

Kundalini Yoga for Strengthening the Magnetic Field



Jogging on the spot. Hands in Gyan mudra. Lift your knees as high as you can. Powerful BoF. Inhale deeply and exhale relax your arms down. 3 minutes.



Horse pose. Stand with the feet about three feet apart. Press the hips forward, stretch your arms out to the side with the elbows locked and the wrist bent, your fingers pointing up towards the ceiling as though you gonna press on the walls on either side of the room. Feel your strength, your stability, your power. Connect with your aura, your magnetic field, your presence. Powerful BoF at the belly. Your strengthening your projection. You're building a field of protection around you. Feel yourself overcoming every obstacle in your life. Feel yourself victorious. Be the person you're meant to be. Inhale deeply. Suspend the breath. Hold, be still. Be clear. Be empty. Exhale relax your arms down. Shake your arms and legs out a little bit. 2 minutes.



Sidebends. Come standing with the feet shoulderwidth apart. Stretch your arms out to the sides. Inhale twist to the left a little bit. Exhale down bringing the right arm down to the left foot. Turning up your head towards the ceiling and the opposite arm stretches straight up. Inhale back up. Twist to the side...Powerful breath. Find your rhythm. The breath fuels the aura. Inhale up. Arms out to the side. Be solid. Be straight. Suspend the breath. Exhale. Arms down. Shake your arms and legs a little. 3 minutes.



Stand quietly, close your eyes for a moment and be aware of the energy field around you. Connect with the energy field in the room. Feel how your presence in the room affects the whole room. Notice the fields of the people close to you and how that interacts with your own. And open your heart and send love as you stand quietly to everyone in the room. Carrying that out further and further to cover the globe through your own magnetic field. Inhale deeply. Take it in and exhale. Inhale in love deeply. Take it in. Hold in that support from everybody in this room and exhale.

2 minutes.



Squat down for frogs. Bring the heels together. The feet out at 45 degrees. The heels come off from the ground and they are touching ideally. The fingertips are on the ground between the knees. Knees wide apart. And inhale as you lift the buttocks up and the head comes down. And exhale the opposite way. Go at your own pace and count to thirty. Powerful breathing. Frogs are strengthening the nervous system. Improves the circulation in the legs. Pump the blood. Helps to pump the spinal fluid and help to pump the energy from the base to the top of the head. Let the head hang down, chest towards the knees. Take a few deep breaths. And inhale draw the head closer to the knees. Exhale.

2 minutes.



Come lying down on your back. Relax for a minute. Completely relax. Be sensitive to the flow of energy in the body, be sensitive to the magnetic field around you. Be aware that your own magnetic field can stretch to infinity and you can beam whatever you like. Send out a prayer. Using the strength of the navel, the love of your heart, the purity and sincerity of your soul. Send out a prayer. Pray for yourself, pray for others. A prayer of gratitude. Whatever comes to you in this moment. Inhale deeply. Completely exhale.

3 minutes.

Legs stretched out in front of you. The palms in the ground a little bit behind you. Keeping your knees straight. Inhale the left leg up, bringing the knee towards the nose. Exhale it down. Inhale the right leg up. Exhale down. With a powerful breath in and out through the nose. Keep going – you are charging up your aura. Bright, bright, bright! Inhale up. Exhale the leg down.
2 minutes.



Come lying on your back and bring your knees to your chest. Wrap your arms around your knees and relax. Rest your lower back. Congratulate yourself on the effort you are putting into this exercises. On the cleansing and the purification you are doing. And inhale deeply and slowly exhale.
1,5 minutes.



Come sitting up crosslegged. Bring your fingertips on the ground beside you. This also builds the aura. Inhale and touch the back of your hands above the head. Exhale down. Rapidly with a powerful breath. Use the breath to carry you. And inhale arms up. Exhale relax them down. Be still Close your eyes. 2 minutes.



Be sensitive to the auric field around you. To your connection to the universal magnetic field. Sense what is coming your way from that universal magnetic field. Put out your purest positive prayer to invite something wonderful towards you. And sense it. Sense the answer. Every moment is an answer to a prayer. Inhale deeply and exhale. 2 minutes.



Front platform pose. Come lying down on your stomach. If you have really strong fingers this exercise will be on the fingertips. And if you don't have really strong fingers you can have the palms flat on the ground. Curl your toes under and lift up in to front platform pose making a straight line from the heels to the shoulders. If this is too difficult you can have your knees on the ground. Your head is in line with your body. And begin BoF. Find your strength and your power. Go for it!

1,5 minutes



Cobra pose. Arching back. Bring the shoulders down and back. Lengthen the neck. Extend the head back. BoF. Inhale stretch back. Exhale slowly lower yourself down.

1,5 minutes.

Rest on your stomach for a moment. Turn your head to the side. Arms at your sides. Be relaxed. Inhale deeply. And slowly exhale. 1,5 minutes.



Cobra pose. Bringing the palms beneath the shoulder. Curl the toes under. Lift up into Cobra arching back. Inhale in this position. Bring the shoulders down and back. Hold the posture. Exhale. And now inhale up into Triangle, lifting the buttocks high up in the air and exhale into Cobra and alternate Triangle into Cobra. Go at your own pace. Use a powerful breath in and out the nose. Move the energy. Your almost done! And inhale now into Cobra. And exhale down come lying on your back to relax.
2 minutes



Deeply relax.