

LA771 930422 FIND YOURSELF THROUGH YOUR INSECURITIES

"I've given you these exercises because the 9 minutes of your life that it will take you to do them can save you from everything. They are the most advanced teachings that I give." -- Yogi Bhajan.



Exercise I: 3 minutes.

Inhale through your mouth. Bring your hands to your chest and exhale from your nose, turning it up a little so as to produce a particular grunt with a lot of force at the same time as your arms stretch out. Everything at the level of your shoulders.

To conclude: inhale...hold it...contract your molar muscles and your entire body very strongly, and like a cannon exhale from your mouth.



Exercise II: 3 minutes. Your thumb holds down your little and ring fingers, your mouth is in the shape of an O. Rotate your arms forcefully, breathing through your mouth and making a sound like that of the baboons. The rhythm is faster than that of breath of fire...in the last 30 seconds pump your diaphragm, your navel point very fast.

To conclude: inhale...press your lips together, hold it, and...like a cannon exhale.



Exercise III: 3 minutes.

This exercise is called: "I Have the Right to Be Balanced". The thumb holds down the little and ring fingers, the index and middle fingers are extended (this entire class hinges on the index and middle fingers being extended and the ring and little fingers being held down). Your palms face up. Pull your arms behind you as far as you can until the elbow hurts, and bend your back so that your thorax automatically sticks out. Your elbows must hurt, this is the central point of the exercise; if your elbow doesn't hurt the spinal flow will not change. Meditate, come on...

To conclude: Inhale hold it ... twist your elbows tighten your molar muscles. Make the energy circulate throughout your body. And like a cannon shot the air from your mouth (3 times).

Now please dance the tape of Punjabi drum music.....