



Kriya to Throw off Stress

6 exercises 19 min - 37 min *I am a Woman - Creative, Sacred, Invincible*

"To be a woman requires a lot of strength. Your glandular system, your intelligence and your consciousness have to be extraordinarily strong so you can be on the winning side. All the strength of the Universe is within you. It cannot be found outside. Those who do not develop strength from inside cannot get it from outside either."—Yogi Bhajan

1. Stress Touch

Comments: *This exercise adjusts the ovaries, stimulates the life force energy, and releases stress.*

Alternate Mudras (1 minute 55 seconds to 5 minutes 30 seconds)

1. Sit in Easy Pose with a straight spine.
2. Bring the hands up by your shoulders with the palms forward and the fingers pointing upward.
3. Touch the thumb and the Jupiter (index) finger and then touch the thumb and the Sun (ring) finger.
4. Continue rapidly touching the thumb alternately with each of the two fingers.
5. Concentrate on the tip of your nose. Keep your eyes open.
6. The ideal speed for this action is 9 touches per second, but 3 touches per second is acceptable.

Change Breath (1 minute to 2 minutes)

1. Begin inhaling and exhaling powerfully through the mouth.
2. Breathe through the mouth.

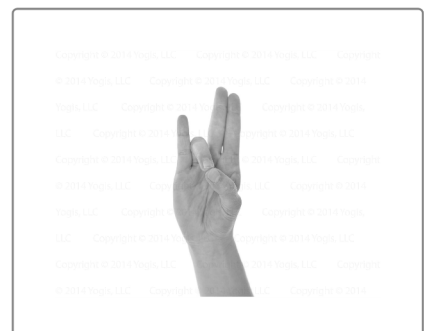
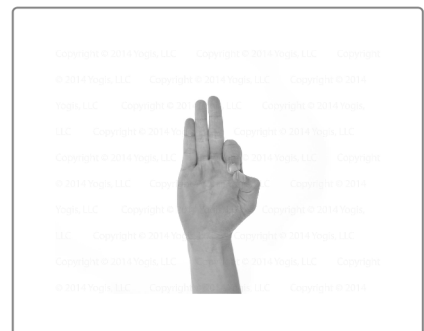
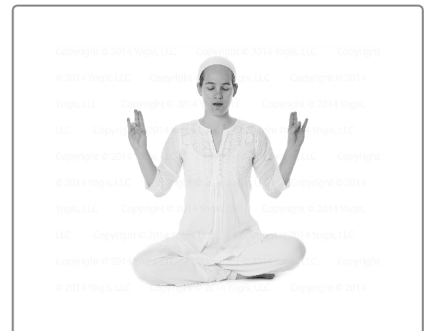
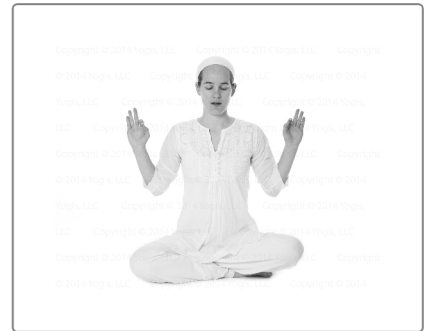
Change Breath (30 seconds)

1. Do Breath of Fire through the nose for 30 seconds.

To End

1. Inhale deeply and then relax.

Eye Focus Tip of the Nose, Open



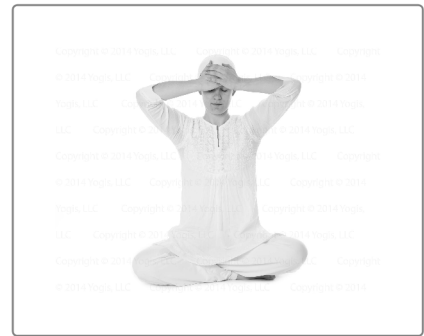
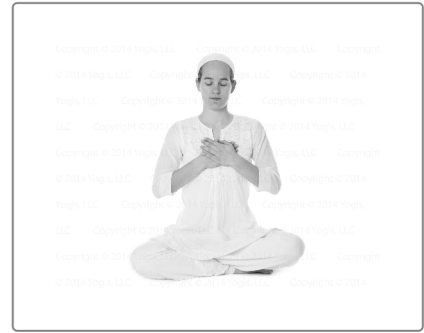
2. Healing Hands

At Heart Center (2 minutes to 4 minutes)

1. Cross the hands over the Heart Center, left hand on top of the right.
2. Close the eyes and breathe extremely deeply and slowly as you feel the healing strength of your own hands on your heart.

On Forehead (4 minutes to 7 minutes)

1. Put both hands on your forehead, feeling the healing effect of your hands. Concentrate on "I am, I am" as you listen to Nirinjan Kaur's Bountiful, Blissful and Beautiful.



3. Navel Press

Navel Press (4 minutes to 8 minutes)

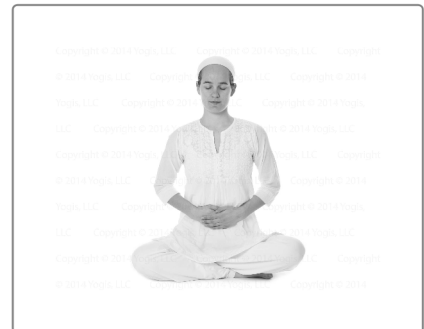
1. Put both hands on the Navel Point and press with all your force.
2. Breathe slowly and meditate deeply on Nirinjan Kaur's Ong Namō, Guru Dev Namō.

To End

1. Inhale deeply, open your eyes and shake your hands.

Mantra

Ong Namō, Guru Dev Namō

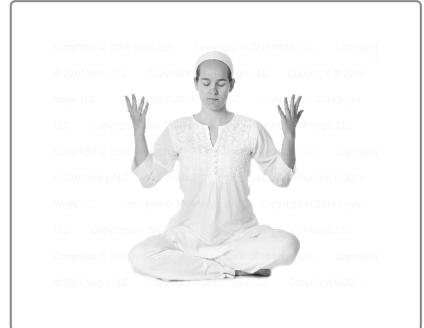


4. Wrist Twist

Comments: *This is to change the neurons of the brain.*

Wrist Twist (1 minute to 2 minutes)

1. Twist the wrists back and forth, keeping the five fingers spread open.



5. Rib Cage Dance

Comments: *Your total health will benefit by opening up your rib cage in this movement. It's a partnerships between you and your shoulders, not just an up and down movement. Do it with style.*

Rib Cage Dance (2 minutes 30 seconds to 5 minutes)

1. Place the hands on the shoulders and sing along with Guru Shabad Singh's recording of Pavan Pavan, while you make your shoulders dance to the music.
2. Dance to free your rib cage.

