

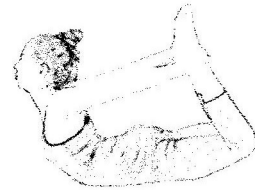
## Second Chakra: Awaken Your Flow

The goal of this set is (1) to open your whole pelvic region so that your emotional energy can relax and be used for self-nurturing, and (2) to awaken the flow of your water/emotional energy. To end each exercise, inhale deeply and expand the belly with the breath. Then exhale and release energy from the belly (2-3 times).



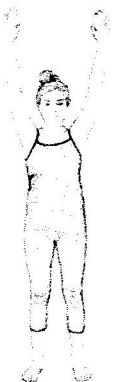
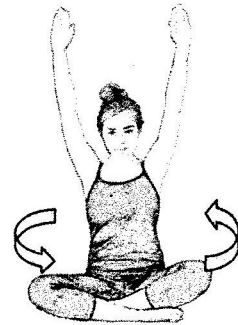
To increase the benefits of this kriya, first warm up your spine with Spinal Flexes, with hands holding the ankles. Loosen up your whole pelvic region, spine, and belly. Get into the rhythm of the movement. 2-3 minutes.

1. Bow Pose: On your belly, grab on to your ankles and pull up into a bow. Rock back and forth on your stomach, inhaling back, exhaling forward. Massage your belly with the movement. 1-2 minutes. Relax on your belly and feel your breath breathe with Mother Earth.



2. On your back, grab on to your ankles. Push your feet into the ground as you raise and lower your pelvis. Inhale up, exhale down. Use only your leg muscles to make the movement and apply a light internal root lock so that you do not strain the lower back muscles. Very good for women to reduce menstrual cramping. 1-2 minutes or 26 times.

3. Sitting, raise your arms over your head, elbows can be slightly bent. Rotate your whole body counterclockwise moving from the base of the spine and belly. Keep eyes closed and do as a moving meditation. 3-4 minutes. At the end, sit with your hands down. The body will continue to move as the circular flowing movement continues internally.



4. Standing with the arms overhead, begin to move with the flow that has been awakened. Periodically bend forward to touch (reach toward) the ground. Then continue your flowing dance. 3-5 minutes.

5. Remain standing and run in place. Punch out hidden anger. Everyone has inner anger, so don't be shy. Move vigorously. 2 minutes. To end, stand in stillness and feel alive.

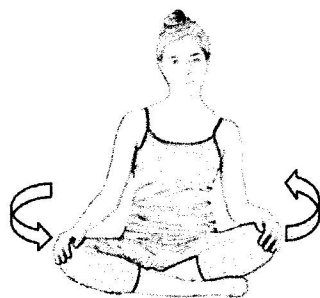


Lie down on your back, let go and feel the flow of energy in your belly.



6. Repeat Bow Pose (exercise #1) and feel the awakening of nurturing energy in your belly. 1-2 minutes. Relax on your belly and feel your breath breathe with Mother Earth.

7. Repeat exercise #2 ten times.



8. In Easy Pose, with hands on your knees, rotate your belly counterclockwise in a deep grinding motion. Coordinate long deep breathing with the movement. Feel the movement from deep within liberate the flowing energy in your whole pelvic region. 2-5 minutes. To end, stop consciously doing the exercise and allow the movement to continue on its own. Then feel the internal spiral energy continue even when the body looks still. You have awakened the flowing polarity of your soul.

Enjoy the freedom as you relax on your back for 5-10 minutes.



*Our thousand-petaled lotus must keep its roots in the Earth to maintain its blossom.*

– Yogi Bhajan

