

Immunity Kriya

Immune System Booster: The Inner Sun

This advanced immune therapy hits at viruses and bacteria. The head must be covered, or else you can get a headache. This is a kind of tantric kriya. The immune system interacts with the central nervous system, the glands, and emotions.

We are each given the strength to encounter life and life's challenges. We have moral strength, mental strength, emotional strength, and physical strength. All these strengths are inter-connected. We block the flow of that strength when we experience feelings of anger, self-defeat, and blame. To boost the immune system, we must overcome these blocks.

The right hemisphere of the brain stores many of the diffuse negative emotions that lead us to depression and to a lower functioning immune system. This meditation stimulates the sympathetic nervous system and the right hemisphere to adjust themselves. In this process you may go through various emotions as the glands start to shift their balance. That is fine. Relax and keep going until you are through the emotional inertia. Then you will feel light, energized, and hopeful.

With gradual practice you can take the time up to 31 minutes. At that level your whole system is cleaned and rejuvenated. The immune system will have new vigor and will not be blocked by inner conflict. This type of breathing is called the "sunbreath."

Posture: Sit in Easy Pose, with a light jalandhar bandh, and with the head covered.

Mudra: Bend the left arm and raise the hand up to shoulder level. The palm faces forward. The forearm is perpendicular to the ground. Make Surya Mudra with the left hand (touch the tip of the ring finger to the tip of the thumb). The mudra of the left hand may slip during practice; keep it steady. Make a fist of the right hand, pressing the tips of the fingers into the pads at the base of the fingers; extend the index finger. With the extended index finger, gently close off the right nostril.

Focus: Concentrate at the Brow Point.

Breath: Begin a steady, powerful Breath of Fire. Emphasize the beat at the navel; the navel must move.

Mantra: Though this is done without mantra, you may want to use a mantra tape for the proper rhythm. Good recordings for the rhythm are Singh Kaur's Sat Naam Wahe Guroo, or Sada Sat Kaur's Angel's Waltz.

Time: Continue for 3 minutes. Very gradually increase the time to 5 minutes.

To End: Inhale deeply and hold the breath. As the breath is held, interlace all the fingers (beginning with the right thumb uppermost) and put the palms in front at a level just below the throat (in front of the thymus), and about 14 inches (35 cm) away from the body. Try to pull the fingers apart with all force. Resist and create a great tension. When you must, exhale. Repeat this sequence 3 more times. On the last exhale, discharge the breath by blowing through your upturned lips, with the tongue curled back on the roof of the mouth. This will seal the upper palate upward. Then relax.

Anxiety Kriya

1. Sit in Easy Pose, raise the arms up with bent elbows and begin shaking the whole body. It should be an inward body massage. Every muscle and fiber must shake. Arms, body and head must move. Create your own rhythm and style. Generate heat. Continue for 7 - 15 minutes.

This will release toxins from your muscles. Get wild. Shake like an earthquake. It would take hours of massage to get to this point. Cheeks should get red. You must come to the dead end of tiredness.

2. Come standing up straight. Shake the hips from side to side by bending the knees alternately. Feet can either stay on the ground and hands can dangle loosely, or vigorously twist the hips and jump in the air while pumping your arms. Continue for 4 - 8 minutes.

Make this an energetic dance. Your thigh muscles should sweat. This will get rid of toxins, the dirty fat, the tissue deposits. This will get out the old anger in your body.

3. In Easy Pose, extend the arms straight over the head with palms together, arms against the ears. Twist the body left and right. Continue for 2 - 4 minutes.

It is a triangular move. If done powerfully, it will release your shoulders.

4. On the hands and knees, lift the left leg straight out behind you. Touch the forehead to the ground and come back up, like push-ups. Repeat 26 - 52 times. Repeat with the right leg 26 - 52 times.

5. Come up on your knees and bend back into Camel Pose, resting the hands on the heels. Then come back up onto the knees. 22 - 55 times.

6. Lie down flat on the back. Lift the knees up to the chest and place the hands under the hips. You may elevate the hips with the hands slightly, in order to get the knees to the chest. Extend the legs straight out. Raise the legs up to 90 degrees. Then bring the knees back to the chest. 54 - 108 times.

This movement gives power for your prana to be controlled by will. It is the movement of the Pavanmuktasana, where the prana is controlled by the will.

7. Lie down flat and put both hands over the Heart Center and relax. Sit up and bring the forehead to the knees and relax back down on the back. 13 - 26 times.

8. Corpse Pose. Lie down flat on the back for a deep relaxation. If a gong is available, make this a gong meditation. Continue for 4 - 8 minutes.

You will become weightless and enjoy it. Relax.