

# **KRIYA FOR RETURNING TO THE ORIGIN AND REAWAKENING BEFORE THE BEGINNING or KRIYA FOR RETURNING HOME**

## **Opening Mantras**

### **1. STRETCH POSE**

Lie on your back.

INH stretch arms forward towards the feet, lifting the head, raising the feet 6 inches off the floor. Gaze just over the toes.

Breath of Fire, 1-3 minutes

INH hold the breath in and pull MB / EXH hold the breath out and pull MB, Apply sequence 3X

INH hold the breath in one more time and pull MB

EXH slowly release the MB and the posture

Rest 1 minute

### **2. HINGE POSE**

Sit up with legs extended, holding the toes and pressing on big toe nails with the thumbs.

INH extend the elbows, lengthening the spine

EXH bend the elbows, bringing the chest toward the knees and keeping the spine straight

Powerful breathing in and out the nose, 1-3 minutes

INH hold the breath in and pull MB / EXH hold the breath out and pull MB, Apply sequence 3X

INH hold the breath in one more time and pull MB

EXH slowly release the MB and the posture

Rest 1 minute

### **3. COBRA POSE**

Lie on your belly. Place palms on the floor under the shoulders and bring feet together.

INH raise up the trunk, straightening the arms, arching the back, dropping the head back toward the heels and rolling up the eyes

Long Deep Breathing or BoF, 1-3 minutes

INH hold the breath in and pull MB / EXH hold the breath out and pull MB, Apply sequence 3X

INH hold the breath in one more time and pull MB

EXH slowly release the MB and the posture one vertebra at a time

Rest 1 minute

### **4. PLANK POSE**

Stand on hands or elbows, and feet. Place hands/elbows under the shoulders, lengthen the legs, tuck the toes under and stretch through the heels.

Hold the position straight as a board from the heels through the crown.

BoF, 1-3 minutes, or until you can't hold the pose any longer

INH hold the breath in and pull MB / EXH hold the breath out and pull MB, Apply sequence 3X

INH hold the breath in one more time and pull MB

EXH slowly release the MB and the posture.

Rest 1 minute

## **KRIYA FOR RETURNING TO THE ORIGIN AND REAWAKENING BEFORE THE BEGINNING or KRIYA FOR RETURNING HOME**

### **5. BRIDGE POSE**

Sit with knees bent, feet standing hip-width apart, hands placed on the floor behind the hips.

INH lift up the pelvis, pressing through the arms and hands, lifting the chest and dropping the head back on the tops of the shoulders.

BoF, 1-3 min.

Stay in Bridge Pose as long as your angle, your breath and your concentration on the 3rd eye are perfect. As soon as that changes, perform **\*Moving Bridge** to complete the 1-3 min.

INH hold the breath in and pull MB / EXH hold the breath out and pull MB, Apply sequence 3X

INH hold the breath in one more time and pull MB

EXH slowly release the MB and the posture

Rest 1 minute

### **\*MOVING BRIDGE**

Sit with knees bent, feet standing hip-width apart. Stand the hands on the floor behind the hips.

INH lift up the pelvis, pressing through the hands, lifting the chest and dropping the head back on the tops of the shoulders

EXH return to starting position with head up

Powerful Breathing

### **6. CAT COW**

Stand on all 4's - hands and knees.

INH lift the head and tail, arching the back (cow)

EXH lower the head and tail, rounding the back (cat)

PB, 1-3 minutes, or 108X, gradually speeding up with last 5 seconds going as fast as you can

INH hold the breath in and pull MB / EXH hold the breath out and pull MB, Apply sequence 3X

INH hold the breath in one more time and pull MB

EXH slowly release the MB and the posture

Rest 1 minute

### **7. FROG POSES**

Squat on the balls of the feet, heels touching, fingertips on the floor, arms between the knees.

INH lift the pelvis, straightening the legs and bringing the head to or toward the knees

EXH bend the knees, lifting the head and looking up through the eyebrows

PB, 26X, 54X or 108X

INH hold the breath in and pull MB / EXH hold the breath out and pull MB, Apply sequence 3X

INH hold the breath in one more time and pull MB

EXH slowly release the MB and the posture

Rest 1 minute

### **8. SAT KRIYA**

Sit on the heels.

INH raise the arms overhead, pressing palms tightly together, pressing arms to the ears.

Sound SAT, pronounced *SUT*, as you pull the navel back and up. Whisper NAM, as you relax the belly.

Continue rhythmically, 1-3 minutes or 108X

INH stretch up, hold the breath in and pull MB / EXH hold the breath out and pull MB,

Apply the sequence 3X

INH hold the breath in one more time and pull MB

EXH slowly release the MB and bring the arms down the sides, smoothing the aura

Rest 1 minute

## **KRIYA FOR RETURNING TO THE ORIGIN AND REAWAKENING BEFORE THE BEGINNING or KRIYA FOR RETURNING HOME**

**DEEP RELAXATION** 3-11 minutes

### **Coming out of Deep Relaxation**

Wiggle the fingers and toes. Rotate the wrists and ankles.

Stretch arms overhead and feel the length of your body, head to toes.

Draw the knees over the chest, hold the knees and rock side to side, letting the head roll also.

Optional Cat Stretch:

Lengthen Right leg down and use Left hand to bring Right knee to the Left, reaching Right arm to the Right, and looking to the Right.

Repeat on other side, changing legs, arms and head.

Bring palms together and soles of the feet together, and rub vigorously to charge the electromagnetic field.

Again draw the knees over the chest, hold the knees, lift the head, and rock on the full length of the spine.

Roll up, and sit for a moment or longer in Deep Absorption.

**LAYA YOGA** 11-31 min.

Adi Shakti Mantra (on 2 1/2 breaths)

EK (MB) ONG .... KAR ....

SAT (MB) NAM ..... SI - RI

WHA (1/2 MB) GU-RU .....

Adi Shakti Mantra (on one breath)

EK ONG KAR - A (MB)

SA TA NAM - A (MB)

SI RI WHA - A (MB)

HEY GU - RU (1/2 MB)

**Closing Mantras**

## **KRIYA FOR RETURNING TO THE ORIGIN AND REAWAKENING BEFORE THE BEGINNING or KRIYA FOR RETURNING HOME**

**THE PURPOSE OF THE KRIYA FOR RETURNING TO THE ORIGIN AND REAWAKENING BEFORE THE BEGINNING (KRORBB) or KRIYA FOR RETURNING HOME (KRH) IS TO RAISE THE KUNDALINI 56 X in rapid succession. Performing mahabhanda 7 X after each of the 8 postures makes EACH POSTURE A UNIQUE KRIYA. 8X7 creates a hyper-acceleration that breaks through the barrier of appearance that separates formlessness and form.**

### **Sit in Meditation Posture:**

Sit with legs crossed to hold energy in and up.

Lift the spine tall to straighten the pranic channels. (Use support under the pelvis if needed.)

Lift the chest to open the heart, foster alertness and to allow the shoulders to drop down the back.

Rest the hands on the knees or in the lap to foster equanimity.

Tuck back the chin, with mouth open, lips lightly touching, jaw relaxed, tongue floating free in the center of the mouth and turned slightly up, to open the flow of prana from the throat to the 3rd eye (the silver cord).

Reach the crown toward the sky to open the flow of prana from the 3rd eye through the crown (the golden cord).

### **Opening Mantras:**

#### **ONG NAMO GURU DEV NAMO**

*I bow to the subtle Divine Wisdom. I bow to the Divine Teacher within.*

This mantra connects us to the lineage, the powerful chain of blessing from the present teacher back through Isa Love, Yogi Bhajan, the Siri Guru Granth Sahib (the Holy Book), the Sikh Gurus and Pure Source.

Sing this mantra 3X.

#### **AD GURAY NAMAY, JUGAD GURAY NAMAY, SAT GURAY NAMAY, SIRI GURU DEVAY NAMAY**

*I bow to the Primal Wisdom, I bow to the Wisdom through the Ages, I bow to the True Wisdom, I bow to the great, unseen wisdom.*

Create a ring of protection for you and your practice:

AD GURAY NAMAY (See & feel light to the Right of the head.)

JUGAD GURAY NAMAY (See & feel light to the Back of the head.)

SAT GURAY NAMAY (See & feel light to the Left of the head.)

SIRI GURU DEVAY NAMAY (See & feel light to the Front of the head.)

Sing this mantra 3X.

## **KRIYA FOR RETURNING TO THE ORIGIN AND REAWAKENING BEFORE THE BEGINNING or KRIYA FOR RETURNING HOME**

Remain in meditation with the frequency of the opening mantras as you perform each exercise. Build capacity to perform each exercise full time.

1. **Stretch Pose** activates the navel point, the solar plexus where it is said 72,000 nerves converge, drawing in the sun's energy and charging your battery.
2. **Hinge Pose** activates the root, sex and navel centers, refining denser energies and moving them up to the 3rd eye.
3. **Cobra Pose** opens the front of the body, revitalizing all the organ groups, and sending the energy up from the root through each chakra to the crown.
4. **Plank Pose** strengthens the core and opens the energy flow from heels to crown.
5. **Bridge Pose** activates the electromagnetic field, fostering equanimity and stability.
6. **Cat Cow** activates the whole spine and projects the energy out like a sun burst through the pores of the skin, filling the electromagnetic field with light.
7. **Frog Pose** activates the sex energy, our core energy, and uses it to draw up the nourishment of the earth's frequencies through the balls of the feet, up the legs to the pelvis and base of the spine, and send it up through the crown of the head to unite with the nourishment of the sky's frequencies and bring it down into the body like the circulation of a fountain. It fosters strength of mind, health of the whole body, and generates long life.
8. **Sat Kriya** uses the power of the navel to pump energy up from the root through each chakra, past the crown, up through the fingertips to the electromagnetic field or 10th Light Body of Consciousness, stabilizing our Radiant Body.

**Exercises 7 and 8** may be reversed in order if you find it more potent.

**MB** at the end of an exercise could be **mula bhandha** (root lock) or **maha bhandha** (great lock). Maha bhandha is pulling mula bhandha (root lock), uddiyana bhandha (navel lock) and jalandhara bhandha (neck lock) and floating the tongue toward the upper palette, allowing the energy to flow through the 3rd eye, the crown, the etheric centers and through the galactic center to home.

**Rests and Deep Relaxation** are as important as the active movements. Allow yourself to feel the result of each exercise and then the whole kriya, recognizing and claiming for yourself a new level of vitality and consciousness or honoring a detox process, to then nurture until your next practice. Recognition and nurturing your state with your loving attention is what causes your elevated experiences to remain elevated and stabilize in new levels.

### **Closing Mantras**

**The LONG TIME SUN shines upon me, ALL LOVE surrounds me.  
And the PURE LIGHT within me, guides my way on.**

Absorb the light, feel nourished by the light generated from your practice, know you are blessed, and listen!

**SAAAAAAAAAAT NAM 3X**

INH the cosmic energy through the crown, down to the root.  
Spiral the SAT from the root through each chakra to the crown.  
Project the NAM up and out into space.

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### **OR 7 Wave SAT NAM**

Sound SA . . . starting at the root, and moving the sound upward through each chakra with an undulation of sound and gentle navel pump. Close the “T” of the SAT when you arrive at the crown. Sound NAM, feeling the NAM drop heavy like a hammer on the root, and the subtle energy, the resulting nectar of this practice, shooting up through the crown.

Sat Nam at the end of the practice seals and protects the practice, the practitioner and the body of practitioners (sanghat).

When you have full times, posture steady and stable with perfect angle, with smoothly flowing breath, locks and sound without consciousness wavering you get the next level. The Laya Yoga component changes occasionally. There is NO specific time you will practice the KRIYA FOR RETURNING TO THE ORIGIN, REAWAKENING BEFORE THE BEGINNING. The illusion of time only arises when the consciousness which is vast is stuffed into the experience of this slowly decaying physical form.

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When you are practicing each exercise for the full time, when your posture is steady and stable with perfect angle and smoothly flowing breath, when you perform the locks and sound without consciousness wavering, you get the next level.

The Laya Yoga component changes occasionally.