

BEYOND FATIGUE

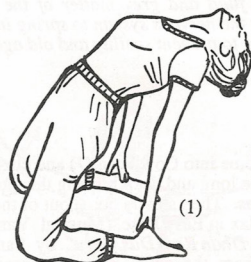
Stress is endemic in our society. It can never be completely avoided so its negative effects must be counteracted in the body. One of the victims of chronic stress is the endocrine system. These are glands charged with adjusting the chemical balance in the blood and, in turn, the experience of well-being. Chronic fatigue and attempts to self-medicate using caffeine are often signs that stress has led to poor adrenal function.

This kriya is very beneficial in strengthening the adrenal glands and relieving the longterm effects of stress in our body. The adrenal glands play a very important role in the overall health of the body, mind and spirit as they produce hormones which control the body's automatic functions of breathrate, heartbeat and digestion. These hormones determine whether the body is relaxed or alert.

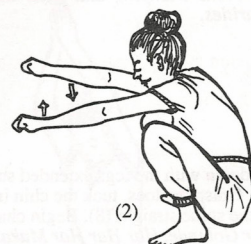
This set of exercises strengthens the adrenal glands, improves the digestion, balances the nervous system and the brain hemispheres, helps alleviate fear and invigorates the body.

1. Come into Camel Pose (1). Breathe powerfully one complete breath every 2-3 seconds. Inhale deeply to fill the lungs and as you exhale press the navel forcefully toward the spine and continue for **4 minutes**. (Musical Variation: *Jaap Sahib* by Ragi Sat Nam Singh. Chant with the tape and breathe powerfully and rhythmically. Press the navel in on the accented syllable of *Namastang* and *Namo*. Continue through Verse 28 to *Chachree Chand*.)

This exercise is effective in the treatment of water and food diseases. It helps reduce obesity and, with regular practice, "gives one the power to live forty days without food."

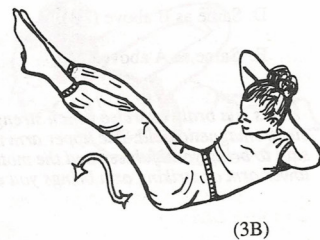
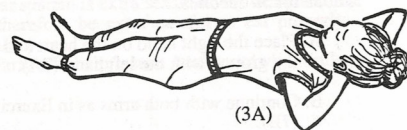


2. Come into Crow Pose. Keep the spine straight and the feet flat on the ground. Extend the arms straight out in front parallel to the ground with the hands in fists. Maintaining a tension in the arms, move alternate arms 30° above and 30° below parallel with one arm rising as the other descends. Continue for **2 minutes**. (Musical Variation: Chant with the tape *Jaap Sahib* by Ragi Sat Nam Singh.)

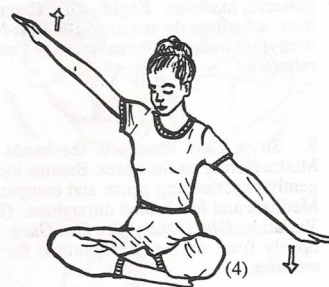


3. Lie on the back and interlock the hands behind the neck at the hairline (3A). Raise the legs, hips, buttocks and torso off the floor in an arching, jumping motion (3B). Let the body drop down and hit hard on the floor. Continue for 4 minutes.

This is a good exercise for the lower back and is "the best thing a woman can do for herself".



4. Sit in Easy Pose. Extend the arms out to the sides, the palms facing down with the right arm 30° above parallel and the left arm 30° below parallel (4). Keep the arms straight and move them in one line. As the right arm lowers to the floor, slap the ground 4 times. At the same time raise the left arm and make the same slapping motion to the rhythm of the mantra *Har Har Har Hari* for 3 minutes. The mantra is chanted powerfully in a monotone from the Navel Center.



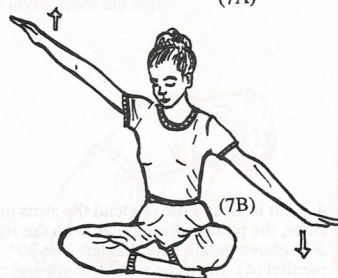
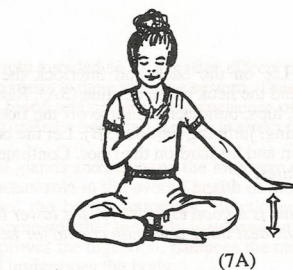
5. Remain in Easy Pose and move the arms as in Exercise 4 with the mantra *Har Har Wahe Guru*. On the fifth beat, on the word *Guru*, do a quick double-strike with the hands. Continue for 3 minutes.

6. Repeat Exercise 5 chanting the mantra twice per side for 3 minutes.

7. Continue chanting *Har Har Wahe Guru* as you proceed through the following postures. Each is done for **30 seconds**.

- A. Place the right hand on the heart and tap the ground with the left hand (7A).
- B. Continue with both arms as in Exercise 4 (7B).
- C. Same as A above (7A).
- D. Same as B above (7B).
- E. Same as A above (7A).

This is a brain exercise which strengthens the electromagnetic field. The upper arm motion is said to bring youthfulness and the motion of the lower arm or striking arm brings you energy.



8. Sit in Easy Pose. Extend the arms straight in front parallel to the ground, hands in fists. Powerfully move both arms alternately 30° above and 30° below parallel (8). Move like a fast and powerful machine. Begin with Breath of Fire then substitute the mantra *Sa-a-Ta-a-Na-a-Ma-a* in rhythm with the arm movement. Continue for **2 minutes**.



9. Sit in Easy Pose with the hands in Gyan Mudra resting on the knees. Breathe long and gently experiencing peace and compassion. Meditate and feel healed throughout. (Musical Variation: *Dhan Dhan Ram Das Guru*. Sing openly from the heart.) Continue for **5-10 minutes**.



10. Lie on your back with the arms by the sides, palms facing up. Deeply relax for **10 minutes**.