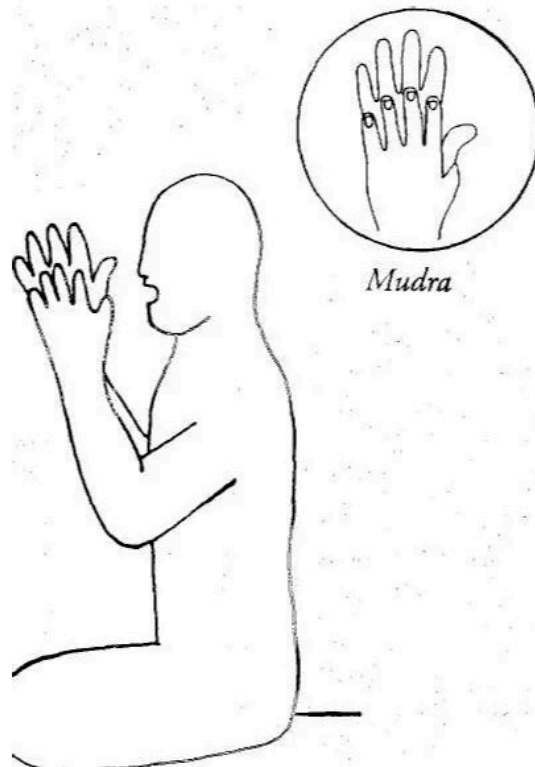


#LA856 960102 Panj Graani Kriya

Open the Diaphragm Change Yourself Inside and Out

This meditation (from what Yogi Bhajan called the "half angle" system) is a part of an ancient science that is very old, very sacred, and very simple. It was kept for the higher caliber of disciples. When a student became a siddh and was certified and qualified, then his teacher would give him certain exercises of this caliber. These exercises are for those who have qualified themselves as sages with discipline and with spirit.



Sit in Easy Pose with your spine straight and your chin in and your chest out. Bend your right elbow and bring your right hand in front of your face with the palm facing left and the fingers slightly spread. The tips of the fingertips are level with your brow point.

Place your left hand against your right hand so that each finger of the left hand touches the mound at the base of the corresponding finger of the right hand. (The Jupiter (index) finger of the left hand touches the base of the Jupiter (index) finger on the right hand and so on.) Your left thumb locks around the right wrist. This mudra creates an energy bond.

Make an "O" shaped mouth and begin Breath of Fire through your mouth. Create a strong and rhythmic breath. Your eyes will close down automatically. 11 Minutes.

To finish: Inhale, hold the breath for 15 seconds, press your hands together with the maximum power you have. Exhale. Inhale, hold the breath for 15 seconds, press your hands together, pushing both hands with equal pressure. Exhale. Inhale, hold your breath for 15 seconds, keep the hands pressed together as you twist once to the left as far as you can, then twist once to the right as far as you can, then return to the center, and exhale. Relax.

If you practice this kriya for forty days, it can change you inside and out. But there is a note of warning: no matter how good it feels, do not practice it for more than 11 Minutes.

This kriya works on the diaphragm muscle. When the diaphragm muscle is open, flexible, and correctly tuned, its physical and energetic action can keep the body in a state of health that prevents heart attacks and brain hemorrhages.

(After five minutes of practice, you may find that you have pain in your diaphragm area. This can indicate that your diaphragm muscle is out of shape, because you have not the habit of breathing from your lower abdomen. Because of this, your lower lungs are clogged up and your blood does not have a high oxygen capacity. This kriya will cause the body to regularize itself and the sensation *ok* this may be painful. The last two minutes of the kriya, your nervous system may get itchy, but just go through it.)

" Mind has a power over matter. If the Self is tuned to a high frequency and the respectabilty of Self is within one's own honor, there is nothing in the world one cannot move. One can move mind, material, and time. These three things the human has the power to develop himself to control: mind, matter, and time.

YB