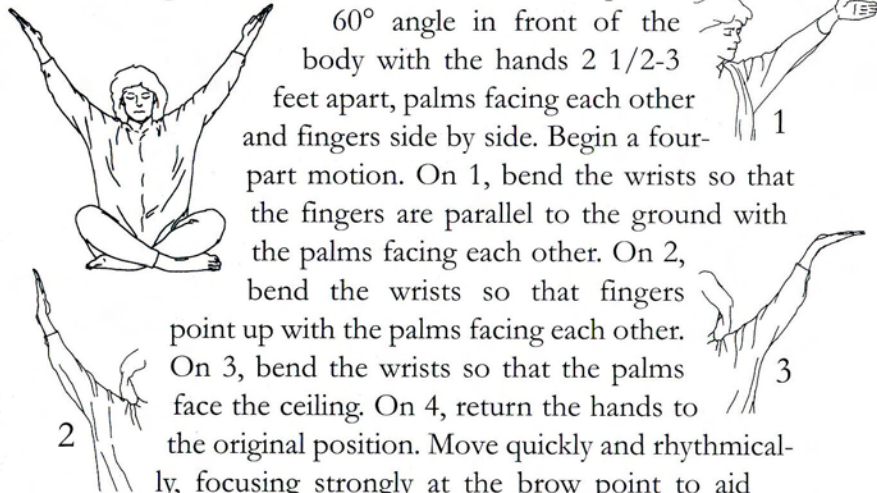


KUNDALINI YOGA & MEDITATION FOR THE RADIANT BODY

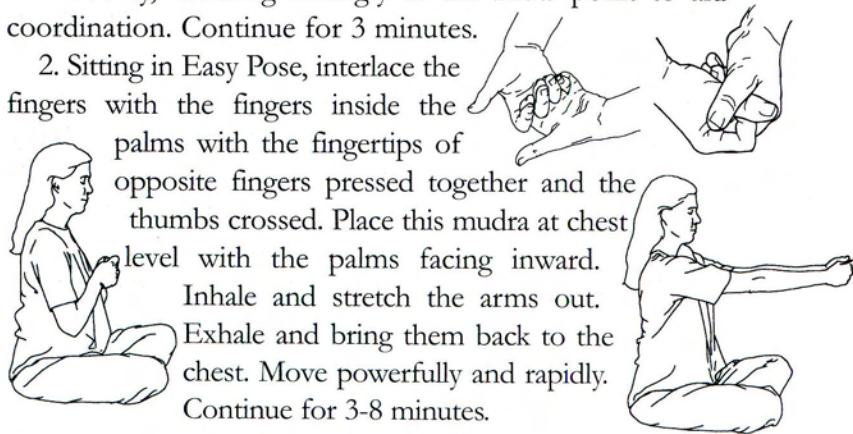
SET FOR KEEP-UP SPIRIT

Keep-up spirit is the radiant body quality that allows us to come through anything radiantly and cheerfully no matter what setbacks, obstacles, or challenges we face. Practicing this set enhances our radiance so that we don't give up when prosperity is right around the corner. It also enhances general flexibility and strengthens the aura and the sciatic nerve. This is a very energizing set, but easy enough for most beginners.

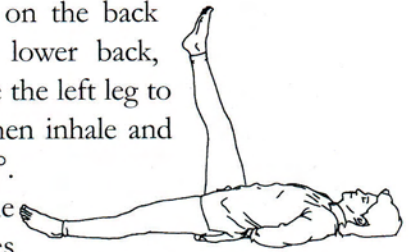
1. Sitting in Easy Pose, extend the arms up at a 60° angle in front of the body with the hands 2 1/2-3 feet apart, palms facing each other and fingers side by side. Begin a four-part motion. On 1, bend the wrists so that the fingers are parallel to the ground with the palms facing each other. On 2, bend the wrists so that fingers point up with the palms facing each other. On 3, bend the wrists so that the palms face the ceiling. On 4, return the hands to the original position. Move quickly and rhythmically, focusing strongly at the brow point to aid coordination. Continue for 3 minutes.



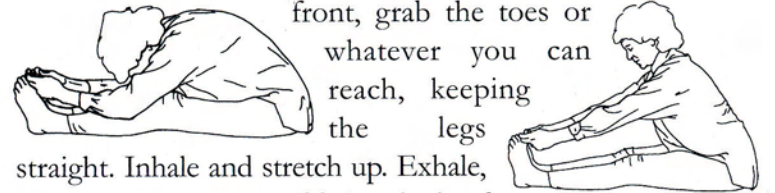
2. Sitting in Easy Pose, interlace the fingers with the fingers inside the palms with the fingertips of opposite fingers pressed together and the thumbs crossed. Place this mudra at chest level with the palms facing inward. Inhale and stretch the arms out. Exhale and bring them back to the chest. Move powerfully and rapidly. Continue for 3-8 minutes.



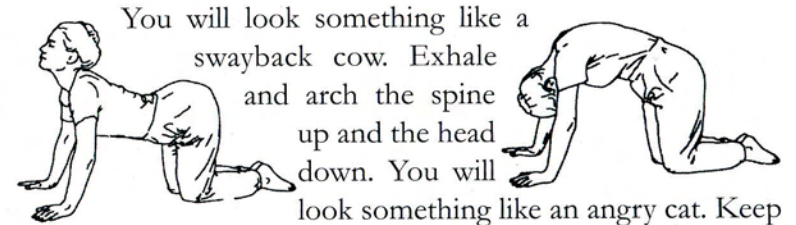
3. Alternate leg lifts: Lie on the back with the hands under the lower back, palms down. Inhale and raise the left leg to 90°. Exhale and lower it. Then inhale and raise the right leg to 90°. Exhale and lower it. Keep the legs straight and the toes pointed. Continue for 3-4 minutes.



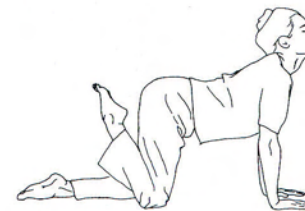
4. Life Nerve Stretch: Sitting with the legs straight out in front, grab the toes or whatever you can reach, keeping the legs straight. Inhale and stretch up. Exhale, bend from the waist and bring the head to the knees or as far down as it will go. Move and breathe powerfully. Continue for 3 minutes.



5. Cat/Cow: On all fours with the arms and thighs parallel to each other, inhale and arch the spine down and the head up. You will look something like a swayback cow. Exhale and arch the spine up and the head down. You will look something like an angry cat. Keep the arms and legs stationary. Continue for 1-2 minutes.



6. In Cow Pose with the head up and the spine arched down, begin kicking the buttocks very fast and powerfully with alternate heels. Make sure there is padding under the knees and feet. The upper part of the body remains stationary. Continue for 1 minute.



Yoga for Prosperity

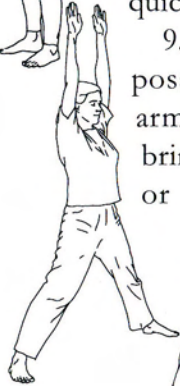
7. Stand up straight with the feet shoulder-width apart and the hands on the hips. Roll the torso in full circles bending from the waist as far as possible in all directions. Move powerfully and quickly. Continue for 2 minutes.



8. Standing with the feet shoulder-width apart, inhale and raise the arms straight up. Then exhale and bring the palms to the ground or as far as they will go, keeping the legs straight. Move powerfully and quickly. Continue for 1 minute.



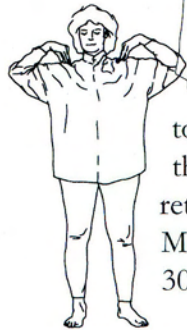
9. Spread the legs as far apart as possible. Inhale and raise the arms straight up. Exhale and bring the palms to the ground or as far as they will go. Continue for 1 minute.



10. Stand with the feet together. Inhale and raise the arms straight up. Exhale and bring the palms to the ground or as far as they will go without bending the knees. Continue for 2-3 minutes.



11. Standing with the feet shoulder-width apart, place the hands on the shoulders with the fingers pointing towards the neck. Inhale and raise the arms straight up. Exhale and return the hands to the shoulders. Move as fast as possible. Continue for 30 seconds.



Yoga for Prosperity

12. Sitting in Easy Pose, roll the neck in good full circles. Move quickly, but carefully. Continue for 30 seconds.



13. Relax deeply on the back. Continue for 3-10 minutes or more.

