

## Kundalini Kriya to Clarify the Subtle Body taught on *October 11, 1996*



"We have some little faculty to stimulate in us our 'Thou-ness.' In this kriya we can clarify our subtle body—the body which attracts opportunities to us; the body which brings us good news; the body which collects the Universe for us." This kriya also strengthens the arc line: "You will be so shiny and bright that people will not be in a position to look at your face." -Yogi Bhajan

**Posture and Mudra:** Sit in Easy Pose with a straight spine, chin in and chest out. Place your arms down by your sides (but not touching the floor), palms facing upward. Move your arms upward from this position bringing your palms to overlap each other a few inches above your head. Your arms make an arc around your head. "This is your arc line, actually." The left palm will lie flat on top of the back of the right hand. The thumbs do not touch. Then return your arms to the starting position.

**Mantra, Movement and Breath:** The movement of this kriya is done to the rhythm of the *Tantric Har* CD by Simran Kaur Khalsa. Make an "O" of your mouth. Inhale through the mouth as you raise your hands overhead on "*Har*." On the next "*Har*," exhale through the "O" mouth and lower your hands back to the starting position.

Continue moving rhythmically with the chant. Use the navel point and diaphragm to powerfully exhale as you bring your arms down. Keep the inhalation and exhalation of equal force and power.

**Time:** Continue for 11 minutes. "Begin with eleven minutes of practice. When you can do eleven minutes correctly and powerfully, without spacing out, you can extend your practice to twenty-two minutes. After much practice, the maximum (time) you can do it for is thirty-three minutes. That is the maximum limit." -Yogi Bhajan

**To Finish:** Interlace your hands over your head with your elbows straight, inhale, hold your breath 10-15 seconds as you actively stretch your body all around without letting go of the hands. Stretch as much of your body as you can. Exhale. Repeat this sequence two more times.

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This meditation can be found in *Praana Praanee Praanayam* available from the [Kundalini Research Institute](http://www.kundalini-research-institute.com).