

## 7b Kriya for the Seventh Chakra

Originally taught by Yogi Bhajan as FOUNDATION FOR INFINITY in 1985

**i** Eyes closed, sit in Easy Pose (see p.130) hands interlaced at your hairline. Keeping your upper arms parallel to the ground, breathe in and rotate to the left, then breathe out and rotate to the right. Continue at moderate pace for 3 minutes.

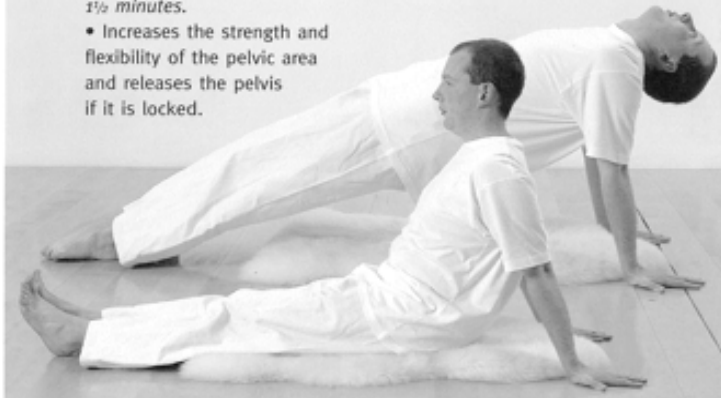


**ii** In Easy Pose, interlace the hands behind the base of the spine. Begin Breath of Fire (see p.120) and bend forwards into Yoga Mudra (see p.133). Continue to alternate positions at a steady pace for 2 minutes.



**iii** Take up Back Platform pose (see p.128), head dropped back. Lower your buttocks to the ground and align your head with your spine. Create a regular tempo, alternating with Breath of Fire (see p.120) for 1½ minutes.

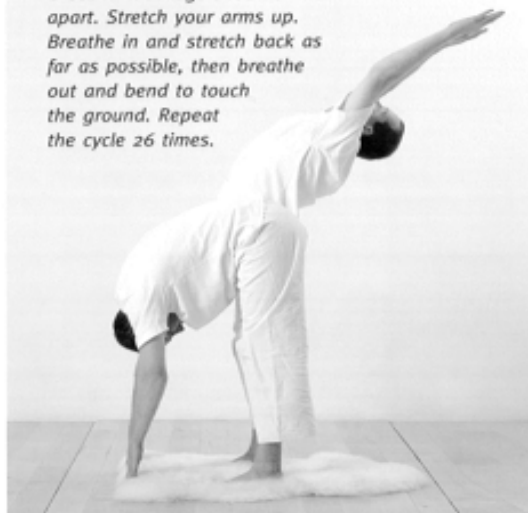
- Increases the strength and flexibility of the pelvic area and releases the pelvis if it is locked.



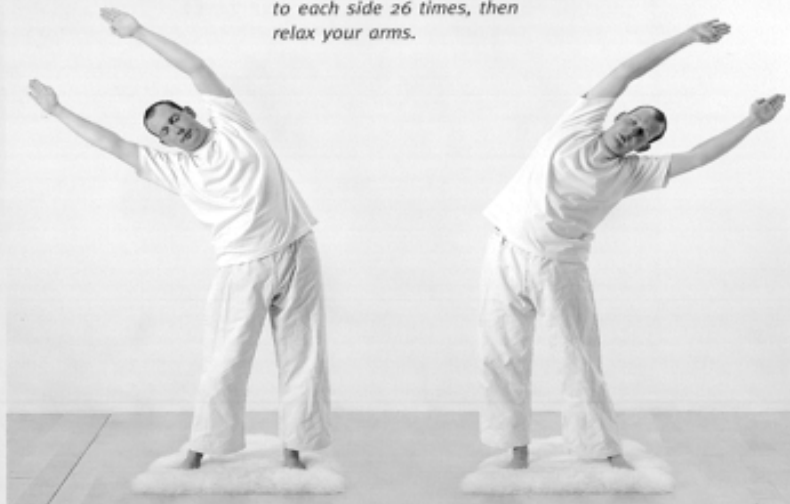
**iv** Squat in Crow Pose (see p.130) and extend your arms, palms down, parallel to the ground. Breathe in and stand, breathe out, and squat down. Repeat the cycle 52 times (26 squats).



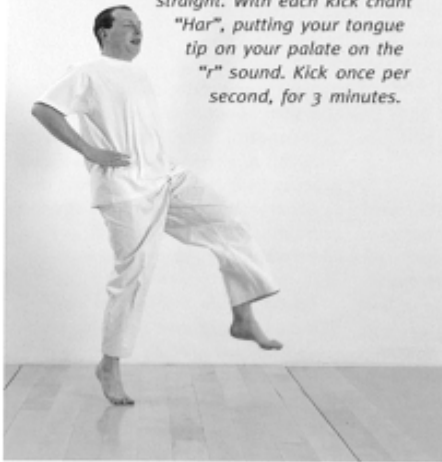
**v** Stand with legs shoulder-width apart. Stretch your arms up. Breathe in and stretch back as far as possible, then breathe out and bend to touch the ground. Repeat the cycle 26 times.



**vi** Stand straight and stretch your arms above your head. Breathe in and bend to the left, then breathe out and bend to the right. Bend to each side 26 times, then relax your arms.



**vii** Put your hands on your hips and kick alternate legs forwards, keeping them straight. With each kick chant "Har", putting your tongue tip on your palate on the "r" sound. Kick once per second, for 3 minutes.



**viii** Sit in Easy Pose (see p.130). Put your hands in your lap, right palm in left, thumb pads touching. Turn the eyes up and focus on the Seventh Chakra. Mentally say "Har Har", pulling your Navel Point in. Pressing your tongue tip to the roof of your mouth, pull the navel again and mentally say "Mukanday". Go within. Discover the shining light of Sahasrara (Seventh Chakra). Find you are never-ending. Go beyond time and space, into total harmony and happiness. Continue for 11 to 31 minutes.



**Yogi Bhajan comments:**

*To reach the subtle realm of Ether, where you are boundless, first set a firm foundation on Earth. Practicing this kriya is a means of setting that foundation. Then the meditation launches you into the realms of Infinity. The pelvis acts as a foundation for the torso and lower body. The female pelvis can be easily misaligned. Chronic misalignment, tension, and inflexibility will eventually manifest through impotency, sciatica, and menstrual irregularities.*