

THE ESSENCE OF SELF

When you are weighted down by the scars and disappointments of life, it is difficult to sense the broader reality of which you are a part. The pains create blocks to the inflow of cosmic energy and you become less sensitive to your own possibilities. This series guides the prana through your body to the heart chakra, "opening" the heart so you can give and receive love without fear, anger or resentment and experience compassion. In this state of compassion you release the pain of former relationships, energize current relationships on a higher level and begin to express our divine essence.

The exercises in this kriya release tension, strengthen the digestion and open the lungs.

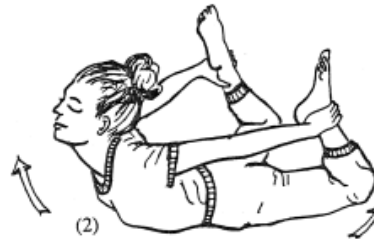
1. Sit in Easy Pose, arms extended to the front parallel to the floor with the palms facing down. Spread the arms slightly to form a V and rotate them backward in large circles (1). Begin Breath of Fire and gradually increase the power of the breath as you rotate the arms faster and faster, wider and wider. Continue for **4 minutes**.

For best results, do this exercise very energetically. The faster the breath is, the more powerfully it stimulates the heart.



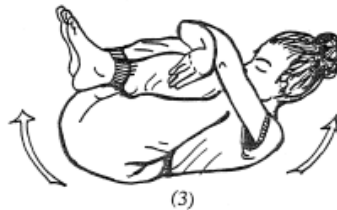
2' / 3' / 4'
BOF

2. Lie on the stomach and assume Bow Pose (2). Rock back and forth from the shoulders to the knees coordinating the motion with a powerful Breath of Fire, so powerful that it feels as though fire were coming from the nostrils. Continue for **1 minute**.



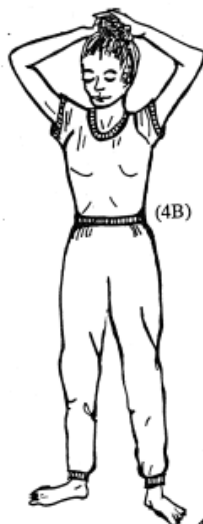
30" / 45" / 1'
BOF

3. Lie on the back with the thighs clasped to the chest, forehead to the knees (3). Rock along the entire length of the spine in coordination with Breath of Fire for **1 1/2 minutes**.



1' / 1'15 / 1'30
BOF

4. Come into Crow Pose with the hands clasped in Venus Lock on top of the head (4A). On the count of 1 inhale and rise up (4B) and on 2 exhale and squat down into Crow Pose. Continue for 52 counts.



1' / 1'10 / 1'20

5. Repeat Exercise 1 for 2 minutes.



1' / 1'30 / 2'
BOF

6. Sit in Easy Pose and cross your hands at the center of the chest over the Heart Center (6). Close your eyes. Drop any self-limitations--surrender the self to the Self. In this expanded awareness you will experience your essence. Remain focused and meditate for 11-31 minutes. (Musical Variations: *Dhan Dhan Ram Das Guru*. by Sangeet Kaur. Sing with the tape, beaming from your heart. Call out to Guru Ram Das to open your heart and create a miracle in your life.)



6' / 4'30 / 4'30