



Abdominal Cleansing with Fire – Sahaja Agnisara Dhauti

Chakra: Manipura

Alignment:

- Standing, place your hands on both sides of your waist
- Place the thumbs toward the back of the body just below the last rib
- Place the other four fingers around the belly so that the middle fingers are at the level of the naval
- Bend your knees and lean forward to relax the abdominal muscles
- Keeping the thumbs fixed, exert a strong pressure with the other fingers on the abdomen, pushing the abdominal cavity toward the spine
- Maintain pressure and move in circles - first clockwise, then counterclockwise
- Do not push directly on the naval.
- If pain is present, release the pressure a bit, especially at the beginning

Benefits:

- Brings blood and air to abdomen
- May help to prevent/heal dysentery, diarrhea, indigestion
- Increased digestive fire
- Relieves stress
- May help to expel excess fat from the belly

Contraindications and Cautions:

- Pregnancy
- Menstruation
- Children under 12

