



# **RISE AND SHINE**

## 40-DAY PRACTICE

# KRIYA FOR AWAKENING THE TEN BODIES

“ If you understand that you are these Ten Bodies, and you are aware of those Ten Bodies, and you keep them in balance, the whole Universe will be in balance with you. ”

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## 1 Soul Body

*The spark of the Infinite that resides in the core of your being.*

## 2 Negative Mind

*Identifies possible dangers or shortcomings in a situation. Expresses protective caution about the future, sees the downside or pitfalls in every situation out of a genuine sense of caring.*

## 3 Positive Mind

*The Positive Mind sees the positive essence of all situations and beings. It is expansive and allows resources in. It gives you a strong will and allows you to use your power easily and humbly. It makes you naturally playful and optimistic and gives you a good sense of humor. It makes your communication strong and direct.*

## 4 Neutral Mind

*Is seduced by neither the negative nor positive intellect, but rather dwells in the tranquility of non-emotional intuition.*

## 5 Physical Body

*The sacred, living, human form that houses the soul, through which enlightenment and service to humanity are manifested.*

## 6 Arcline

- The arcline extends from ear to ear, across the hairline and brow; it's your halo, the nucleus of the aura and avenue of intuition. It is associated with the pituitary gland and regulates the nervous system, glandular balance and subtle perceptivity.
- Women have a second arcline reaching across the chest from nipple to nipple; it is extremely sensitive in its parallel function of perception, protection and projection.

I am kind. I am serene. I am filled with love. I am kind. I am serene. I am filled with love. I am kind. I am serene. I am filled with love.



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## 7 Auric Body

*The aura is the electromagnetic field that surrounds your body; it contains, projects and interacts with the energetic life force, it usually extends three to nine feet beyond the physical body.*

## 8 Pranic Body

*Prana, the subtle spark of life energy, is carried on the breath and is our living connection to the Infinite.*

## 9 Subtle Body

*The subtle perceptual ability to sense the Infinite and universal reality within the material and physical; your connection to the Akashic records (the non-physical imprint of all experience)*

## 10 Radiant Body

*The Radiant Body gives spiritual royalty and radiance.*

## 11 Parallel 'Unison-ness'

*The Eleventh Body contains all Ten Bodies and represents the sound current—the vibratory basis of all of existence. It is in play when your humanity and divinity become one.*

*“When the God in you, and the human in you are in parallel unison-ness, then you are an 11. You have no duality, you have divine vision, and the truth flows from you. You don’t have to find anything outside of you. The jewels are all in you – you are rich inside, you have satisfaction and contentment.”*

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## 1. Stretch Pose (1 - 3 min)

*Lie on the back with the arms at your sides. Raise the head, legs, and hands six inches with the palms facing each other slightly over the hips to build energy across the Navel Point. Point the toes with eyes focused on the tips of the toes and do Breath of Fire.*

## 2. Nose to Knees (1 - 3 min)

*Bring the knees to the chest, with the arms wrapped around the knees. Tuck the nose between the knees, and begin Breath of Fire.*

## 3. Ego Eradicator (1 - 3 min)

*Sit in Celibate Pose or Easy Pose. Raise the arms to a 60 degree angle. Curl the fingertips onto the pads at the base of the fingers. Plug the thumbs into the sky. With eyes closed, concentrate above the head, and do Breath of Fire. To End, inhale, touch the thumb tips together overhead. Exhale and apply mulbandh. Inhale and relax.*

## 4. Life Nerve Stretch, Alternating (1 - 3 min)

*Sit with the legs stretched wide apart. With arms overhead, inhale. Then exhale, stretch down and grab the toes of the left foot. Inhale, come straight up; then exhale and stretch down over the right leg and grab the toes. Continue alternating.*

## 5. Life Nerve Stretch, Center (1 - 3 min)

*Continue to sit with the legs stretched wide apart. Hold onto the toes of both feet, exhale as you stretch down bringing the forehead to the floor, then inhale as you sit up.*

## 6. Spine Flex, Easy Pose (1 - 3 min)

*Sit in Easy Pose. Grab the shins in front with both hands. Inhale. Flex the spine forward and rock forward on buttocks. Then exhale, flex the spine backwards and roll back on buttocks. Keep the head level and arms fairly straight and relaxed.*

*Kind. I am generous. I am blessed. I am filled with love. Kind. I am generous. I am blessed. I am filled with love.*



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## 7. Spine Flex, Rock Pose (1 - 3 min)

*Sit on the heels. Place the hands flat on the thighs. Flex the spine forward on the inhale, backward on the exhale. Focus at the Third Eye Point.*

## 8. Spine Twists (1 - 3 min)

*Still on the heels, grasp the shoulders with the fingers in front, thumbs in back. Inhale and twist to the left, exhale and twist to the right. Keep the elbows high, and parallel to the floor. (Do not reverse.)*

## 9. Elbow Lifts (1 - 3 min)

*Grasp the shoulders as in the previous exercise. Inhale and raise the elbows up so that the backs of the wrists touch behind the neck. Exhale and lower the elbows to shoulder height, and repeat.*

## 10. Arm Pumps (1 - 3 min)

*Interlace the fingers in Venus lock. Inhale and stretch the arms up over the head, then exhale and bring the hands back to the lap.*

## 11. Alternate Shoulder Shrugs (1 min each)

*Sit in Easy Pose with the hands resting on the knees. Inhale and shrug the left shoulder up. Exhale and raise the right shoulder up as you lower the left shoulder (1 min). Reverse the breath so that you inhale as you shrug the right shoulder up, exhale as you shrug the left shoulder and lower the right shoulder (1 min).*

## 12. Shoulder Shrugs (1 min)

*Inhale and shrug both shoulders up, exhale down.*

*Kind. I am generous. I am blessed. I am filled with love. Kind. I am blessed. I am filled with love. Kind. I am blessed. I am filled with love.*



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## 13. Neck Turns (1 min each)

*Remain sitting in Easy Pose with the hands on the knees. Inhale and turn your head to the left, and exhale and turn it to the right, like shaking your head "no." Continue for 1 minute. Then reverse your breath, so that you inhale and turn to the right; exhale and turn to the left. Continue for 1 minute. To End, inhale deeply, concentrate at the Third Eye, and slowly exhale.*

## 14. Frog Pose (13, 26 to 54 or 108 reps)

*Squat down so the buttocks are on the heels. The heels are touching and off the ground. Put the fingertips on the ground between the knees. Keep the head up. Inhale, straighten the legs, keeping the fingers on the ground, head comes down. Exhale and come back squatting down, face forward. The inhale and exhale should be strong. Continue this cycle.*

## 15. Relaxation (5 - 15 min)

*Deeply relax on the back.*

## 16. Laya Yoga Meditation (11 - 31 min)

*Sit in Easy Pose with the hands on the knees in Gyan Mudra (thumb and index finger together). Chant "Ek Ong Kaar(uh) Sa Ta Na Ma(uh) Siree Wha(uh) Hay Guroo". On "Ek" pull the navel. On each final "uh" lift the diaphragm up firmly. This sound is more of a powerful movement of the diaphragm than a pronounced purposeful projected sound. Relax the navel and abdomen on Hay Guroo.*

*This is a 3-1/2 cycle meditation. With the breath, visualize the sound spiraling up from the base of the spine to the top of the head in three and one half circles.*

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# 3½ Cycle Laya Yoga Meditation

This extraordinary Laya Yoga chant brings the soul and destiny present. It lets your activity serve your purpose. It makes you creative and focused on your real priorities and helps you sacrifice what is needed to accomplish them.

The word Laya refers to suspension from the ordinary world. Laya Yoga fixes your attention and energy on your essence and higher consciousness without normal distractions and attachments having power over your reactive awareness.

This mantra opens the secret book of Laya Yoga. It enables you to consciously remember and experience the link between you and the Creator. Practice the mantra for 40-120 days and it will etch into the subconscious the memory and experience of your true identity.

This mantra was guarded like a secret gem. It is the key to the inner doors of Naad, the realm of creative sound. If you listen to the sound of the mantra and then concentrate into its subtle sounds, you will become absorbed into the unlimited domain of your higher Self.

The mantra has a structure of 3½ cycles in its spin. Each "uh" sound lifts the diaphragm which commutes the energy of prana and apana across the heart area. That transformation is one cycle. The 3½ cycle is the pulse rhythm of the kundalini itself. This is why the kundalini is often represented as coiled 3½ times.

As with all other genuine mantras, the inner sounds can be heard at different levels of subtlety. The vibrations of naad have different octaves of creative impact. This mantra takes you to the most subtle realm of creativity. It awakens the kundalini force that energizes the whole Creation. It awakens your awareness and empowers the sense of the Subtle Body of the Aura. The practice of the meditation gives intuition and the ability to heal. When you practice this kriya earnestly, be conscious and graceful with each word you speak. Do not listen to negative or coarse speech from others. Remember that the sins of the past are of the past, and that some of the greatest saints were sinners first.

If you have the opportunity to learn and to practice this technology of elevation, you have earned it and you deserve it. So do not hesitate to use it and to strive for progress and expansion. Feel that the Infinite Will and your will act together. Strong actions combined with non-attachment make life a dance with creativity and gratitude.

I am kind. I am serene. I am filled with love. I am kind. I am serene. I am filled with love. I am kind. I am serene. I am filled with love.



I am kind. I am generous. I am kind. I am generous.  
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**Continue for 11-31 minutes**



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