

GURURATTAN KAUR'S
STRENGTHENING THE NAVEL CENTER,
ELIMINATION & DIGESTION,
BALANCING & DISTRIBUTING
CREATIVE ENERGY

Many people store chronic tension in the abdominal area, constantly holding and tightening the abdominal muscles. The tension interferes with the function of all the abdominal organs, decreasing physical vitality and general health. On releasing this tension, a person is not as prone to ulcers, constipation, sluggishness and other "stomach-worry" ailments.

The following exercises promote good elimination, cleanse the intestines, release tension and tightness in the diaphragm, and stretch and strengthen the abdominal muscles. Number 1-8 help prevent PMS in women.

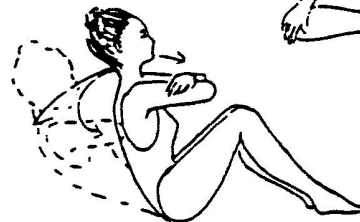
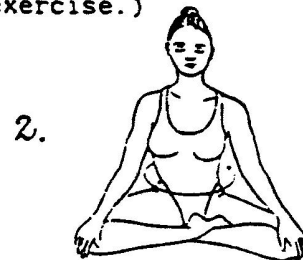
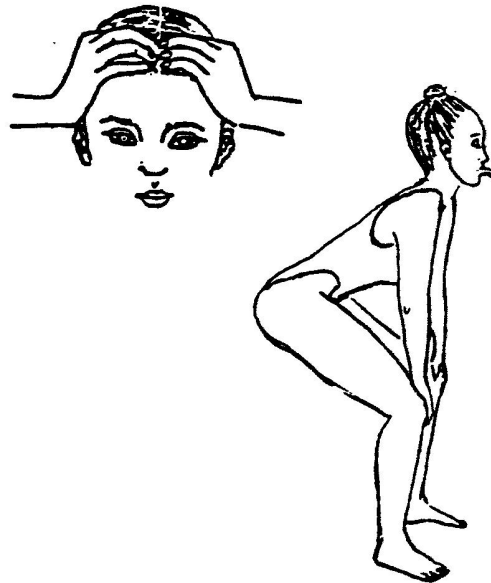
Before navel exercises, this procedure helps strengthen the abdominal muscles. (Try leg lifts before and after and notice the difference): Imagine a part in your hair along the top of the head. Place the fingers of both hands on either side of the part and attempt to pull the scalp apart along that line. Do it several times.

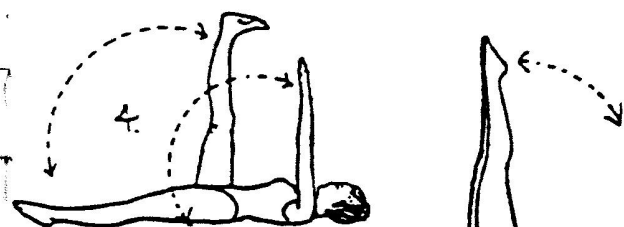
1. Stomach lifts: Stand up, lean over with arched back, tongue out, and hands on knees. Inhale, exhale all the air, hold the breath out and pump the stomach in and out as long as possible before inhaling again. Do this 5 minutes a day on an empty stomach, preferably in the morning upon arising. With practice, you will move the entire abdominal area, all the way up to the diaphragm.

This exercise eases fear, opens the lungs and aids in elimination. A tight diaphragm produces anxiety, fear and constipation. (All long, deep breathing exercises have the same effect as this exercise.)

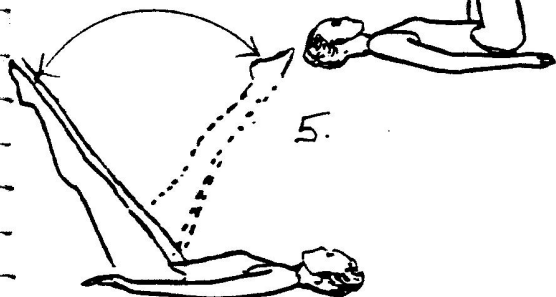
2. Rotate the Pelvis: Sit in Easy Pose, with hands on the knees. Deeply roll the pelvis around in a grinding motion, 26 times in each direction. This exercise opens up energy in the lower spine and aids in digestion.

3. Sit Ups (& Downs): Cross arms across the chest, knees bend (feet can be anchored under something), and lean back as far as you can and then come upright again. Then lean back alternately to the right and to the left. (Practice until you can reach the floor and come back up.)





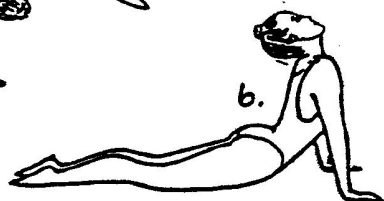
4. Crosscrawls: Raise alternate arms and legs, while lying on the back, with powerful breathing.



5. Leg Lifts: Hands at sides or under the buttocks, (to protect the small of the back), and raise legs up to 90° and lower them for 1-2 minutes.

Then raise them to 60° out, and continue to 60° back overhead for 1-2 minutes. This keeps abdominal organs from dropping

To end, bring the legs all the way back over the head in Plow Pose, relaxing and stretching in the position. (This releases a lot of tension in the back and shoulders.) For extra stretch, bend the knees beside the ears. Hold Plow for 1-2 minutes.



6. Cobra Pose: Slowly arch up into Cobra, pressing the sternum forward, and the neck up first, and then back. (Try not to over arch the lower back) Do Breath of Fire, or long, deep breathing for 1-3 minutes.



7. Bow Pose: On stomach, grab the ankles, arch up and rock back and forth on the abdomen, or hold steady with long, deep breathing for 1-3 minutes.



8. Rock & Roll on the Spine: On back, clasp the knees to the chest, and roll back and forth on the spine. (Make sure you are on a soft enough surface) 1-2 minutes.



9. Pick Me Up Exercise: Lying on the back, relax a moment. Then bend the knees drawing heels to buttocks, with feet flat on the floor. Grab ankles, and slowly raise the hips, arching the lower spine and lifting the navel to the sky. Inhale as you raise the hips, and exhale as you lower them, through the nose, holding the breath for a moment as you stretch up as high as possible.

Slowly repeat this exercise a minimum of 12 times, synchronizing the breathing and the movement, to a maximum of 26 reps. Begin at 12 and increase 2 lifts per day, up to 54.

To end: Inhale up, hold the breath for 10 seconds, and relax down, stretching the legs out. Relax on the back and feel the energizing effect of the exercise.

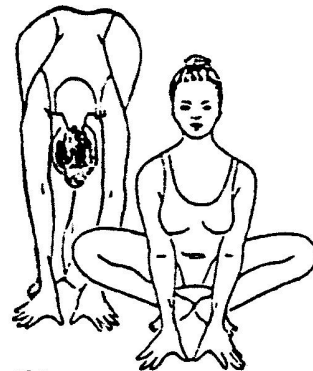
(Exercise tips: If you can't grab your ankles, keep hands at sides and use the arms to help push you up. Check with the doctor first if there is lower back pain or trouble. Try to let the breathing do the

work - inhale the hips up and exhale them down. This exercise automatically causes deep breathing. Keep the eyes closed throughout this and the other exercises so that you can experience your rhythm without distraction. Rest on the back for several minutes, to enjoy its vitalizing effect.

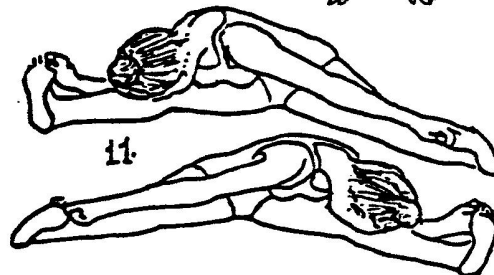
This exercise releases abdominal stress and give you an immediate boost of energy throughout the body that lasts well into the day. It also stimulates the thyroid and allows you to breathe deeper, adding to your energy level. (It moves energy from the lower spine to the upper spine.)

10. Frog Pose: Squat on toes, (heels touching each other and up off the ground), fingertips in front of feet, between the knees, head lifted up, eyes straight ahead. Inhale as you raise the buttocks up and lower the forehead towards the knees, keeping the heels off the ground. Exhale as you return to original position. Continue with long, deep breaths 26 times (up to 108 repetitions). Relax.

10.

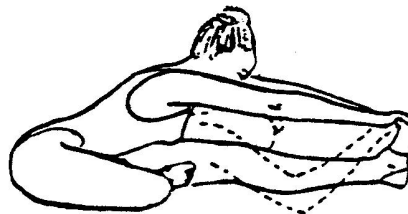


11. Alternate Leg Stretches: Spread the legs wide apart, bending over and grasping the toes (or ankles, or knees); keeping the knees straight. Inhale at center, and exhale down to the left leg, inhale up, center, exhale down, to right knee, with powerful breathing. 1-3 minutes. Then inhale at center, hold, and apply root lock, exhale and relax. Bring legs together, and bounce them awhile to relax and massage them. Bend from lower back, and get a good stretch, but do not strain. Be sure muscles are loosened up.



11.

Now bring the right foot into the left thigh. Slowly bend over the left leg, grabbing the foot (or wherever it is comfortable), keeping the left knee flat. Begin long, deep breathing or breath of fire. Inhale deeply, hold and stretch, and slowly come up. Switch legs and repeat. Then bounce and massage the legs and relax. 1-3 minutes.



12. Relaxation: Deeply relax on your back, hands at sides, palms facing up.

12.

