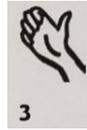


## Script

### Kriya for Elevation – Benefits



This pose works the arms, the heart, the lungs and the belly.

It oxygenates and energises the body, strengthens the lungs and the magnetic field. It balances the hemispheres of the brain and brings the mind to a state of alertness.

Breath of fire helps us to release tension that may have built up in our abdominal area over years. Subconscious wounds can be effortlessly released and cleared, without you even having to know what they are.

This miraculous technique can shift us out of fear and into the frequency of love. Just doing this exercise alone for two or three minutes per day can elevate you!



This pose works the sacrum, the spine, the rib cage, the heart and, to some extent, the arms.

It improves the flexibility of the sacrum, the hips and the spine. In yogic tradition, age is measured by the flexibility of the spine, so doing this exercise makes us younger. This exercise quickly improves our mental focus and alertness, so it makes our brains younger too. In yogic tradition, it is also said that a flexible spine means a flexible mind.



Spinal twist works the waist, the belly, the rib cage, the heart and the spine.

This exercise stimulates the lower back, or lumbar spine. It stimulates and assists the digestive system and develops flexibility in the hips and torso. The powerful breathing activates the lungs and oxygenates the body and brain.



This posture stretches and stimulates the muscles of the lower spine, pelvis and legs as well as the upper back, kidneys and adrenal glands.

It most significantly involves the stimulation of the sciatic nerves, which are known in kundalini yoga as the 'life nerves'. This is because these nerves are responsible for supplying motor and sensory information to the legs. They are the longest nerves in the human body, beginning at the lower back and running through each buttock and down each leg all the way to the back of each foot.

The sciatic nerve is believed to affect our nervous system, digestive system and emotional balance. Keeping this nerve flexible is thought to be important for maintaining the strength of these systems.



This posture is also a life nerve stretch and has all the benefits of the front life nerve stretch for all the same reasons. However, because in this posture the heel is tucked into the perineum, there is extra stimulation to the first chakra where the kundalini energy originates.

These front stretches also bring circulation to the upper torso in a way that helps digestion and the elimination process.

Breath of fire in this exercise means it oxygenates and energises the body, strengthens the lungs and the magnetic field. As I previously said, Breath of Fire also balances the hemispheres of the brain and brings the mind to a state of alertness.



This exercise works the legs, hips, sacrum, spine and arms.

It has all the benefits of the previous life nerve stretches.

The powerful breathing strengthens the heart and lungs and oxygenates the body and brain.

This exercise increases the flexibility of the spine, sacrum and hamstrings and charges the magnetic field.



This pose powerfully works the arms and spine and opens the front body

This exercise is very good for improving the health and strength of the back and spine. It tones the back muscles and the tissues connected to the spine.

It improves circulation of blood and oxygen, especially throughout the spinal and pelvic regions.

It works the deltoids in the shoulders.

It strengthens the arms, particularly the triceps

It stretches and strengthens the chest muscles, invigorates the heart by clearing the passages of the heart and lungs.

It stretches and strengthens the abdominals and improves digestion.

It decreases stiffness in the lower back.

It improves menstrual irregularities.

It elevates the mood.

It firms and tones the buttocks.

It stimulates organs in the abdomen, like the kidneys.

It relieves stress and fatigue.

It soothes sciatica.

It helps to ease symptoms of asthma.

It balances the kundalini energy and draws the kundalini energy up to the higher centres, so we can use it in the following exercises.



Shoulder shrugs work the back, shoulders, clavicle area and upper arms.

These areas of the body are often neglected leading to deterioration.

Shrugs take the stress out of the upper back and neck by creating space and new connections in that area.

They lubricate the back muscles that get stuck in our often sedentary days.

They calm the nervous system.

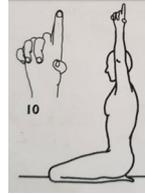
It makes your entire back stronger and smarter.

This exercise also balances the upper chakras and activates the higher brain centres.



This exercise is a dynamic stretching exercise that relaxes and stretches the neck muscles and the cervical spine.

It can help alleviate any discomfort or stiffness in the neck and help prevent neck stiffness, injuries and pain.



Sat Kriya works the legs, the torso and the arms.

It is such a powerful exercise it's considered a complete Kriya in its own right.

It is also known as 'The Everything Kriya'. It contains almost all the benefits of kundalini yoga. Simply put, it raises the kundalini energy as the continuous 'squeeze-release' action creates a powerful pump for the kundalini energy. This pump action circulates the kundalini energy through all the chakras, improves digestion and strengthens the nervous system and magnetic field.

On a physical level, when the exercise is properly done, it gives the body the energy it needs to heal and regenerate every organ and cell.

Sat Kriya works primarily on the lower triangle – the first, second and third chakras. The lower triangle corresponds to the earliest stages of our human development. For example, the first chakra relates to birth, infancy, the issues of fundamental security, beingness, and belonging. Practicing Sat Kriya helps us to excavate any deeply entrenched wounds from our early life, healing mental and psychological imbalances and childhood wounds.

Sat Kriya also helps heal sexual dysfunctions, including impotency, premature ejaculation, and sexual phobias. It strengthens the entire sexual system by stimulating the natural flow of sexual energy.

## 11. Relaxation

Deep relaxation allows your body, mind, magnetic field and aura to integrate the changes brought about by the kriya you have just practiced.



I love this meditation because so much of what I teach is about self-forgiveness, which is becoming free of self-animosity. This meditation is a meditation to conquer self-animosity and has an effect upon our core energy system that supports self-love and self-acceptance.

## [YouTube Link to Kriya for Elevation](#)

## [Helpful YouTube Videos](#)