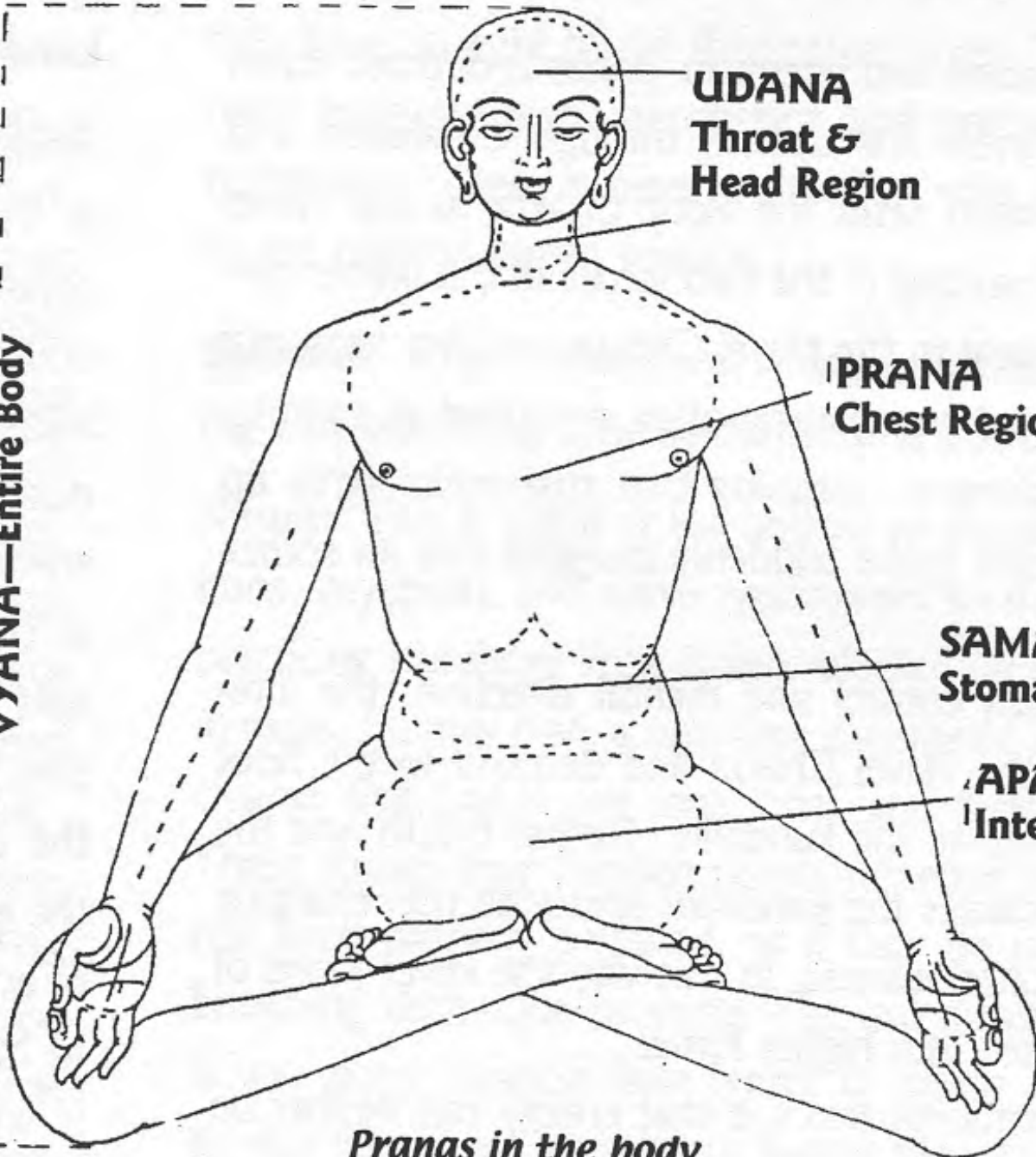


VYANA—Entire Body



UDANA
Throat &
Head Region

PRANA
Chest Region

SAMANA
Stomach Region

APANA
Intestinal Region

Pranas in the body.

Pranic Meditation for the Heart Center

April 3, 1996

This pranic meditation with the triangle mudra of the Jupiter fingers works very intensely on the heart center. It can keep your brain in good shape, provided that your breath is long and deep and conscious.

1



Mudra

1. Touch the Jupiter (index) finger and thumb of your right hand to the Jupiter finger and thumb of your left hand, creating a triangle-shaped space between the two Jupiter fingers. *(The better the triangle you can make, the better will be the effect of the meditation.)* Curl the other fingers of each hand into the palm, like you are using just those three fingers to make a fist.

Place this mudra at the center of your chest, in front of your heart center. Close your eyes. Begin consciously breathing long, slow, and deep. Concentrate very deeply on your breathing; do not use automatic breathing.

As you inhale imagine that the breath is enriching you by bringing a lot of energy to you. As you exhale imagine the breath carrying away all of your weaknesses. Breathe with the awareness of the real living prana in each breath. Continue for 14 1/2 Minutes. *(At about 5 1/2 minutes into the meditation, you will enter a twilight zone and you must steady your concentration on the pranic breath. At about 8 1/2 minutes, your body may start to feel itchy and your nervous system may try to interfere with your concentration. Stay steady and go through it.)*

2



2. Then quickly interlock your hands around the back of your neck, make an "O" shape of your mouth, and begin breathing rapidly and deeply through the "O" mouth for 1 Minute. The faster and deeper you make this breath, the more healing you will create for yourself. Get out whatever dis-ease is within.

Inhale deeply and immediately exhale with a whistle, whistling all your breath out. Once again inhale deeply and immediately exhale with a whistle, whistling all your breath out. Last time: inhale deeply, hold your breath for 20 seconds and squeeze every muscle in your body, spreading energy to every molecule by your own will and power. Exhale.

"Every word spoken must go to the heart, that is the art."

YB

3



3. Relax for about a minute.

4. Then, to return yourself to normal, make claws of your hands, contracting and releasing your hands like a cat scratching. 1 1/2 Minutes. This small action balances the polarities and shows how much we can change ourselves by doing simple little things. Take some time to talk and socialize for another 1-2 Minutes so you can be sure you are ready to resume normal activity. (If you are practicing by yourself, then relax on your back for 1-2 minutes.)

The first morning after you do this meditation, have a glass of fresh lemon juice and water ready by your bedside. When you arise for the day, sip this drink very slowly. This will seal the meditation. (Rinse out your mouth afterward to protect the enamel of your teeth from the acid in the lemon juice.)

The Healthy, Happy, Holy Breath

This meditation uses the power of the breath to enhance the depth of the effects of the mantra *Healthy am I, Happy am I, Holy am I*. When practiced correctly, the breath will slow to two and a half breaths per minute. This shift from the normal 12-15 breaths per minute is significant. Once the breath rate is slower than four breaths per minute, the central brain starts functioning more intensely. The pineal and pituitary glands shift their relationship to each other. In this state the effects of outer and inner sound are greater. The mantra becomes more penetrating. A larger portion of yourself will be able to synchronize and carry out your intentions.

Posture: Sit in any easy posture that keeps the spine straight.

Mental focus: Bring the mental focus to the Brow Point.

Breath and Mantra: Inhale deeply and completely through the nose. Hold the breath by suspending the movement of the chest. Silently repeat the mantra 3 times: *Healthy Am I, Happy Am I, Holy Am I*. As you exhale, repeat the mantra out loud once. Each repetition of the phrase takes about five seconds.

Time: Continue for 11 minutes.

To End: Then inhale deeply, relax the breath, and sit silently for a minute or two. Then inhale deep, stretch the arms up over your head with the fingers interlocked, and pull the spine up. Exhale and relax. When teaching this meditation it is helpful to guide the students by chanting the mantra out loud as they suspend the breath.

Kundalini Yoga as Taught by Yogi Bhajan

For the Tattwas, Pranic Rib Cage, and Nervous System

May 30, 1996 Order # LA0876

1) Sit in Easy Pose with your spine straight. Keep your chin in, chest out. Bend your elbows and support them on your rib cage with your palms facing toward your body. Allow the wrists to bend so the palms face upward, hands in front of the shoulders. Close your hands into a fist and open them again rapidly and continuously. Put strength in your movement. 3 minutes

"This creates an elementary balance which is one of the most beautiful and powerful things of the human body. It will stimulate the basic tattwas... Your breath will change. The pranic energy in the combination of your breath will change. You cannot buy that, you have to produce it."



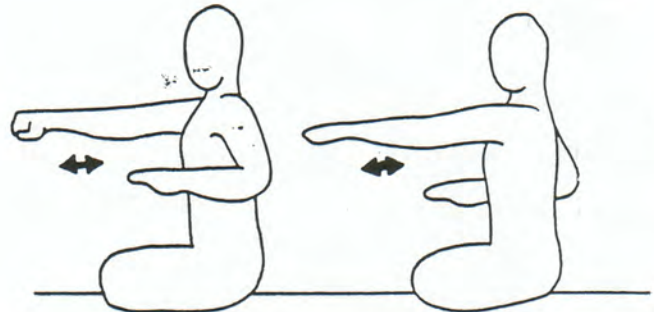
2) Still in Easy Pose, move your arms and shoulders like a bird in flight. Move fast. This balances both parts of the brain. Be sure that your shoulders move up and down with the movement of your arms. However, if you start to feel nauseated, stop immediately. 3 minutes

This exercise adjusts the ribs, is beneficial to the heart, and improves circulation in the chest area. If it hurts, it is because your ribs need adjusting. This will help adjust the ribs, and balance both sides of the brain.



3) Sit in Easy Pose and look straight ahead. Reach forward with your right hand and, at the end of your forward movement, make a fist. Pull your right arm back to your side, as your left hand reaches forward. At the end of your forward movement, the left hand remains open with the fingers spread wide. Move quickly and powerfully, reaching forward with alternate arms. 3 minutes

This is for the nervous system. Move very fast so the breath changes.



4) Bend your elbows with your palms facing forward, fingers slightly spread. Lean back 15 degrees. Close your eyes. Balance your body from the chin, which is the moon center. The angle of the spine is important. If this exercise is done correctly, the basic psyche will change. Sing along with the tape "Meditation" by Wahe Guru Kaur and go into deep meditation.

15 minutes

To finish: Inhale, lean back a little farther and stretch your spine vertebra by vertebra as you hold the breath 10-15 seconds. Repeat this sequence two more times.



Purifying the Sushumna, the Central Nerve Channel

June 17, 1994



1. Sit in Easy Pose with the fingers of your left hand in a vertical line touching the center of your forehead. Your right elbow is bent with the upper arm near the rib cage. The forearm and hand point upward. The right palm faces forward. Close your eyes and focus at the center of your chin, the moon center, through your closed eyes. Calm down, breathe slowly and concentrate at moon center. 11 Minutes.

After five minutes, if you concentrate correctly, fixing your eyes at your chin, the sushumna must start vibrating. Your forehead, where your hand is, will become hot. Then the body stops itching and hurting, and you can feel that you are successfully doing it. At six minutes it affects your nervous system. The ida and pingala will start going through commotions, but it is a positive sign.

2. In the same position, rhythmically chant "Har" with the tip of your tongue. (Chant at a rate of one "Har" per second.) 11 Minutes.

3. Remain in the same position. Inhale, hold your breath and stretch your spine upward. Hold your breath for as long as you can. (The goal is to hold your breath for one minute before exhaling.) Exhale like cannon fire through your mouth, inhale deeply, hold the breath and continue. 11 Minutes.

On the last inhale, look inward at your body. Send healing energy to those parts of your body that present themselves to your mind's eye at this time.

To finish: Inhale, hold your breath for 10 seconds, as you stretch your arms upward and shake out your hands. Repeat this sequence two more times. Relax.

This is a self-purifying meditation. It will give you a personality that is strong and pure, with a powerful projection. It purifies the sushumna, the divine nerve of you.

"Yoga was made for man to be healthy, happy, and holy.

Kundalini Yoga was made for man to be healthy, happy, holy, and aware.

Secret of your soul is awareness."

YB