

Path of Fire and Light (Vol 2): A Practical Companion to Vol 1
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Location 1778

Agni sara

You should also know, understand, and do agni sara. It is a very unique and useful exercise that has the benefits of all the other exercises. If you cannot do any other physical exercise on a particular day, at least do this one exercise. It cures many diseases. Agni sara is different from the stomach lift-it is important not to confuse the two. Unlike the stomach lift, which focuses at the navel center, agni sara is an exercise for the lower abdomen and pelvic region. It energizes the entire solar system of the body. The solar system is the largest network in the human body, and agni sara provides warmth to this entire system.

To do agni sara, stand with your feet about six inches apart and rest the weight of your body through your arms on your knees, keeping the back relaxed. Then as you exhale, contract the muscles in the lower abdomen and pull them in and up. As you inhale you gently release the muscles, allowing the lower abdomen to return to its natural position. When you pull in the abdomen it helps you to expel all the waste gases of the lungs.

When you allow the abdomen to come out, it creates more space in your lungs for oxygen. You should make this exercise a habit.

To do agni sara correctly, coordinate it with your normal breathing. You exhale, pulling in and up; and you inhale and release. Exhaling, you contract the lower abdominal muscles and the area just above the pelvis, drawing them inward and upward, more tightly; and then inhaling, you release. It is not a stomach lift; it involves the lower abdomen. This is the real agni sara. The exercise starts with the pelvis and ends at the pelvis. If you can do agni sara 100 to 150 times a day, you do not need any other exercise. You will have so much energy you will feel like you are floating. It creates perfect digestion and terrific energy. You will become more efficient in any field. Begin the practice of agni sara with twenty-five repetitions and increase to beyond a hundred.

This exercise should not be done by pregnant or menstruating women.