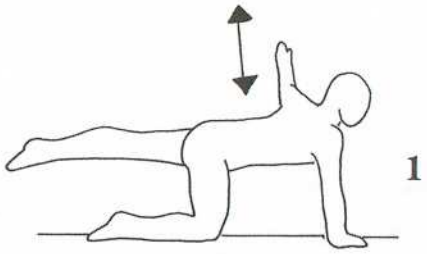
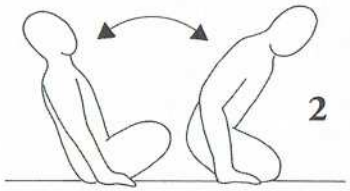
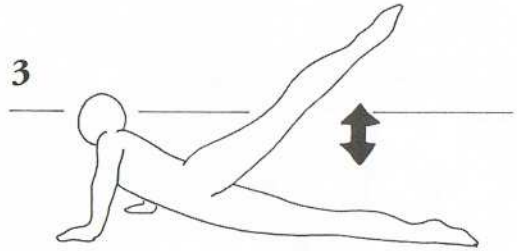
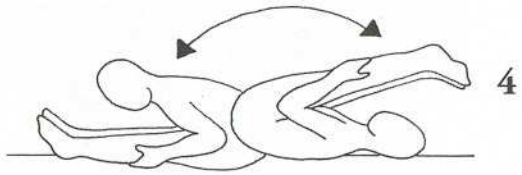
Energize Your System

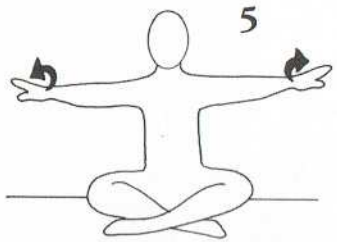
January 5, 1988













1. Kneel on your hands and knees. Raise your left arm up and out to the side. Raise your left leg straight out behind you parallel to the ground. (Take 30 seconds or so to stabilize yourself in the posture.) Hold the position and begin moving the left arm up and down very hard and fast. Your range of movement should be three feet. After a while your breath will automatically become a powerful Breath of Fire. Breathe from the navel. 2 1/2 Minutes. Change sides, lifting the right arm and leg and continue the rapid arm movement for 1 Minute. Change sides again, returning to the original position and continue 30 Seconds.

This movement energizes the heart chakra and the stomach, gives power to the immune system, and stimulates the thyroid and parathyroid.

2. Come into Easy Pose and place your hands palm down on the floor beside your hips. Put your weight on your hands and bend backward and forward as far as you can. (Your body will lift off the floor.) Keep moving without lifting your hands from the floor. 2 1/2 Minutes. This movement adjusts the spine.

3. Come into Cobra Pose. Lift your left leg as high as possible, allowing the left hip to lift and twist. Lower the left leg and raise the right leg as high as possible and continue alternating sides for 3 Minutes. Keep your knees straight but allow the hips to lift and roll with the movement. This exercise cleanses the liver.

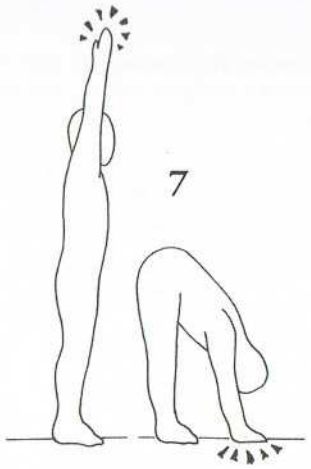
4. Sit down and stretch your legs out straight. With your palms up, grab your legs under the knees and press the hands hard. Without bending the knees, roll back onto your back, bringing your legs toward the floor behind your head. Then roll up and bend forward bringing your head to your knees. Continue this movement for 2 Minutes. This exercise purifies the blood and brings color to your cheeks.

5. Come into Easy Pose with the arms straight out to the sides parallel to the ground, palms down. Rotate your arms backward in small circles very rapidly, keeping the elbows straight. (Move so fast that your hands become a blur.)
2 1/2 Minutes.

6. Still sitting in Easy Pose, lock your hands behind your head and twist left and right from the base of your spine. 1 Minute. Move powerfully.

The idea was to teach Americans something which will be good for their generations. It takes a very short time to become a good adept in yoga. Yoga has been defined to you in many ways, but let me define it to you in a very simple language. When you can relate to your Consciousness and your Consciousness can deliver to all concerned that which is you, that is called the opening of the 3rd eye. And that gives you intuition, productivity, self-confidence, and compassion. Minus that, you shall fail. Doesn't matter what other tactics you use.

Yogi Bhajan













7. Stand up. Place your hands straight over your head and clap, then bend down quickly, keeping the knees straight, and hit the ground with your hands. Continue this movement 108 times. (One repetition = 1 second)

8. Lie down in Corpse Pose, cover up and relax for 22 Minutes. In the class, Yogi Bhajan played the gong and a variety of meditation songs. To wake up: roll your hands and feet and roll on your spine. (1 Minute)

9. Sit in Easy Pose and stretch both arms forward, parallel to the ground, with the left palm facing down and the right palm facing upward. Close your eyes and meditate to meditative music for 3 1/2 Minutes. This is to equalize the energy.

10. Allowing your arms to be comfortably bent at the elbows, begin criss-crossing your hands rapidly in front of your body. It's a clapping motion, but the hands don't touch. They pass by each other, alternating which hand passes on the outside. 1 1/2 Minutes. (This action symbolically means "let the sickness go.")

The meditative music continues playing.

11. Stretch your arms out to the sides, parallel to the ground, bend the wrists so that the palms are facing outward, fingertips pointing toward the ceiling. Bring the hands to the center of your chest and clap and return to the stretched position. Move quickly. 30 Seconds.

12. Begin revolving the hands around each other in an outward motion in front of your chest, moving fast enough to feel the wind on your face.(The meditative music continues playing.) 1 1/2 Minutes.

13. Raise your arms up to make an arc around your head. The elbows are bent and the hands are about 9" above your head. With both hands, begin patting the air above your head as if you were blessing yourself. The movement is small and subtle. 1 Minute. Inhale and tense the posture like steel, hold the breath for 30 Seconds. Exhale, inhale, tense the posture ("put all the energy into it"), and hold the breath 15 Seconds. Exhale, inhale, hold the breath, and make the posture "really tough" for 20 Seconds. Exhale and relax.