

Sadhana 8

<p><i>Puja - your own</i></p> <p>Lama Pranayama Kriya</p> <p>Prakasha Pranayama</p> <p>Shringara Kriya - Laya</p> <p>Cleanse & Activate Kriya</p> <p>Guru Mantra Meditation (30 mins)</p>

Lama Pranayama Kriya

Wonderful for the immune system, working with the lymph nodes under the arms. Has a cooling and calming effect as it centres the mind and body.

Guidance

- Start seated.
- Extend the arms out to just above shoulder height, palms open and fingers spread.
- INHALE with the arms extended.
- EXHALE out of the mouth, press the right thumb into the palm and wrap remaining fingers over the top creating a fist and cross it across the body gently hitting the fist into the left armpit.
- Draw the left hand pointer finger across the body to the right nostril and inhale.
- Retain the inhale as the arms reach back wide and repeat on the opposite side.
- Continue for 12 rounds on both sides.
- Eyes closed, gaze inwards and upward to third eye.

Note: be mindful to stay away from the breast tissue as you hit the fist under the arm.

Prakasha Pranayama

Prakasha meaning 'light', this pranayama practice brings awareness and activation to the divine light within. It cools and calms the nervous system whilst activating and balancing each of the chakras. It connects us to the subtle body and Vijnanmaya Kosha.

Guidance

- Start seated.
- INHALE 7 small sips of air in through the nose. As you do this, visualise the breath moving up the body through the 7 chakras.
- Hold the inhalation at the top focussing on the upper 2 energy centres and sensing the lightness in the body.
- EXHALE out of the nose.
- Eyes are closed.

Option to silently recite the bija mantra for each chakra.

Shringara Kriya - Laya

This beautiful feminine kriya allows you to drop into the feeling of having a deep love and appreciation of consciousness. The gentle movement is as though you are writing a love letter to the divine. It has a similar feel to Flowering Lotus Kriya, awakening gratitude and showing us the path of Bhakti, calming the nervous system and balancing yang & yin.

Guidance

- Start seated. Left hand to the heart.
- Right hand into gyan mudra as if holding a feather between the thumb and index fingers. Arm to cactus.
- Begin to move the right arm gently in figure eight or infinity symbol style of movement. Allow the rest of the body to follow intuitively.
- The breath naturally anchors into the movement.
- Eyes are closed.

Cleanse & Activate Kriya

A powerful kriya that works with ida and pingala nadis and clears stagnation. It assists with trauma release and detoxification without the thinking mind becoming involved. It can be a challenging kriya and thus requires complete presence.

Guidance

- Start seated. Reach the arms out to 60 degrees, fingers together, thumbs draw away (like a mitten).
 - INHALE draw the right elbow into the ribcage.
 - EXHALE out of the mouth with the sound tshhhh as you switch the arms and draw the left elbow in the ribcage.
 - Maintain fluidity in the body.
 - Move quickly, continuing for 4 minutes. Can practice up to 15 minutes.
 - Eyes remain closed or a straight unfocused gaze if dizziness occurs.
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