

*KY meditation for Conquering one's Imagined Disabilities* [KY meditations](#) (taught April 5" 1993 YB, from *Self Knowledge*)

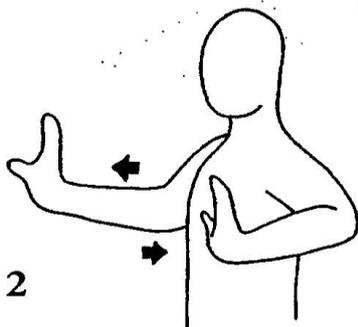


*Hands for 1*



1

1. Sit in easy pose with a straight spine. Bend your elbows so that your upper arms are near the ribcage and the forearms point upward. The hands start out in front of the shoulders with the fingers spread. The palms face outward and the thumbs point at each other. Twist the wrists inward with the thumb leading the way until the palms face the body and the thumbs point out to the sides. As the wrists twist inward, the fingers close into a fist. They re-open as the wrists twist outward to return to the starting position. Make your mouth into an "O" shape and do a panting dog breath through the open mouth. The wrists twist in time with the breath. Move quickly. Look at the tip of the nose. 3 Minutes. *This exercise can bring great healing to the body.* To finish: Inhale, hold the breath 15-20 seconds, tighten the fingers into fists and tense every muscle in the body. Exhale. Repeat this sequence two more times and relax.



2

2. Begin alternately pushing the arms and hands forward as if you were pushing something away from you. Push one hand out as you pull the other back along your side. Keep the hands and fingers open letting the heel of the palm lead the movement. Make an "O" of the mouth and do a panting dog breath through the open mouth. *This exercise will work out your blocks.* 3 Minutes.

To finish: Inhale, keep one arm extended while you hold the breath 15-20 seconds and squeeze all the muscles of the body. Exhale. Inhale, extend the other arm while you hold the breath 15-20 seconds and tighten all your muscles so that the body shakes from tension. Exhale. Inhale, change arms again while you hold the breath 15-20 seconds and tighten all your muscles. Exhale and relax.



3

3. Open your arms wide with the elbows slightly bent, the fingers spread open and the hands slightly cupped. Move your arms in backward circles as you do a panting dog breath through the "O" shaped mouth. Move vigorously. 3 Minutes. *This benefits the heart.*

To finish: Inhale, stick out your tongue to the maximum, hold the breath 15-20 seconds and tense the entire body so much that it shakes from tension. Exhale. Repeat this sequence two more times.

*COMMENTS: Every disability is imagined. Every achievement is an experience. This kriya develops our own human courage to overcome our imagined disabilities. YB*