

Shakti-Bandha

or

Energy Block Exercises

Introduction:

Shakti Bandha relieves tension, pain in the back and joints, headache, muscular troubles, and brings tranquility and relaxation. In short, it makes the body light and fresh.

Sushumna or bilateral breathing starts flowing, which is most necessary for concentration or mediation. Furthermore, it flushes fresh blood in the head by its bending forward and backwards. Thus, the memory is strengthened and the brain fatigue is removed by Shakti Banda. The thyroid gland is developed by the chin lock and bending backwards. By this, the toxins that accumulate in the thyroid are removed. Looking into the centre of the eye-brows increases eye sight and promotes personal physical magnetism. The pineal gland is operated- and serotonin secretion increases, which brings tranquility, introversion and good meditative power.

The hair does not turn grey due to the skull being given the proper exercise and looking up to the centre of the eye-brows. Breathing becomes deep and relaxed. The lung capacity increases, The heart grows strong, The chest or breast expands and assumes its promotional shape,

Manipura or Solar Plexus becomes strong and you can absorb mental, psychological and emotional shocks easily and laughingly

Furthermore, the abdominal wall becomes strong and constipation is removed, excess fat is reduced. It purifies Swadhistana and Mooladhara Chakra too. By deep and full breathing, one attains sexual health. The semen becomes strong; wet dreams, weak muscles of the genital organs etc., are removed;

Shakti Bandha is a very good exercise for all the joints of the legs. It develops muscles. By stretching the toes, it stimulates many nerve centers which are in the sole of the feet.

Thus the energy block exercises, in short, remove energy blocks from top to the tip of the toes and makes one free from all diseases. They develop personality, giving good health, sound mind and a cheerful soul.

Energy Block Exercises

1. Sit on your heels in Vajrasana, with knees spread one elbow length apart and the toes touching,

Place the hands in the back with the fingers interlocked. Lean forward and with exhalation place your head on the floor close to your knees. Raise your arms in the back as high as you can and inhale.

Swing the arms slowly to the right and exhale, bringing the shoulder to the floor.

Swing the arms back to the centre and inhale, always keeping the hands joined.

When in the centre, start exhaling and swing over to the left side with the left shoulder touching the floor.

Raise the arms and inhale, and when in the centre, start exhaling and go over to the right again.

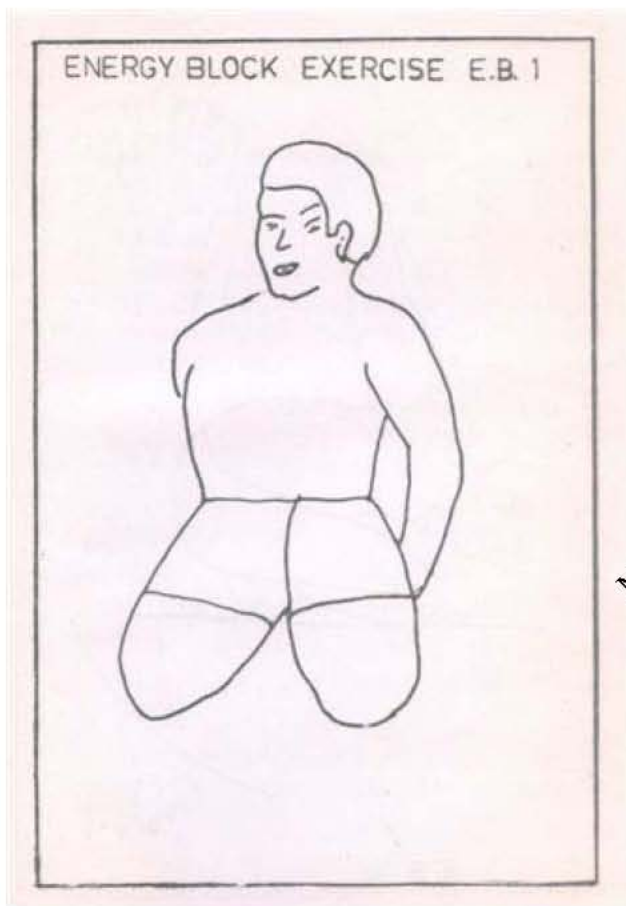
Repeat 7 times.

Your head should firmly remain on the floor without moving, so also the rest of your body sitting on your heels

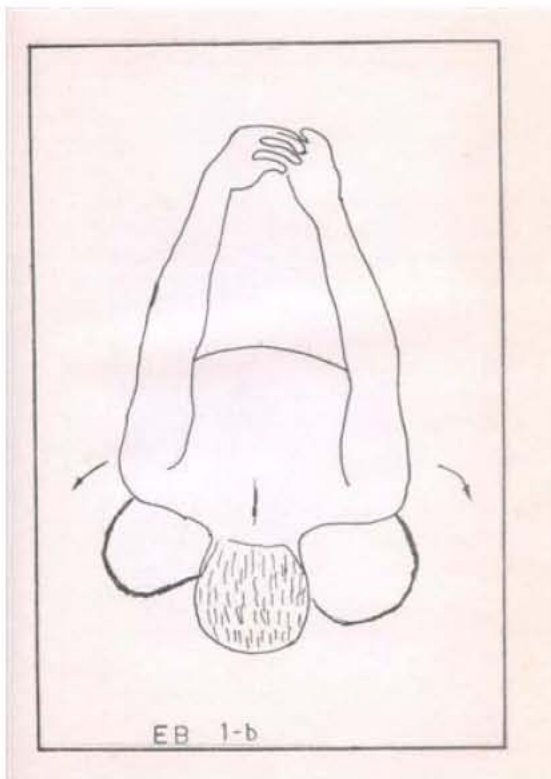
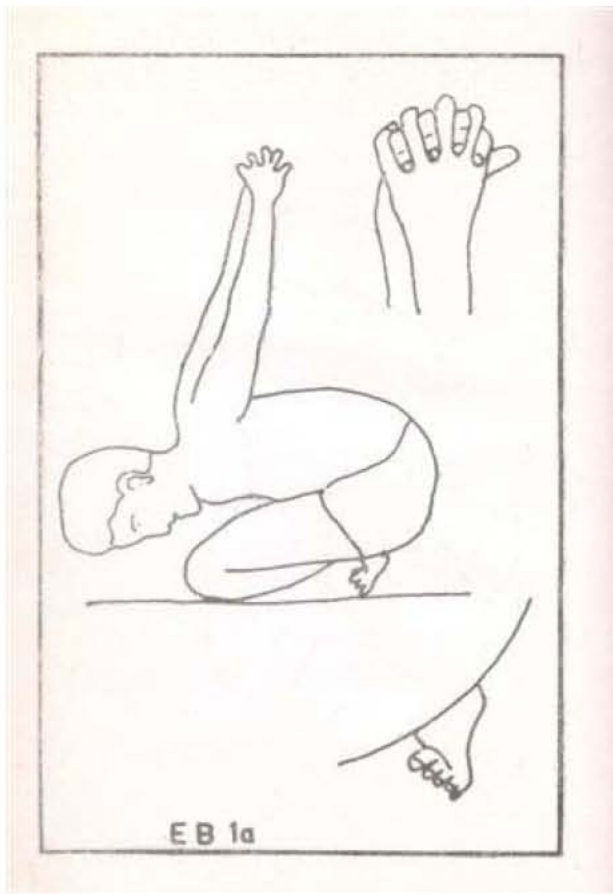
It is only your arms that move sideways as freely as you can

This exercise removes energy blocks from your spine and cervical area.

(See figures EB-1, EB-1 A and EB-1 B)



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M H T H A K E R

Exercise 2 :

Sit on the ground with your legs stretched out in front, with the knees six inches above the ground.

Bring the arms forward and make firm contact with the palms of the hands to the toes and soles to the feet.

Touch the chin to the chest, inhale, raise the head backward, draw the toes inward from the ankle joint and make the upper body position straight.

Finally, look into the centre of the eye-brows, and retain this for 7 counts.

Close your eyes, exhale slowly, lower the head till the chin touches the chest:

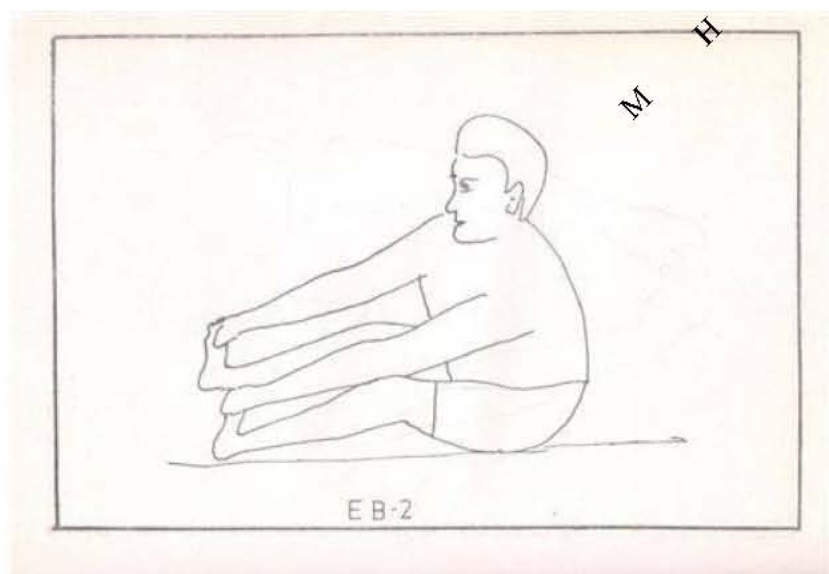
Draw the toes outside (away from you) from the ankle joint and push the spinal cord, backwards making a semi-circular shape.

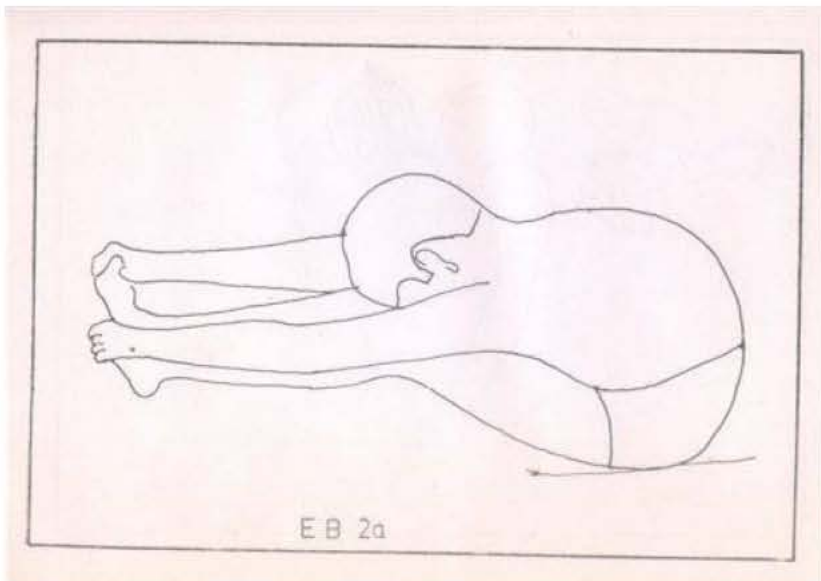
Retain this chin lock position for 7 counts.

This is a polarization exercise. It balances the positive and negative energy of the body, and removes nervousness. It promotes good sleep and relaxation, makes the spine flexible, and gives relief from constipation. It is excellent for radiant health.

Repeat this exercise 7 to 12 times.

(See figures EB-2 and EB-2A)





Exercise 3 :

Sit on your heels, with the knees spread one elbow length apart and the toes touching.

Place the hands in the back of the torso and interlock the fingers.

Inhale deeply.

Exhale, and start bending your body till the right chest rests on the right thigh, with the right side of the face, resting on the floor.

Remain in this position with the eyes closed.

Inhale deeply, raise your arms up as high as you can, then exhale and lower the arms slowly and finally let them fall to the ground by gravitational force.

Feel total relaxation

Repeat this for 7 respirations. combined with arms movements.

Lift the chest up together with inhalation. and relax for a few seconds.

Then exhale

Then inhale deeply.

Exhale and lower the chest to the left side, bending the body till the left chest rests on the left thigh with the left side of the face resting on the floor.

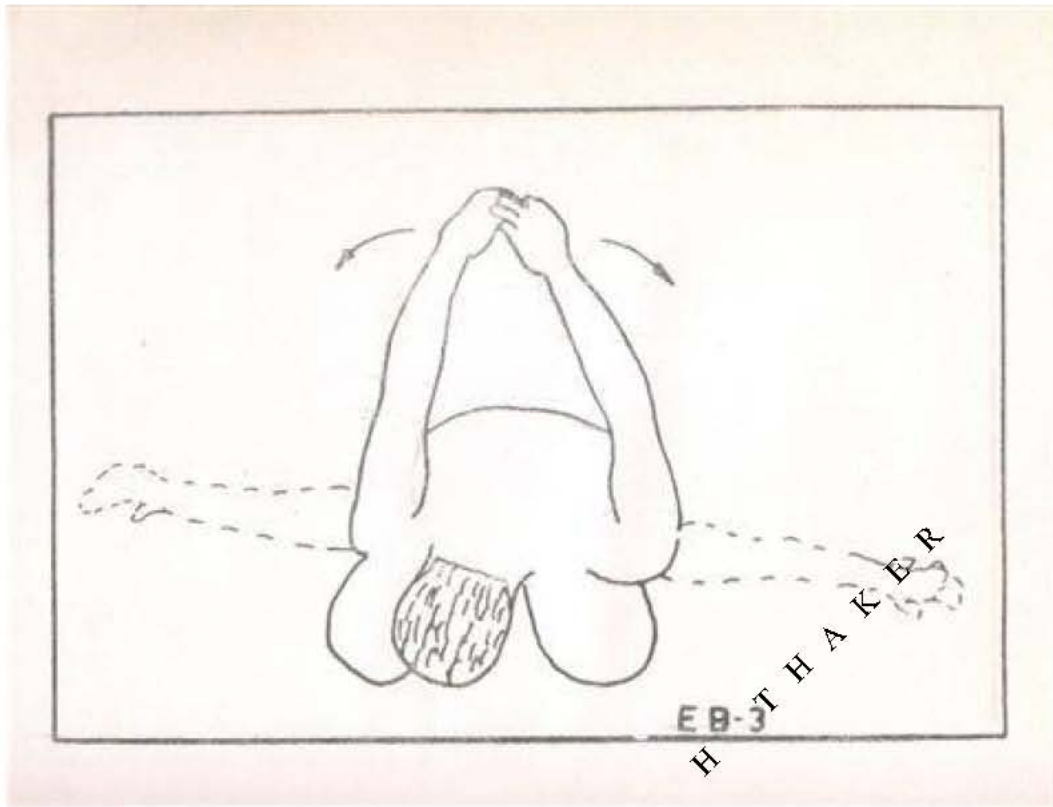
Repeat the same procedure as above for 7 respirations, on the left side.

Come back to the original position.

Bend forward in the centre and repeat for 7 respirations combined with the arms movements.

This completes one round.

(See figure E-3)



Exercise 4 :

Sit in the position of 'Gomukhasan' or sit on the heel folded from the left knee and put the right leg above the root of the left thigh.

Sit straight, take the right hand up above your head and fold it from your elbow.

Bring the left arm towards the back, fold it from the elbow and try to lock the fingers of the two hands.

Keeping this posture, inhale deeply and push the head back exerting the pressure on the back where there is the finger lock.

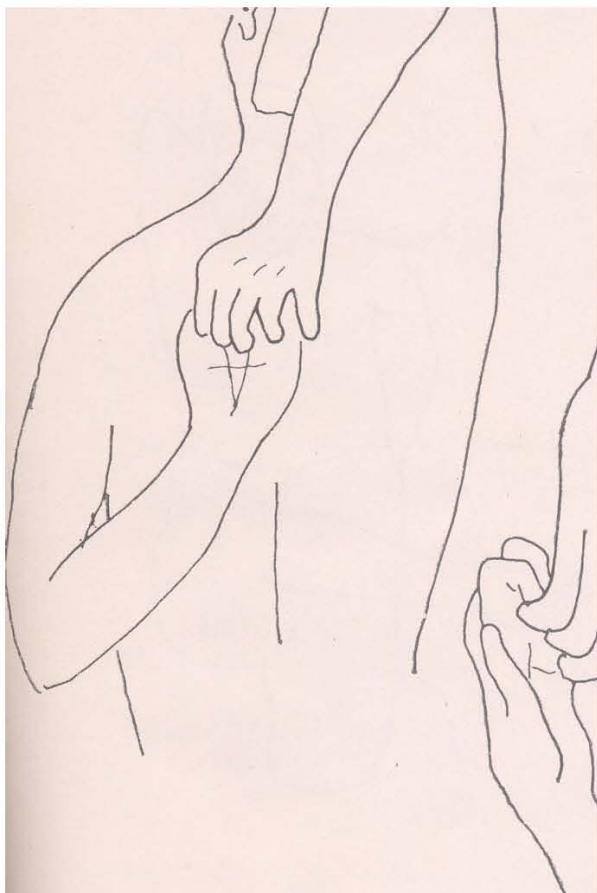
With exhalation, bend your head and your back from the point of finger lock.

Repeat this for 7 - 12 respirations.

Then reverse the whole procedure for left hand finger lock. (See figures E-4 and E-4A.)



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Exercise 5 :

Sit in the Indian toilet position or squatting position. Sit straight with the two feet about 1 foot apart. Position the elbows so that they touch the knees from inside, and fold the palms together, touching the thumbs to the heart chakra at the chest.

With inhalation, push the elbows in order to open the thighs.

Look up and concentrate in the center of the eye-brows.

Straighten your spinal cord.

With exhalation, bring the head down to the chin touches the chest.

Hold the spine in the semi-circular position and press both knees together with the arms between them.

With folded palms, stretch the arms towards the ground.

Repeat this round 5 times.

This exercise is very good for abdominal breathing and stomach ailments.

(See figures EB-5 and EB-5A)



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Exercise 6 :

Sit in the same position as in Exercise 5, fold the arms from the elbow and wrap them around the outside of the knees.

Put the right fingers over the left fingers and hook them well.

Now with the chin touching the chest, inhale, raise your head back, look and concentrate in the center of the eye-brows, and make the spine straight by pushing the knees outside.

Now exhale, close your eyes, lower the head down until the chin touches the chest, bend the spinal cord and press the knees together by both arms.

Repeat this round 5 times..

Exercise 7 :

Sit in the same position as in Exercise 5, and put both palms on both knees..

Twist to the right till the left knee touches the ground.

Keep twisting yourself from the spinal cord until the left breast touches the right knee.

Also push the head to the right.

Inhale and come back to the original position.

Exhale and do the same exercise on the left side.

Then inhale and come back to the original position.

Repeat this exercise for 7 times. (See Figure E- 7)

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Exercise 8 :

Sit in the same position as in Exercise 1.

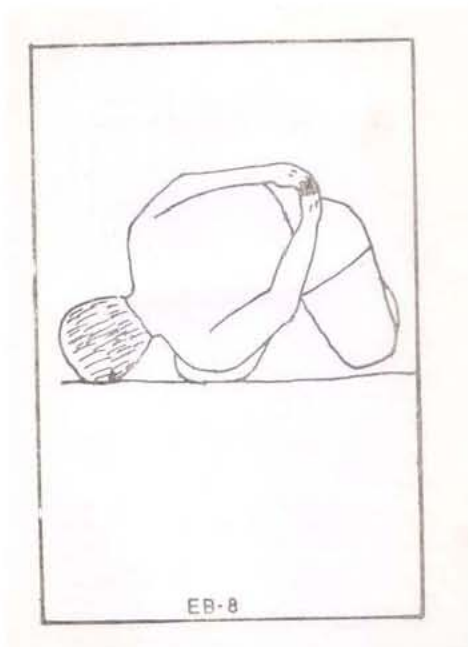
Inhale deeply and twist towards the right from the spinal cord.

keeping the shoulders in a straight line.

Now with retention, bend down on the right knee, putting the left chest over it, resting the head on the left side. Now exhale in this position, and with inhalation, come back to the original position.

Then twist the spinal cord towards the left; with retention, keeping the shoulders straight, bend down on the left side, with the right breast over it.

Exhale in this position and with inhalation, come back to the original position. (See Figure E- 8)



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Exercise 9:

Assume the cobra pose (Bhujangasana), resting on the two palms and the two toes only.

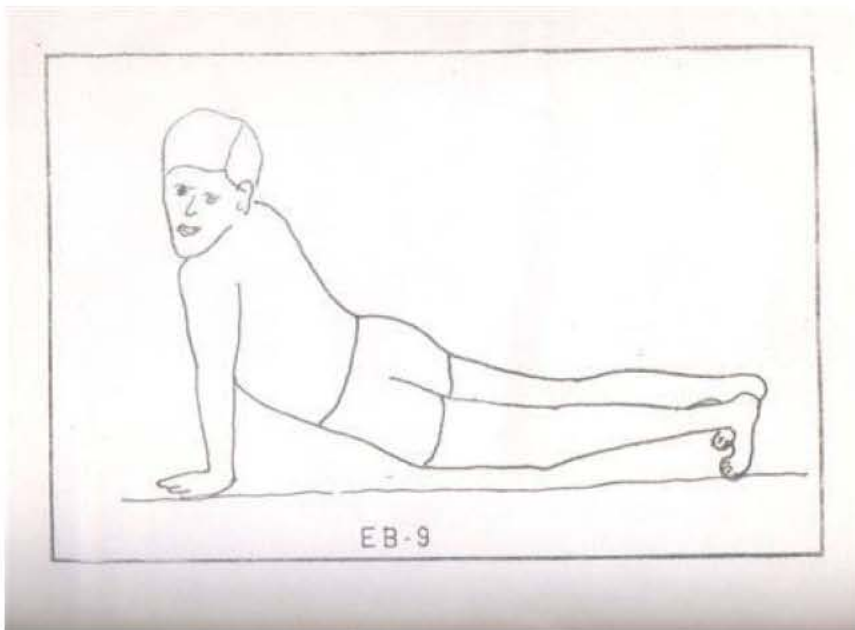
The arms should be straight without folding from elbows.

Twist your head towards the extreme right looking at the top.

Return to the original position.

Then twist your head towards the extreme left looking at the toes.

Repeat this for 7 to 12 times. (See figure EB-9)



Exercise 10 :

Sit on the heels with folded knees.

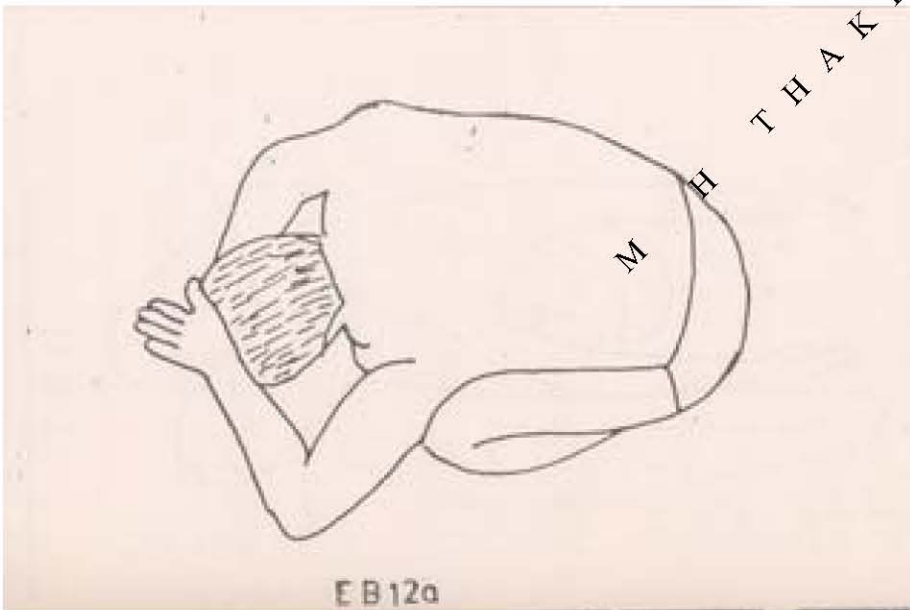
Raise the arms over the head, and inhale deeply.

Now exhale slowly, resting the arms and forehead on the ground. The head should be as near to the knees as possible, with the eyes closed and the body completely relaxed.

While breathing, the concentration should be from the tip of the nose to the center of the eye-brows, during inhalation; and from the centre of the eye-brows, to the tip of the nose, during exhalation.

Relax completely in this position for 5 minutes. ✦

Sushumna (bilateral breathing) starts flowing by this exercise. (See Figures EB-12, E8-12 A)



Exercise 11 :

Do **Tasasana** (See Asanas).

Exercise 12 :

Trikonasan: Forward and sideways bending as in trikonasan (See Asanas)