



6) Shrug both shoulders up with the inhale, down with the exhale. Do this for less than 2 minutes. Inhale and hold 15 seconds with shoulders pressed up. Relax the shoulders.

7) Roll the neck slowly to the right 5 times, then to the left 5 times. Inhale, pull the neck straight.



8) Lock the fingers in bear grip at the throat level (8A). Inhale — apply mul bhand. Exhale — apply mul bhand. Then raise the hands above the top of the head (8B). Inhale — apply mul bhand. Exhale — apply mul bhand. Repeat the cycle two more times.

9) Sat Kriya: Sit on heels with arms stretched over the head (9A). Interlock the fingers except for the two index fingers which point straight up (9B). Say “*Sat*” and pull the navel point in; say “*Nam*” and relax it. Continue at least 3 minutes. Then inhale—squeeze the energy from the base of the spine to the top of the skull.

10) Relax completely on your back for 15 minutes.

COMMENTS:

Age is measured by the flexibility of the spine; to stay young, stay flexible. This series works systematically from the base of the spine to the top. All 26 vertebrae receive stimulation and all the chakras receive a burst of energy. This makes it a good series to do before meditation.

In a beginner’s class, each exercise that lists 108 repetitions can be done 26 times. The rest periods are then extended from 1 to 2 minutes.

Many people report greater mental clarity and alacrity after regular practice of this kriya. A contributing factor is the increased circulation of the spinal fluid, which is crucially linked to having a good memory.

A study done by Neil Goodman, Ph.D., December, 1973, at University of California at Davis, showed that the spinal flex exercise created large changes in EEG activity during and after the exercise. The exercise has a “multi-stage reaction pattern” that greatly alters the proportions and strengths of alpha, theta and delta waves. More research is being conducted.

