

Sadhana 4

Puja - include consecration + Sutra 1.1

Cleansing breath - 3 rounds

Scatter the Prana - 9 rounds

Kundalini Serpa - 9 rounds

Guru Mantra Meditation (30 mins)

Puja

The practice of Puja (or Ritual) at the beginning of practice, melts away resistance and drops us into heart space. It allows us to be an open channel for divine consciousness to flow through.

Cleansing Breath

Creates the space for full pranayama. Releases toxins and expands the thoracic area.

Guidance

- Start in seated kneel - inhale through the nose.
- Exhale empty the breath out of the mouth as you fold the body forward making a 'shooshing' sound.
- Inhale the breath in little sips as you rise back to upright.
- Hold the breath at the top.
- Exhale out of the mouth.

Scatter the Prana

A gathering up and distributing of prana in and around the body. This practice works with movement, breath and mantra.

Guidance

- Start standing, feet hip width distance apart - subtle bend in the knees
- Inhale arms rise out in front towards the sky (soft hands)
- Exhale open palms hands float back down
- Inhale arms reach out to the sides and overhead palms to touch
- Exhale bend at the elbow sink into the knees (½ chair), thumbs grace back of the neck > sweep the arms wide palms, forearms and elbows to touch in front, hands to third eye rise to standing
- Inhale right arm extends overhead, right heel lifts (side bend), exhale release
- Inhale left arm extends overhead, left heel lifts (side bend), exhale release
- Gentle twist side to side, swing arms, palms face down (scatter the prana)

Add on

Om Asatoma Sat Gamaya

Tamasoma Jyotir Gamaya

Mrityor Ma Amritam Gamaya

Lokah Samastah Sukhino Bhavantu

- Lead us from the unreal to the real
- Lead us from darkness to light
- Lead us from death to immortality
- May all beings find peace and live happy and free

Kundalini Serpa

This Kriya is a powerful way of awakening the Shakti energy that resides at the base of the spine. The intention is a rolling wave of energy that links breath and movement.

Guidance

- Start standing with feet hip width apart.
- Interlace the thumbs, reaching the hands overhead.
- Exhale (or sigh) out of the mouth, bend the knees and fold forward, arms reach down, fingers brushing the earth.
- Inhale through the nose, draw the hands up the centre line of the body.
- Continue for 3 minutes. Eyes closed, allowing the awareness to follow the breath and energy moving up and down.