

Kriya for the Hypothalamus

1. Sit with legs extended, place your left foot on the inside of your right thigh. Take hold of your right foot with your right hand. Raise your left arm to the side to 60 degree angle and forward 30 degrees. Inhale, exhale down over your extended leg. Do this up to 108 repetitions. REPEAT ON THE OTHER SIDE



2. Sit with both legs extended. Take hold of your toes (or hold under your ankles, calves, or knees). Inhale up and exhale down for up to 108x. Move your upper body as one unit (tailbone to top of head move as one unit). Let your sacrum be a hinge. Your head stays relaxed. (This is an example of ballistic movement. In terms of body mechanics, this type of exercise would seem to tighten us up, but if we do it long enough we can actually release more quickly.-RS)



3. On stomach in Bow Pose. Rock on your stomach, inhaling back and exhale forward for up to 108 repetitions.



4. Come into Frog Pose and do up to 108 repetitions.



5. Sit in Easy Pose with your arms extended up, upper arms hugging ears, palms pressed together. **Chant Har Har Mukunday** (vibrate Har Har at the Navel. Mukunday at the sternum). Pull your navel in towards the spine to accent the Hars. The tip of the tongue taps the top pallets as you chant the mantra. This mantra translates as *God the Liberator*.



NOTES:

"The two most important things in your body are *the upper palate*, which is the base of the hypothalamus, because the hypothalamus controls the entire nervous system, and *the tip of the tongue*, which affects the central nerve channel, shushumna which controls your entire psyche."

The hypothalamus is a small cone-shaped structure in the brain that plays a central role in controlling our autonomous nervous system, which regulates our metabolic processes, which include sleeping, eating, thirst, blood pressure, body temperature, and electrolyte balance. The hypothalamus, located under the thalamus, one of the most evolutionarily ancient parts of the brain, located directly at its center.

The hypothalamus controls the nervous system by synthesizing and releasing neurohormones at intervals. Different neurohormones represent distinct signals to the rest of the nervous system. The hypothalamus serves as an interface between the limbic system, endocrine system, and the autonomous nervous system. A well-known hormone released by the hypothalamus is oxytocin, which plays a role in both romantic love and female lactation. Communicating with the autonomous nervous system via neural signals and the endocrine system via chemical signals which travel through the bloodstream), the hypothalamus is an axis around which a variety of complex systems within mammals evolved.