



To Build an Arcline Aura

1 exercise 39 min - 39 min *Lecture*

In this kriya we are building an arcline aura. This is an exercise that will hurt, and the hurt will be somewhere very unique. If you don't hurt, you are not very fortunate.

1. To Build an Arcline Aura

Arms in an Arc (19 minutes)

1. Sit in easy pose.
2. Bring the arms overhead in a graceful rounded arc.
3. Interlace just the tips of the fingers, while the mercury (little finger) tips touch each other evenly at the ends. Then the other fingers fit naturally together at the tips, interlaced. Thumbs are relaxed and do not touch.
4. Close the eyes.
5. Consciously breathe, make it long, slow, and deep. As slow and as deep as possible, do not breathe automatically.
6. Play the music "Tank of Harimandir" by Livtar Singh. Set the player to repeat the track.
7. Continue.

To End

1. Inhale, put your hands at your heart.

Hands Over Heart (20 minutes)

1. Without stopping, continue the meditation with hands over heart. Continue conscious long deep breathing.

To End

1. Inhale deep and squeeze the ribcage only. Hold the breath for 15 seconds, then exhale powerfully
2. Inhale deep again, squeeze the ribcage tightly, holding the breath for 15 seconds. Exhale powerfully.
3. Now inhale deeply again, stretch the arms up straight overhead, spread the fingers wide, and squeeze the body stiff like steel! Hold for 20 seconds, then relax.

Eye Focus Closed

Breath Long Deep Breathing

