

## Simple Kriya Yoga

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In my psychiatric practice, as well as my daily existence on this dimension, I find more and more people struggling with mood and anxiety issues. The causes might be multi-fold, but I try to focus on non-pharmacological (non-medication) interventions. The lungs and the back are among the first body parts affected. Many people start having shoulder tenseness (shoulders creeping up to the ears), which contributes to shallow breathing. Shallow breathing prevents us from getting our full breath, which decreases full oxygen of the blood, which thus negatively affects brain oxygenation. If our brain does not get the full oxygen, it is not fully operational, and thus we are fighting an uphill battle (which is very difficult to conduct). Many others have back stiffness. When in neck and shoulders, it can also be accompanied with headaches. When in the lower back, it can be accompanied with abdominal issues (bowel or bladder).

One way I have found in my own personal practice to improve our lung and spinal health is "Kriya Yoga." There is a link above to a very simple exercise. Kriya yoga is one type of yoga that really focuses on the spinal health and connecting movements with full breaths. It is a great way of getting out of our minds and into our bodies. Even though this practice originated in India in the Hindu context, it is by no means meant to convert you to another religion. Please substitute any chanting mantras with your own, such as "God" instead of "Om."

SO, the next time you feel down or wound-up,  
don't cry, but do Kriya!

Links:

1. <https://www.youtube.com/watch?v=vY0G6F3c1y0>