

Kriya - Massage for the Lymphatic System

(*Physical Wisdom*, pp. 8-9).



1-Sit in Easy Pose. Keeping the arms close to your sides, bend the elbows so that the hands and forearms are pointing straight up and the palms are facing each other. Strongly punch one arm out and up at a 60 degree angle while the other arm remains bent, becomes hard like steel, and creates a solid balance for the extended arm. Then push out the bent arm while the extended arm returns to the balancing position close in to the side of the body. The arm is pushed out from the armpit, which is stretched in this motion. This is a very vigorous and demanding exercise. You will work hard to do it correctly. You are channelizing the energy of the ida and pingala. 10 minutes.



2-Easy Pose. Extend both arms up and out, creating a "V" between your arms. Keep the elbows straight and criss-cross your arms in front of your face. Move very quickly with Breath of Fire. 1 ½ minutes.



3-Easy Pose. Extend both arms out in front of you with the palms facing up. Moving both arms together, move as if you were splashing water up and over your head. Breathe powerfully through your mouth. 2 ½ minutes.



4-Lie down on your Back. Lift both legs up over your head into plow pose. Return your legs to the floor and continue leg lifts into plow pose. 2 minutes.



5-Lie down on your Back. Put your hands under your neck. Spread your heels about one foot apart. Begin jumping the body from the hips, moving from the center of the body. Don't bend the knees, but move from thighs to the rib cage. Move vigorously. 3 ½ minutes.



6-Still Lying on the Back. Lift your legs up and grab your toes (if not possible, hold on to your calves, knees, shins or ankles). Keep your knees straight. Open your mouth and breathe through your throat. 1 minute.



7-Baby Pose. Come onto your knees and heels. Bend forward, putting your forehead on the ground with your hands down by your hips, palms facing upwards. If this is rough on your neck, put one forearm on top of the other and place your forehead on your forearms. Go to sleep listening to *Naad – The Blessing* by Sangeet Kaur Khalsa. After 11 minutes, rise up, cross your heart center and sing along with *Naad – The Blessing* for 5 more minutes. Yogi Bhajan played the gong during this meditation.



https://www.youtube.com/watch?v=O_2gKaCPsNE

Meditation - Dhan Dhan Ram Das Guru

(Naad, the Blessing (Liner Notes), Sangeet Kaur Khalsa)

Dhan Dhan Ram Das Guru is a *shabd* (song in Naad) widely known for its blessings of protection and healing in times of deep trouble.

Mantra:

DHAN DHAN RAAM DAAS GUR

Honored and praised is Guru

JIN SIRIA-A TINAI SAVAARI-AA

Ram Das. The Lord who created You, He has adorned and embellished You.

POOREE HO-EE KARAAMAAT

Perfect is the miracle of Your

AAP SIRJANAHAARAI DHAARI-AA

making. The Creator Himself has installed You on the Throne.

SIKHEE ATAI SANGATEE

Your Sikhs and all the *sangat*

PAARBRAHM KAR NAMASAKAARI-AA

bow and revere You as the supreme Lord.

ATAL ATHAAHO ATOL TOO

You are unshakable,

TAYRAA ANT NA PAARAAVAARI-AA

unfathomable and immeasurable. Your extent is beyond limit.

JINEE TOO(N) SAYVI-AA BHAA-U KAR

They who serve You with love,

SAY TUDH PAAR UTAARI-AA

they are carried across the world ocean by You.

LAB LOBH KAAM KRODH MOHO

Greed, attachment, lust, anger

MAAR KADHAY TUDH SAPARVAARI-AA

and ego – These five passions have been beaten down and driven out by You.

DHAN SU TAYRAA THAAN HAI

Honored is Your Place.

SACH TAYRAA PAISAKAARI-AA

True are Your Bounties.

NAANAK TOO LEHNAA TOO HAI

You are Nanak, You are Angad,

GUR AMAR TOO VEECHAARI-AA

and You are Guru Amar Das – so

GUR DITHAA TAA(N) MAN SAADHAARI-AA.

do I recognize You. Seeing the Guru, my soul is sustained.