

## Kriya for Non-Reaction LA907



Elbows to front, forearms perpendicular to floor and hands flat, pointed to side and parallel to the floor. Look at the tip of the nose

. . . 14 minutes

Hold the position, make an "O" mouth and chant with the Tantric Har CD

. . . 6 minutes

Hold the position and whistle along with the Ardas Bayee CD (instrumental version)

. . . 3 minutes

Extend the arms forward, parallel to the floor, arms straight, palms up. Eyes are closed. Breathe long and deep. Don't move. Everything else was a preview. This is the kriya. Relax the face and let it go through. Hold the spine with the lower back muscles

. . . 3 minutes

End - Inhale, squeeze the spine and back muscles and pull it up, up, up and exhale. Do three times.

Do this Kriya every day for awhile to become more non-reactive. After one week, your space will be incredible. It opens the flow of the first chakra.