BEGINNERS CLEANSING SET

1) Lying on the back, place the hands in back of the neck in venus lock under any loose hair (1A & B). Begin breath of fire for 1½ minutes, inhale and hold for 20 seconds. Repeat breath of fire, inhale and hold for 30 seconds. Relax the breath. Inhale deeply raising both of the legs one foot high (1C). Hold for 15 seconds, exhale, inhale, and relax.

2) In this same position, spread the legs wide open. Begin breath of fire for 1 minute. Inhale — raise the legs 3 feet from the ground and hold for 5 seconds. Relax the legs on the ground. Repeat 3 times, doing breath of fire for 1 minute each time. Repeat breath of fire 1 more time, then inhale, raising the legs one foot. Hold as long as comfortable. This kriya stimulates the sex energy channels in the upper thigh.

3) Stretch pose: Lie on the back with legs together and raise the heels six inches. Raise the head and shoulders six inches and look at your toes. In this position begin breath of fire and continue for 3 minutes. Inhale and relax.

4) Sit up, with the legs out straight. Put the left leg on the thigh of the right leg. Keep the hands parallel to the ground, palms down, on each side of the left foot. Inhale, exhale and reach past the toes (4A). Inhale deeply and sit up leaning back 30° (4B). Exhale grabbing the toes. Repeat 25 times and switch legs.
5) Sit up and lean back 60° from the ground. Put the palms on the ground behind the back as a brace. Drop the neck back and look at the ceiling, fixing the eyesight on one point. Do not wink or blink. Begin breath of fire for 2 minutes. Inhale — raise both feet 12 inches from the ground, keeping the vision steady. Hold for 15 to 20 seconds, exhale down. Repeat breath of fire for 1 minute. Inhale — raise both feet 12 inches. Hold for 15 seconds. Exhale down and relax completely on the back.

6) Lying on the back, inhale deeply. Exhale completely. Raise hands to the sky, fingers outstretched (6A). Bring hands together into tight fists and slowly bring them down to the chest, bending elbows (6B). Keep tension in the arms as if struggling so that the fists shake as they touch the chest (6C). Relax the breath. Repeat the exercise with the breath held in. Deeply and completely relax for 5 minutes.

COMMENTS:

This easy series can beautify and lighten your body. Exercise 1 stimulates the navel point energy and blood circulation into the lungs. Exercise 2 adds the creative power of the sexual energy. Exercise 3 restimulates the navel point. Exercise 4 adjusts the chemical balance in the blood and helps the lower back and waistline. Exercise 5 moves the energy into the brain and eyes. It has helped cases of headaches and eye diseases such as cataract. Exercise 6 removes any residual tension and allows you to relax.