amazing regenerative effects on my own physical body. One noteworthy example of this concerns a chronic lung condition from working with toxic materials:

After I had returned from Vietnam, I worked as a longshoreman in San Francisco. During that time I loaded raw asbestos, literally working in the midst of a cloud of white asbestos dust. Years later, the fibers in my lungs began to take a noticeable toll on my health, strength and endurance. I resigned myself to a continuing physical degeneration caused by this condition. However, after learning Asana Kriya and several years of daily practice, I found to my surprise and delight that all symptoms of fibrosis had disappeared. My strength, endurance, and agility has returned to a level as good as it was 20 years earlier. Needless to say, I continue to practice Asana Kriya daily.

I also reversed another lung disorder with Asana Kriya: Just before I learned Asana Kriya, I had developed a severe case of asthma. My condition was so bad that I wouldn't dare leave the house without my lung spray. I could not be anywhere around dust or smoke. The

medical profession offered no cure for my condition. But after I had learned Asana Kriya, I not only practiced the routine every day, but I further practiced Viparita Karani (Asana Kriya 7), along with special Mantras for the Anahata energy center, for 10 minutes each morning and 10 minutes each evening. Within 2 weeks, the asthma vanished and I have had no problems with it since. I am no longer bothered by dust or smoke.

Make time in your life for daily practice of these amazing exercises. Regardless of your age or your physical infirmities, you will realize dramatic changes in your health, a steady purification and rejuvenation of your body, and advancing evolution.

Guidelines for Practice of Asana Kriya

Obviously, the best method of instruction for Kriya is direct initiation. But considering the very few who even have the desire, let alone the self-discipline necessary to effectively use this ancient Aryan science, and the dire need for more Aryans of advanced evolution to pull this earth out of dark age chaos, it is necessary to offer this instruction in written form. We have done our best to explain each Asana Kriya, and we have included an illustration. Fortunately, there is a video available as well. Marshall Govindan has produced a video demonstrating Asana Kriya (reasonably termed Kriya Hatha Yoga in the Tamil tradition). Of additional interest, the video was made in the Himalayas at Badrinath (the very heart of ancient Aryavarta), near the abode of Babaji Nagaraj. Although this video is oriented toward the new-age audience, it is still an excellent aid for learning Asana Kriya, and we highly recommend it. The video is available through Kindred Publications.

[Note: In the aforementioned video on Asana Kriya, Marshall Govindan gives us a panorama of the Himalayan mountains, the heartland of ancient Aryavarta, and tells his viewers that "Babaji Nagaraj is a great broadcasting station, sending vibrations of peace and love throughout the world". While many may consider this simply some new-age jingoism, there is, however, great truth in his words which we should all understand. As we noted in *Kriya: The*

Ancient Aryan Science of Accelerated Evolution, the earth is now in a great galactic dark age cycle, which has noticeably retarded mankind's natural evolutionary advancement by 400 years. This is the first time this has happened since humankind has been on this earth, and the increased distance from the Galactic energy center is having a sorely degenerative effect on humanity. But this effect would be much, much worse if it were not for a few great Siddhas such as Babaji Nagaraj. These advanced beings are tremendous generators of energy, and their presence on this planet adds materially to the world's energy level, and this actually counteracts and lessens some of the dark age effects. If it were not for this, we would be in much worse shape today. Moreover, by practicing the Kriyas and advancing our own evolution, we add even more energy to the energy field of the great Siddhas, thereby raising the level — and the consciousness — of the whole planet. We are all desperately needed for this important task! But Babaji Nagaraj is not just sitting around sending out energy. He and his major students are very, very busy with important activities to change and uplift this degenerating world. As we advance on the path, we, too, will not only add to the energy field, but also become more and more active in the struggle against the dark age forces.]

The following are some important points to remember in learning and practicing Asana Kriya:

- * Each Asana Kriya is uniquely designed to heal, tone, and regenerate a certain area of the physical body, and stimulates one of the seven large energy centers, helping to open that center and move the energy up to the higher centers. Other areas of the body and other energy centers may also be affected and benefited, but the description of each Asana Kriya below will usually note only the primary area and the primary energy center which it affects.

- * The Asana Kriyas should always be done in pairs, each Asana Kriya with its own counter Asana Kriya, so that the stretching of muscles and joints in one direction will be balanced by stretching in the opposite direction.

* Asana Kriya is always done in stages, and these stages are numbered in the descriptions below. Never force yourself into a stage which you are unable to do comfortably. Remain in the former stage, gently training yourself over a period of time to perform the more difficult stages. It is not necessary to do the exercises perfectly to realize the benefits. Do them only as far as you can, steadily limbering and stretching your body, and you will eventually be able to master all of the exercises. If you have old injuries which prevent you from assuming some of the more difficult positions, do not let this discourage you. Simply go as far as you are able and perform as much of the exercise as you are able. You will still receive many of the benefits. There are some infirmities which certain of the Asana Kriyas could aggravate. These are noted under "Cautions" in the descriptions below. If you have such infirmities, be especially cautious in doing the Asana Kriya, or if the condition is severe, omit that Asana Kriya from your practice for the time being.

* Always breathe normally during practice of Asana Kriya. Never hold your breath. Holding your breath during exercises will actually shorten your life. The lungs function to extract oxygen from the air and replace it with waste materials. If the air is held in the lungs -- especially while tensing or exercising the body -- then the waste materials accumulate and begin to take the place of oxygen in the process. Hence, the body is toxified in its own waste materials, which will rapidly degenerate the organs, leading to premature death.

* All of the Asana Kriyas are begun from the standing position (erect, heels together, toes apart, and arms at the sides). After completion of each Asana Kriya and a period of relaxation, always return to the standing position before beginning the next Asana Kriya.

* Generally, each Asana Kriya should take about one minute to do. If there are variations, then the variations should all be done within one minute. Some Asana Kriyas can be done for longer periods of time, especially if done for therapeutic reasons (such as Viparita Karani for Asthma), but never exceed 10 minutes at any one time.

* Each Asana Kriya should be followed by a period of

relaxation equal to the period of exercise (one minute, unless the Asana Kriya was done longer). This is done laying on your back or on your stomach or in a relaxed standing position depending on the instructions. Relaxation allows the all the Pranic energy which was released from the stimulated energy centers to flow throughout the body, regenerating and healing it.

* The first Asana Kriya stimulates the Sahasrara energy center, which polarizes the energy flow toward the higher centers. The second Asana Kriya also polarizes the flow of energy by stimulating each of the major energy centers. At the same time it gently loosens and stretches the body, preparing it for the rest of the exercise routine.

* Mudras and Mantras are done in conjunction with the first two Asana Kriyas. The hands are placed in Mudra position -- palms together, fingers together and extended -- at the energy center in order to increase the energy field around that center, which, of course, strengthens the center. Then *The Kriya Mantra* is chanted audibly. This stimulates and further strengthens the center. The Kriya Mantra, *Om Kriya Babaji Nama Aum* (Ohm Kree'-yah Bah'-bah-jee Nah'-mah Ah-ohm'), has been designed by Babaji Nagaraj to especially stimulate the energy centers. All the sounds in this Mantra stimulate the flow of Pranic energy. *Om* is a specific Mantra for stimulating the Vishudha energy center, and *Aum* is a specific Mantra for stimulating the Ajna and Sahasrara centers. The *Ah* and *Ee* sounds stimulate the Ida and Pingala energy channels respectively. *Nama* means salutations, that is, Salutations to *Kriya Babaji*, another name by which Babaji Nagaraj is known.

* The entire Asana Kriya routine should be practiced at least once a day, preferably in conjunction with your other Kriya practice. If you have a busy schedule, you can split your practice, for instance, doing one half of the Asana Kriyas in the morning and the other half in the evening.

The Asana Kriyas

Asana Kriya 1

(A Variation of) Sasamgasana

(Sah-sahm-gahsh'-ah-nah, the Hare Asana)

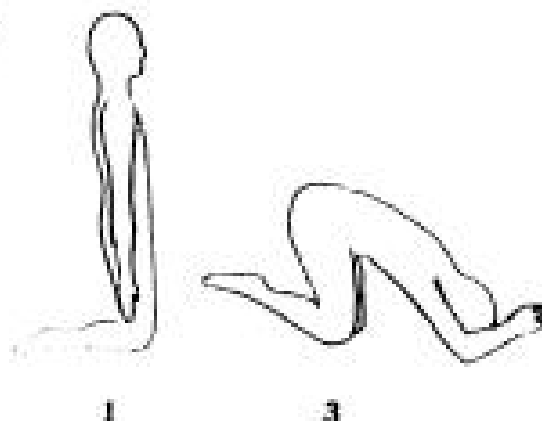
Counter Asana: Asana Kriya 18, Purna Shanti Savasana

Energy Center: Sahasrara

Physical Benefits: The sole purpose of this exercise is to stimulate the Sahasrara and to polarize the energy flow of the whole exercise routine to the higher energy centers.

Cautions: collapsed or slipped spinal discs

1. From the standing position (from which all the Asana Kriyas begin), kneel down, knees and legs together.
2. Place the crown of the head on the floor, keeping the hands at the sides.
3. Place the palms together in front of the head, increasing the energy field of the Sahasrara. Raise the feet, balancing on the knees and forearms. (This applies gentle pressure on the Sahasrara.)
4. Chant the Kriya Mantra, *Om Kriya Babaji Nama Aum*.
5. Lower the feet. Brings the arms and hands back to the side. Raise the head and stand up. Relax.



Asana Kriya 2
Suryanamaskara
(Soor'-yah-nah-mahs'-kah-rah, the Sun Salutation)

Counter Asana: This exercise contains its own counter Asana

Energy Centers: All

Physical Benefits: Further polarizes the energy flow. Prepares the body for the rest of the exercise routine by gently stretching and loosening all of the joints, muscles, and ligaments.

This is a very, very ancient ceremonial exercise which comes from pre-Vedic times in Aryavarta. It is designed to be done outside in the sun, with little or no clothing on, before 9:30 AM or after 3:30 PM, when the harmful rays of the sun are filtered. This allows the body to safely produce the necessary vitamin D from the sunshine.

1. Stand straight up with your heels together, toes apart, and the palms of your hands together above your head. Chant the Kriya Mantra, "Om Kriya Babaji Nama Aum". (The hand position increases the energy field while the Mantra stimulates the energy center.)
2. Place the hands, palms together, at the Ajna energy center at the forehead, between the eyebrows. Chant the Kriya Mantra.
3. Place the hands, palms together, at the Vishuda energy center at the throat. Chant the Kriya Mantra.
4. Place the hands, palms together, at the Anahata energy center at the heart. Chant the Kriya Mantra.
5. Place the hands, palms together, at the Manipura energy center at the navel. Chant the Kriya Mantra.
6. Kneel down, knees and legs together, and place the hands, palms together, on the top of the head. Chant the Kriya Mantra.

7. Assume the variation of Sasamgasana (Asana Kriya 1). Chant the Kriya Mantra.

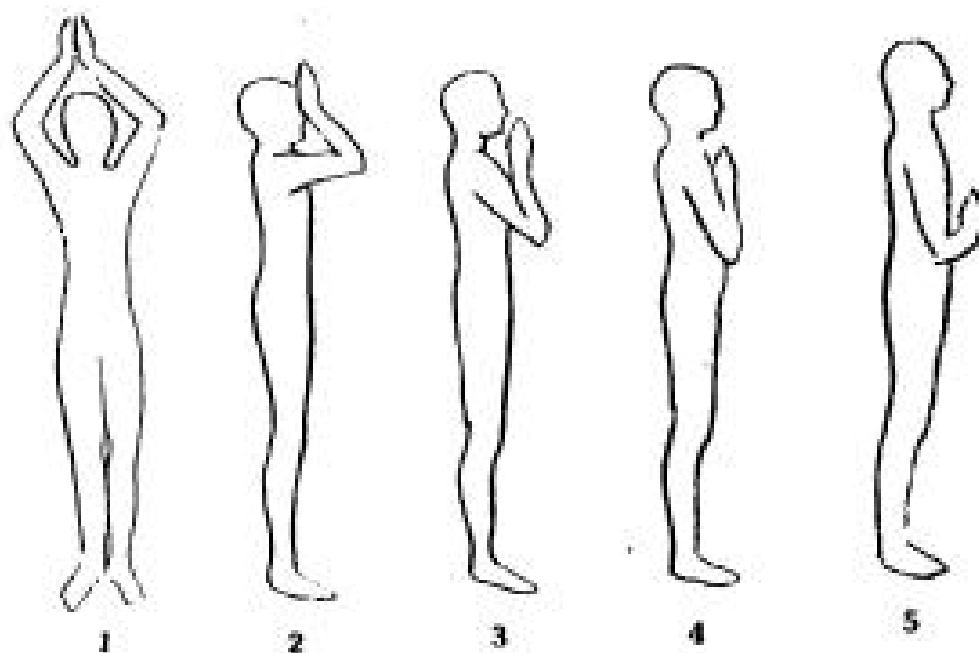
8. From the kneeling position, place your right knee forward with the top of the foot on the floor, your left leg stretched back with the top of the foot also on the floor, your back arched and your head looking up. Chant the Kriya Mantra.

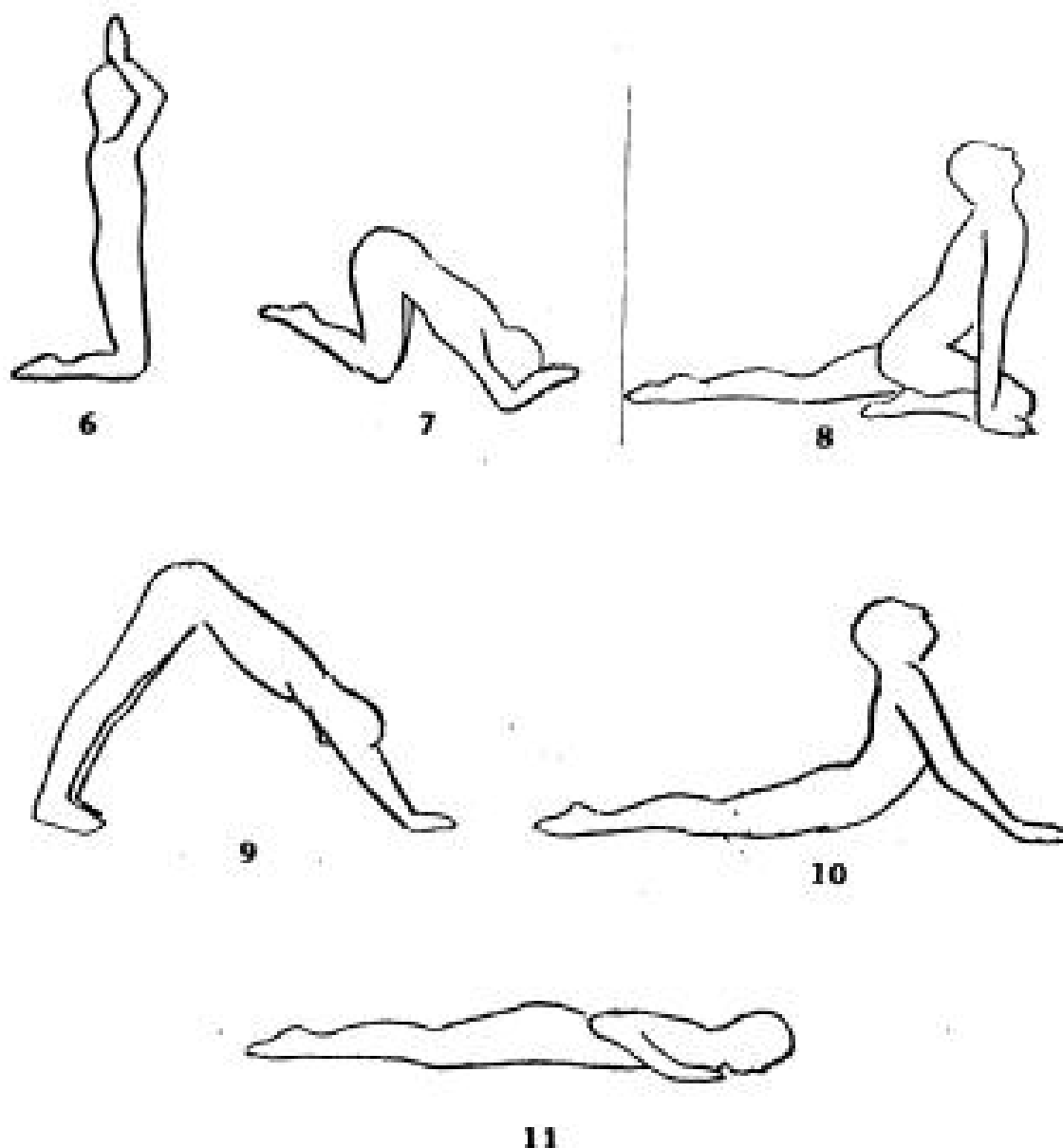
9. Bring your feet together with your heels close to the floor, legs straight. Place your hands about shoulder width apart. The body is bent with the hips raised and the head down. Chant the Kriya Mantra.

10. Lower your hips to the floor. Arch your back and look up and back as far as you are able. Chant the Kriya Mantra.

11. Lower the back and head to the floor (relaxed position). Chant the Kriya Mantra.

Now repeat the positions in reverse order, starting with #11 and going all the way to #1. Reverse the leg positions for #8 (left leg forward, right leg back). Chant the Kriya Mantra with each position. Relax.





Asana Kriya 3
Sarvangasana
 (Shahr-vahng-ahsh'-ah-nah, the Shoulder Asana)

Counter Asana: Asana Kriya 4, Matsyasana

Energy center: Vishudha

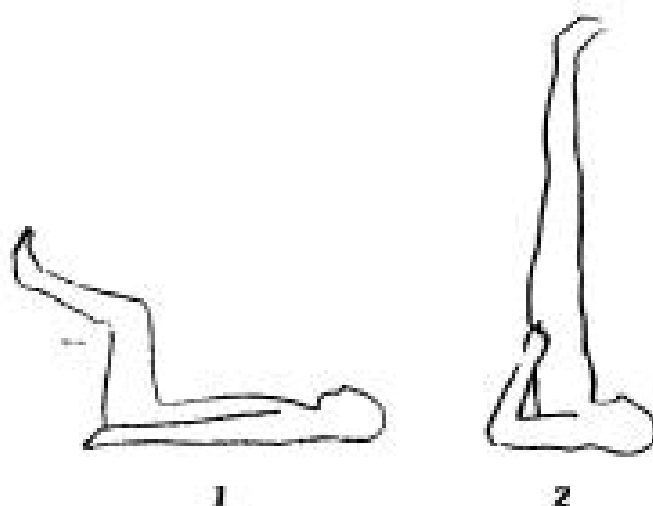
Physical Benefits: Relieves chronic sinus conditions, hay fever, sore throats, eye disorders, headaches, and dental disorders. Improves eyesight, hearing, memory, varicose veins, and maintains the reproductive organs in a healthy condition. Regenerates entire physical body.

1. Lay down on your back. Raise your legs perpendicular to the floor, keeping your hips on the floor and leaving your knees a little bent. Move your toes around. This relaxes and stimulates the legs, getting them ready to elevate further.

2. Raise the trunk straight up, perpendicular to the floor, so that you are on your shoulders and your chin into your chest. Support your back with your hands and keep the legs straight. Hold this position for one minute. (Do not force yourself into this position. If you have difficulty getting into this position or in holding it, go back to, or remain in, step 2 above, which will give many of the benefits of the full position. Gradually train yourself to assume the full position.)

3. Lower the back, leaving the legs perpendicular, legs bent, arms at your sides. Move your toes around. Lower the legs to the floor, rock your head from side to side a few times (relaxing the neck), and relax on your back for one minute.

4. Reach back over your head and stretch and tense the whole body, sit up, keeping your legs straight, and reach toward your toes as far as you can. Stand up.



Asana Kriya 4
Matsyasana (Meenasana)
(Mahts-Yahsh'-ah-nah or Mee-nahsh'-ah-nah, the Fish Asana)

Counter Asana: Asana Kriya 3, Sarvangasana

Energy Center: Vishudha

Physical Benefits: Relieves rheumatoid arthritis in the back, hyperthyroidism, kyphosis, activates the pituitary and pineal glands.

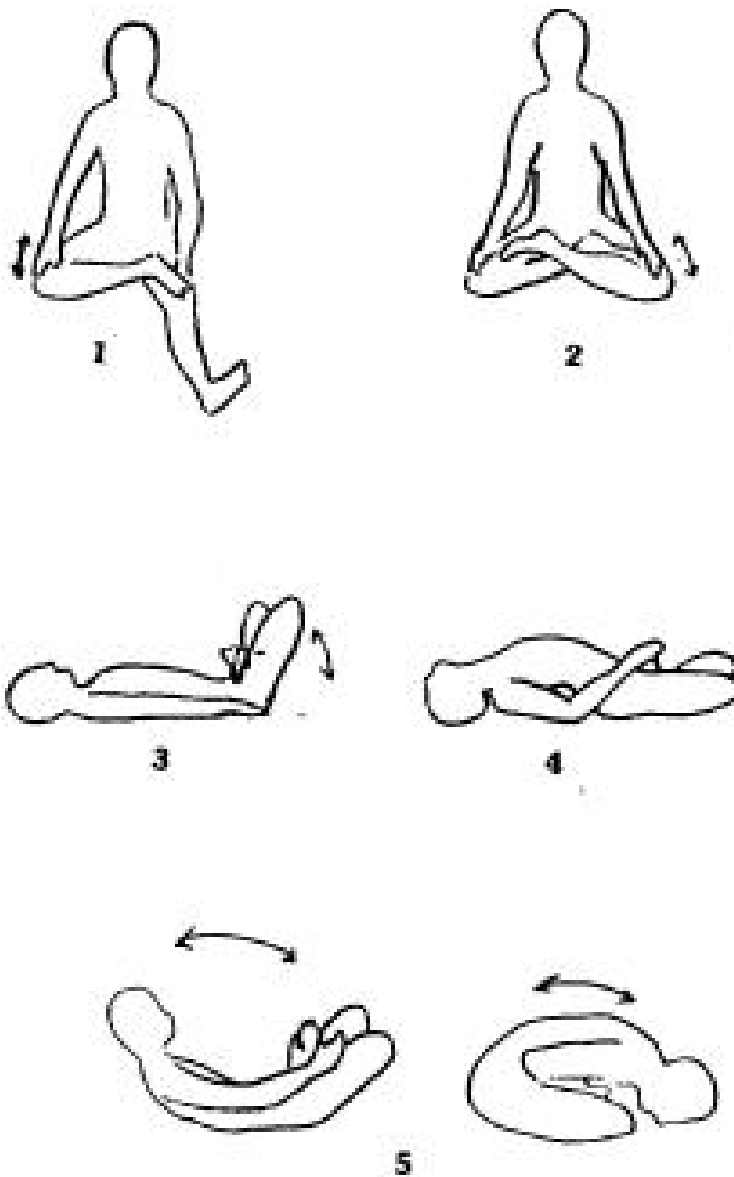
Cautions: Pinched nerves in the cervical vertebrae or knee contractures.

1. In the sitting position, place your right foot on your left thigh. Massage the right knee and move it up and down. (If you cannot get into this position, place your left foot under your right thigh and your right foot under your left thigh and go on to step 3 in this simple cross-legged position.)
2. Place your left foot on your right thigh. Massage the left knee and move it up and down. (If you cannot get into this position, place the left leg under the right and continue in this half-position.)
3. Grasp the toes (or your ankles if your legs are not fully crossed) and bend forward, then roll backwards on to your back. Move the crossed legs gently up and down toward the floor (if the legs are not completely crossed, you will have to hold them together during the movements in this exercise).
4. Lower the crossed legs to the floor. Arch your back and place the top of your head on the floor, making a bridge between your buttocks and the top of your head. Keep your hands on your thighs or holding your toes (or on your thighs if your legs are not fully crossed), elbows off the floor. Hold this position for about 30 seconds.
5. Lower your back and raise your crossed legs, bringing them back over the head. Then rock and roll forwards and backwards on your back, keeping your head in close to your crossed legs so that you won't bang your head on the floor. This is an excellent exercise which beautifully massages the whole length of the spinal column, the

ankles, knees, and hips, and all of the internal organs.

6. After rolling back and forth several times, stop at the sitting position, uncross the legs, stand up, and relax.

If this exercise is too difficult for you to do, substitute Asana Kriya 8, Ardha Matsyasana while you train yourself to master this exercise one step at a time.



Asana Kriya 5

Padahastasana (Nindra Kokkuasana)

(Pah-dah-hahsh-tahsh'-ah-nah, the Standing Posterior Stretch Asana)

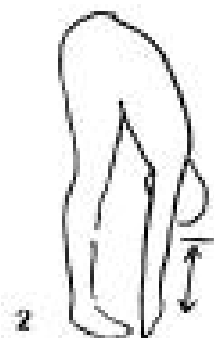
(Tamil: Neen'-drah Koh-koo-ahsh'-ah-nah, the Standing Crane Asana)

Counter Asana: Asana Kriya 6, Dhanurasana

Energy Center: Swadhistana

Physical benefits: Stretches all the posterior muscles (lower back and back of legs). Excellent for gently removing contractures from the hips and knees, increasing memory, and stimulating digestion.

1. Stand with your heels together and toes apart. Raise your hands above your head, stretching as far above the head as you are able. Bend all the way forwards so that your fingertips are on or near the floor (or as far down as you are able). Keep your knees as straight as possible.
2. Begin a motion, gently moving your hands up and down from about knee height, stretching your fingertips closer and closer to the floor (at least 18 times).
3. Stop the motion. Grasp your toes (or hold the hands down as far as you are able) and stretch, holding the position for a few seconds.
4. Stand back up, stretching your arms up over the head as high as possible. Lower your arms and relax.



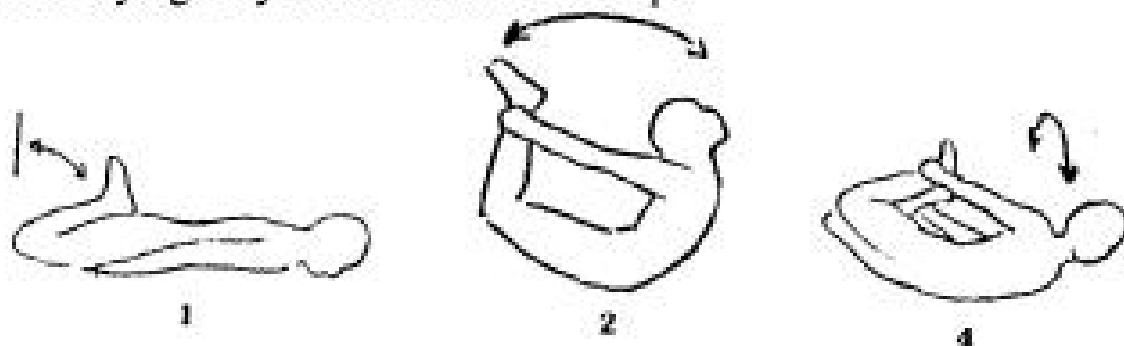
Asana Kriya 6
Dhanurasana (Vilasana)
(Dahn-oo-rahsh'-ah-nah, The Bow Asana)
(Tamil: Vee-lahsh'-ah-nah)

Counter Asana: Asana Kriya 5, Padahastasana.

Energy Center: Manipura

Physical Benefits: Massages, stimulates and regenerates the internal organs of the abdomen. Prevents and cures diabetes (massaging, stimulating, and regenerating the pancreas and the corresponding energy centers which ensure the proper production and use of insulin). Some relief from prolapsed discs.

1. Lay down on your stomach, legs together, hands at your sides. Begin moving the lower legs up and down, trying to touch your heels to your buttocks. This is a very important part of the exercise which gently massages and lubricates the knees, while stimulating the energy centers in the knees.
2. Grasp your ankles, pull up your legs, head, and shoulders, arching your back. Begin a rocking motion on your abdomen forwards and backwards. Rock back and forth several times.
3. Stop the motion and lower your back.
4. Pull up again into the arched position and roll from side to side several times.
5. Stop the motion. Lower your arms, legs, and head. Relax for one minute laying on your stomach. Stand up.



Asana Kriya 7
Viparita Karani
(Vee-pah-ree'-tah Kah-rah'-nee, The Inverted Asana)

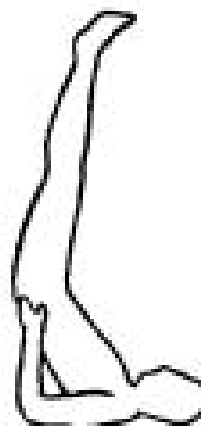
Counter Asana: Asana Kriya 8, Ardha Matsyasana

Energy Center: Anahata

Physical Benefits: Asthma and other lung disorders, heart disorders, throat and sinus disorders

Cautions: prolapsed discs or spinal bifida.

1. Lay down on your back. Raise your legs into position 1 of Asana Kriya 3, Sarvangasana.
2. Raise your back and place your hands on your hips, holding the hips directly above the elbows, which remain on the floor. Hold your hips in your hands, legs straight and perpendicular to the floor, with all the weight supported by your elbows. Hold this position for one minute.
3. Lower the torso, legs, and arms back into position 1.
4. Lower your legs to the floor, arms to your sides, and gently rock the head from side to side a few times. Relax on your back for one minute.
5. Reach back over your head and stretch and tense the whole body, sit up, keeping your legs straight, and reach toward your toes as far as you can. Stand up.



2

Asana Kriya 8
Ardha Matsyasana (Pathi Meenasana)
(Ahr'-dah Mahts-yahsh'-ah-nah, the Half Fish Asana)
(Tamil: Pah'-tee Mee-nash'-ah-nah)

Counter Asana: Asana Kriya 7, Viparita Karani.

Energy Center: Vishuda

Physical Benefits: Many of the same benefits of Kriya 4, Matsyasana. It is also very good for insomnia. If you have problems with insomnia, practice this position for one minute before going to sleep.

1. Lay down on your back.
2. Raise your shoulders and arch your back, placing the top of your head on the floor, making a bridge between the top of your head and your buttocks. The legs remain straight and together, with the sides of the feet pointed toward the floor. The hands are placed on the thighs, elbows off the floor. Hold the position for one minute.
3. Lower the back, arms at your sides, and relax for one minute.
4. Reach back over your head and stretch and tense the whole body, sit up, keeping your legs straight, and reach toward your toes as far as you can. Stand up.



2

Asana Kriya 9
Halasana (Kalapoyasana)
(Hah-lahsh' ah-nah, the Plow Asana)
(Tamil: Kah-lah-poy' -ahsh- ah-nah)

Counter Asana: Asana Kriya 10, Bhujangasana

Energy Center: Vishudha

Physical Benefits: Stretches the muscles, ligaments, and vertebrae, relieves contractures and pinched nerves in the vertebral column, massages the heart and other internal organs of the upper chest cavity.

Cautions: Women who are more than four months pregnant should not do this exercise.

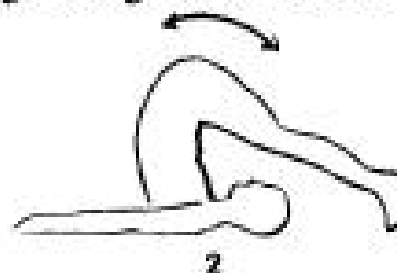
1. Lay down on your back, feet together, hands at your sides. Raise your legs into position 1 of Asana Kriya 3, Sarvangasana.

2. Stretch your legs back over your head, touching your toes to the floor, legs straight, arms on the floor in the opposite direction as the legs. Rock back and forth on your shoulders, pushing against the floor with your toes.

If you cannot get your toes on the floor, leave your legs over your head and gently rock on your shoulders so that the toes rock closer and closer to the floor. In time, the body will stretch enough that you can get your toes on the floor.

3. Lower your back and bring your legs back to position #1 above. Lower the legs to the floor. Rock the neck from side to side a few times and relax on your back for one minute.

4. Reach back over your head and stretch and tense the whole body, sit up, keeping your legs straight, and reach toward your toes as far as you can. Stand up.



Asana Kriya 10
Bhujangasana (Paambuasana)
(Boo-jahng-ahsh'-ah-nah, the Cobra Asana)
(Tamil: Pahm-boo-ahsh'-ah-nah, the Serpent Asana)

Counter Asana: Asana Kriya 9, Halasana.

Energy Center: Manipura

Physical Benefits: Stretches, lubricates, and strengthens the lower back muscles, ligaments and vertebrae, massages the internal organs of the lower abdomen, stimulates the arms, hands, and shoulders.

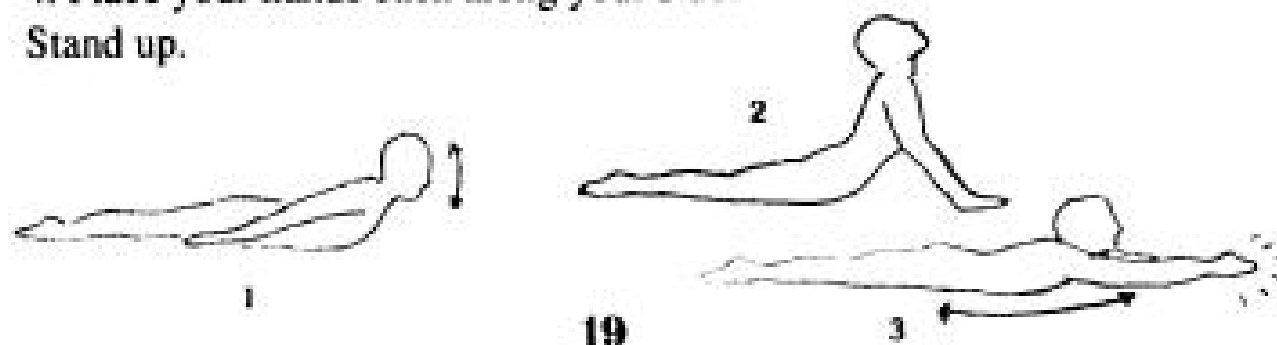
Cautions: Lordosis, pinched nerves in the spinal column, or spinal bifida.

1. First variation: Lay down on your stomach, legs together, arms at your sides. Begin a motion lifting your head, shoulders, and as much of your trunk as you are able up and down, undulating like a serpent. Do not use your hands or arms. Use the muscles of your abdomen and lower back, and keep your legs on the floor. Do this several times.

2. Second variation: Place your hands by your shoulders, arch your back and straighten your arms, elevating your arched back. Leave your hips on the floor and stretch your neck back as far as you are able.

3. Third Variation: Lower your back, arms back to your sides. Keep your forehead on the floor and stretch your arms out along side your head with your palms together in front of the top of your head. Sweep the arms back to your sides, arch your back, elevating your head and shoulders as in the first variation, then lower your head and shoulders back to the floor and your arms back forward together, audibly clapping the hands together. Do this several times.

4. Place your hands back along your sides and relax for one minute. Stand up.



Asana Kriya 11 **Yogamudrasana**

(Yoh'-gah-moo-drahsh'-ah-nah, the Yoga Mudra Asana)

Counter Asana: Asana Kriya 12, Ardha Chakrasana

Energy Center: Manipura

Physical Benefits: Massages, lubricates, and regenerates the knees, ankles, hips, and lower back, massages the internal organs. Excellent for rheumatoid arthritis in the back, constipation, and relief of contractures in the shoulders, elbows, and wrists.

Cautions: knee contractures.

1. Sit on the floor. Place your left foot on your right thigh. Move your left knee up and down several times with the left hand to massage the left knee, ankle, and hip.
2. Place your right foot on your left thigh. Move your right knee up and down several times with your right hand to massage the right knee, ankle, and hip.

Note: If you cannot get your foot on your thigh, place the right leg under the left and continue. If you cannot get either foot on your thighs, cross your legs with both feet under your thighs in the simple cross-legged position and continue. In time, you will be able to train yourself to get at least one foot on your thigh.

3. First variation: Grasp your great toes (or your ankles if your feet are not completely crossed) and begin a motion bending forward and back, trying to touch your forehead to the floor. Keep your spine straight so that the stretch will be in the lower back. Do this several times.

4. Stop the motion and sit up straight.

5. Second variation: Nabi Mudra (Nah'-bee Moo'-drah). Make a fist with both hands, with your thumbs inside of the fists. Put the two fists together, knuckles to knuckles, and rotate the knuckle areas against one another, gently massaging the nerve endings at the base of the fingers.

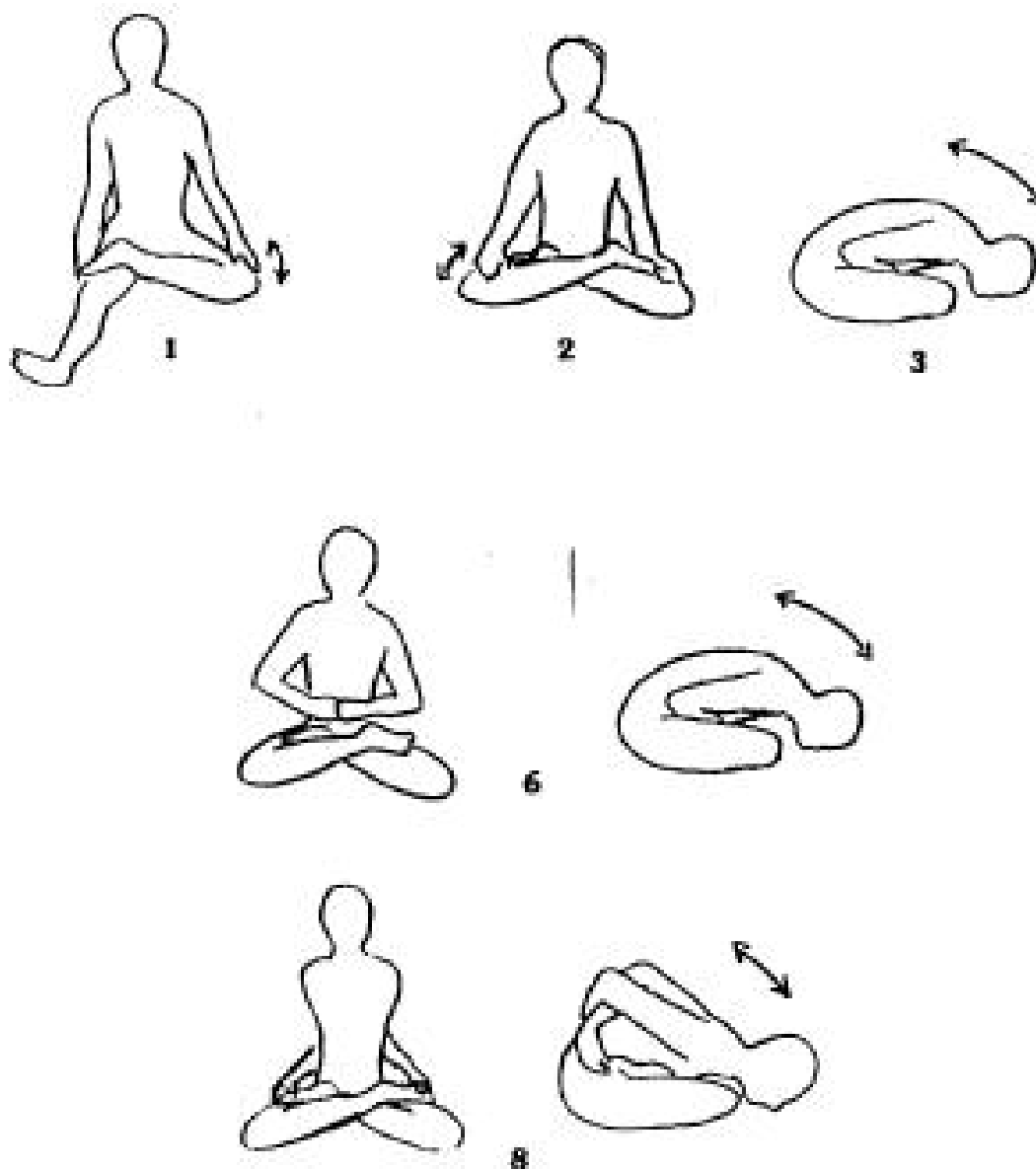


6. Place the fists behind the heels, into the abdomen, and bend forward and back several times as in the first variation.

7. Stop the motion and sit up straight.

8. Third variation: Cross your arms behind your back and grasp (or reach towards if your are unable to stretch that far) your right great toe with your right hand and your left great toe with your left hand. Bend forward and back several times as in the first and second variation.

9. Uncross your arms and legs, stand up, and relax.



Asana Kriya 12
Ardha Chakrasana (Pathi Chakrasana)
(Ahr'-dah Chahk-rahsh'-ah-nah, the Half Wheel Asana)
(Tamil: Pah'-tee Chahk-rahsh'-ah-nah)

Counter Asana: Asana Kriya 11, Yogamudrasana.

Energy Center: Sahasrara

Physical Benefits: Very good for herniated or slipped spinal discs, Kyphosis, and restoring spinal agility. Improves the memory and prevents senility.

1. Lay down on your back. Place your feet flat on the floor near your buttocks with your knees up. Place your hands near your shoulders with your elbows up.
2. Raise your body up, arching your back and placing the top of your head on the floor, somewhat between your hands. Hold this position for one minute.
3. Lower your body back into position #1 above. Lower your legs to the floor and your hands to your sides. Rock your head from side to side a few times and relax for one minute.
4. Reach back over your head and stretch and tense the whole body, sit up, keeping your legs straight, and reach toward your toes as far as you can. Stand up.



Asana Kriya 13

Paschimotanasana (Amartha Kokkuasana)

(Pahsh-ee-moh-tah-nahsh'-ah-nah, the Posterior Stretch Asana)

(Tamil: Ah-mahm'-thah Koh-koo-ahsh'-ah-nah, the Sitting Crane Asana)

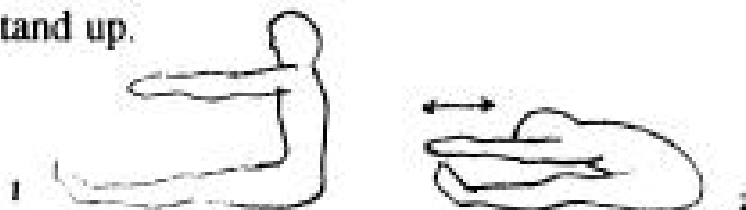
Counter Asana: Asana Kriya 14, Salabhasana

Energy Center: Swadhistana

Physical Benefits: Stretches all the posterior muscles, joints, and ligaments of the back and legs, massages the internal organs of the lower abdomen. Excellent for relieving hemorrhoids and problems with prostate and kidneys. Also excellent for rheumatoid and osteoarthritis in the vertebral column and sciatic nerve pain.

Cautions: Kyphosis (hunch back).

1. Lay down on your back, legs together and arms at your sides. Stretch your arms above your head and sit up, your trunk perpendicular to the floor and your arms stretched out parallel with your legs.
2. Begin a motion bending forward and back at the hips, stretching your hands out over the tops of your toes and your head toward your knees. Keep your knees straight. Continue this motion for one minute.
3. Stop the motion. Grasp your great toes (or reach as far as you are able toward them) and pull your head toward your knees, holding this stretch for a few seconds.
4. Lay back down with your arms stretching above your head. Lower your arms to your sides and relax for one minute.
5. Reach back over your head and stretch and tense the whole body, sit up, keeping your legs straight, and reach toward your toes as far as you can. Stand up.



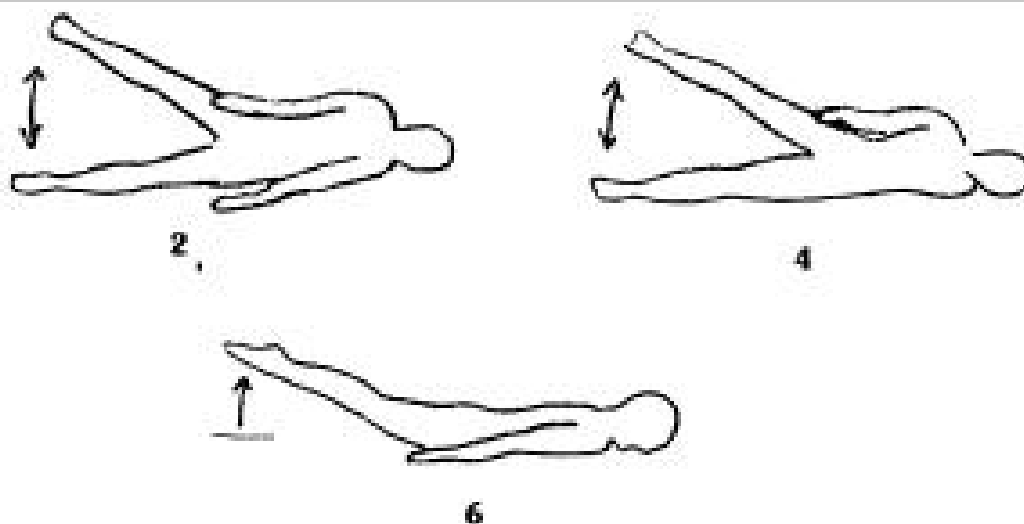
Asana Kriya 14
Salabhasana (Vittelasana)
(Sah-lah-bahsh'-ah-nah, the Locust Asana)
(Tamil: Vee-til-ahsh'-ah-nah, the Grasshopper Asana)

Counter Asana: Asana Kriya 13, Paschimotanasana

Energy Center: Muladara

Physical Benefits: Strengthens the muscles in the groin and lower abdomen, strengthens and regenerates the hips, massages, tones, and regenerates the genital and reproductive organs, kidneys and liver.

1. First variation: Lay on the floor on your stomach. Place your right hand a few inches away from your right hip. Raise your left arm and left leg and roll over onto your right side, keeping your left hand on your left thigh, your right arm on the floor behind your back. You may bend the right leg for better support.
2. Begin a scissors motion with the left leg, lifting the leg up and down as high as you are able. Do this 18 times.
3. Stop the motion. Roll back on your stomach and lower your left arm and leg. Place your left hand a few inches away from your left hip and roll over onto your left side in the same manner as in step 2 above.
4. Begin a scissors motion with the right leg, 18 times, as in step 3 above.
5. Stop the motion. Roll back on your stomach and lower your right arm and leg.
6. Second variation: Keeping your hands relaxed at your sides, raise both legs together from the hips, using the muscles of your lower back and abdomen. Hold for a few seconds, then lower your legs and relax. Do this variation 3 times.
7. Relax on your stomach for one minute. Stand up.



Asana Kriya 15

Vajramudrasana (Vajrolimudrasana)

(Vahj-rah-moo-drash'-ah-nah, the Firm Mudra Asana)

(Tamil: Vahj-roh-lee-moo-drahsh'-ah-nah)

Counter Asana: Asana Kriya 16, Supta Vajrasana

Energy Center: Muladara

Physical Benefits: Massages and regenerates whole length of the spine and all of the internal organs, stretches and tones the muscles, joints, and ligaments of the arms, legs, hips, and back. Energizes the whole body.

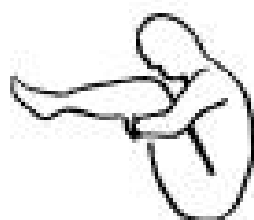
1. First variation, Mudra position: Lay down on your back. Raise your legs perpendicular to the floor, keeping your hips on the floor. Clasp your hands together, interlocking your fingers, behind your knees.

2. Sit up, balancing yourself on your buttocks, keeping your head close to your knees and your feet and lower legs held out to at least eye level. Hold this position for about 15 seconds.

3. Second variation: Roll backwards into a position similar to Asana Kriya 9, the Plow Asana, touching your toes to the floor behind your head. Then immediately roll forwards into a position similar to Asana Kriya 13, the Posterior Stretch Asana, with the backs of your legs on the floor and your head touching your knees. Keep your head close to your knees so that you do not bang your head on the floor. Continue rolling back and forth in this manner for several times.

4. Stop the motion at the Mudra position. Lower your back to the floor. Lower your legs and arms and relax for one minute.

5. Reach back over your head and stretch and tense the whole body, sit up, keeping your legs straight, and reach toward your toes as far as you can. Stand up.



2



3

Asana Kriya 16

Supta Vajrasana

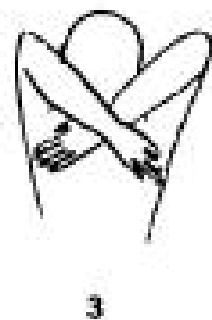
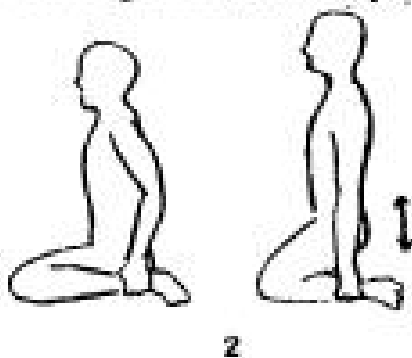
(Soop'-tah Vahj-rahsh'-ah-nah, the Supine Firm Asana)

Counter Asana: Asana Kriya 15, Vajramudrasana.

Energy Center: Muladara

Physical benefits: Strengthens the knees, hips, ankles, and shoulders. Beneficial for slipped discs and contractures of the ligaments of the knees.

1. Kneel down on the floor with your knees and feet together. Spread your feet apart, but keep your knees together.
2. Gently begin sitting down, moving the body up and down as you do so (which massages and loosens the knees and ankles), until your buttocks are on the floor between your feet.
3. Lay back, slowly lowering the head and shoulders to the floor. (If you are not able to do this, remain in the kneeling position, gently bouncing up and down, massaging the knees).
4. Cross your arms behind your head, reaching toward the opposite shoulder blades. Clap your back with your hands several times. This stimulates the energy centers in the hands. (If you have remained in the kneeling position in step 3, clap your back with your hands in this manner while in the kneeling position).
5. Uncross the arms and sit up. Raise up onto your knees, bring your feet together, stand up, and relax.



Asana Kriya 17

Trikonasana

(Tree-kohn- ahsh'-ah-nah, the Triangle Asana)

Counter Asana: this exercise has its own counter Asana.

Energy Center: Swadhistana

Physical Benefits: Massages, strengthens, and tones the spine and the internal organs of the abdomen, stretches and tones the muscles of the sides, legs, and lower back.

1. Stand up straight, with the feet spread about shoulder width apart. Stretch the arms out to your sides, in line with your shoulders and hold them in that position during all the variations.

2. First variation: Turn your head and look at your right index finger. Hold your eyes on your right finger as you reach down and: a) touch your left foot with your left index finger; b) rotate your hips and touch your right foot with your left index finger; c) rotate your hips back and again touch your left foot with your left index finger. Return to the standing position in step 1.

3. Turn your head and look at your left index finger. Hold your eyes on your left finger as you reach down and: a) touch your right foot with your right index finger; b) rotate your hips and touch your left foot with your right index finger; c) rotate your hips back and again touch your right foot with your right index finger. Return to the standing position in step 1.

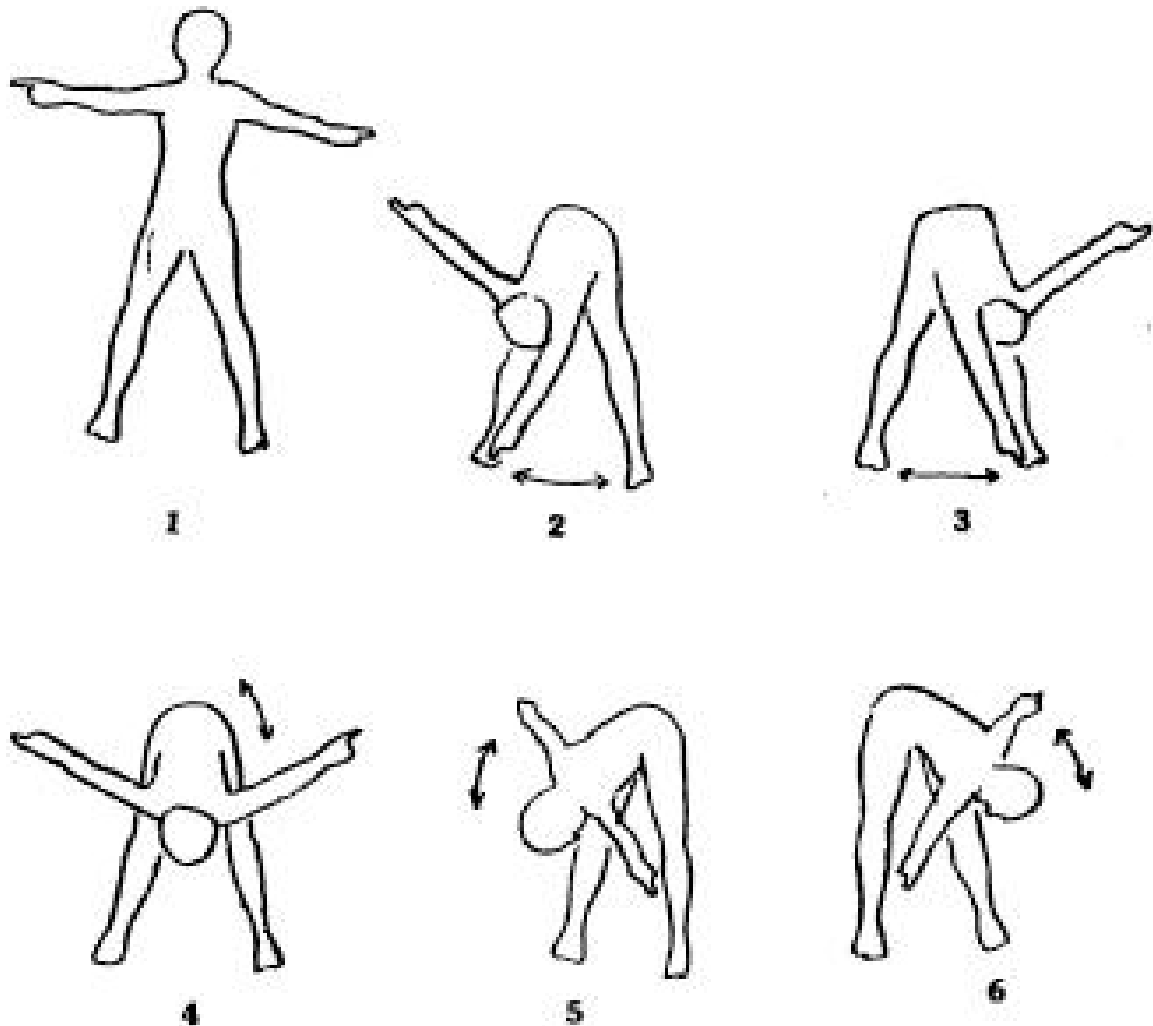
4. Second variation: Bend forward to waist level. Begin a motion bobbing your head from waist level to the space between your knees. Do this 18 times. Stop the motion. Slowly push your hips forward and bend back as far as you are able. Return to the standing position in step one.

5. Third variation. Keeping your hips straight, twist your head, shoulders, and torso above the hips 90 degrees to the right. Bend down to the right to waist level. Begin a motion bobbing your head from

waist level to your right knee. Do this 18 times. Stop the motion. Slowly bend back as far as you are able, still twisting to the right. Return to the standing position in step one.

6. Keeping your hips straight, twist your head, shoulders, and torso above the hips 90 degrees to the left. Bend down to the left to waist level. Begin a motion bobbing your head from waist level to your left knee. Do this 18 times. Stop the motion. Slowly bend back as far as you can, still twisting to the left. Return to the standing position in step one.

7. Lower your arms and relax.



Asana Kriya 18

Purna Shanti Savasana

(Poor'-nah Shahn'-tee Shah-vahsh'-ah-nah, the Complete peace and relaxation Asana)

Counter Asana: Asana Kriya 1, Sasamgasana.

Energy Center: Allows the Pranic energy released from the stimulated energy centers to flow throughout the body, regenerating and healing.

Physical benefits: Regeneration

1. Lay down on the back, arms at the sides a few inches from the body, legs spread so that the feet are about a foot apart.
2. Rock your neck from side to side. Stop the motion and relax.
3. Grasp your right thumb in your right fist and tense your whole right arm so that it vibrates with energy, then relax.
4. Raise your right forearm a few inches off the floor and then let it fall limply to the floor.
5. Raise your whole right arm a few inches off the floor and then let it fall limply to the floor.
6. Repeat step 3, 4, and 5 with the left arm.
7. Move the toes of your right foot back and forth, spreading them apart. Stop the motion and relax.
8. Repeat step 7 with your left toes.
9. Rotate your feet side to side, rolling on the heels. Stop the motion and relax.
10. Raise your whole right leg a few inches and let it drop limply to the floor.

11. Repeat step 10 with the left leg.

12. Chant the Shanti Mantra (audibly): *Aum Shanti Shanti Shanti*. (Ah-ohm' Shahn'-tee Shahn'-tee Shahn'-tee) Shanti is old Aryan for peace. Each Shanti should be chanted softer than the one before. *Aum* stimulates the Sahasrara energy center, while *Ah* and *Ee* stimulate the Ida and Pingala energy channels.

13. Relax for one minute

14. Reach back over your head and stretch and tense your whole body, sit up, keeping your legs straight, and reach toward your toes as far as you can. Stand up.

Practice Asana Kriya daily and say good-bye to illness and infirmity!



Om Kriya Babaji Nama Aum