



1.) Sit in a meditative state. Spine straight. Chin in and chest out. Right hand is up with the elbow relaxed down and the palm facing out. The Saturn and Sun fingers are split—the “Vulcan” greeting—locking the Jupiter and Saturn fingers together and the Sun and Mercury fingers together. Left hand is palm down, fingers spread wide, with the elbow relaxed by the side. Move the left hand back and forth. Hand moves like a pendulum, one complete stroke—left and right—per second. Breathe through the O-shaped mouth, keeping pace with the movement of the left hand. 11 minutes.

To End: Inhale deeply and interlace the fingers and stretch them above the head. Stretch. Exhale. Repeat twice more and relax. It will take away your internal fatigue forever. The fatigue, which your body cannot remove, which makes you old, which makes you weak, will disappear in the first seven minutes. Yawning is natural, normal. Let it come.

Note: Do not practice longer than 11 minutes.

2.) Move your arms vigorously—your entire torso moves—go wild! [No music is played so that you don't become systematic, rhythmic. Go wild!] 3 minutes.

3.) Bring the tips of the thumb, Jupiter, and Saturn fingers of each hand together, then lift and swing the arms alternately back over the head in a bicycle-like motion. Move quickly. 1 minute.

4.) Release the mudra and sit straight. Whistle with the music. Whistle loudly. Music: Ardas Bhaee, instrumental version. 4 minutes.

Begin singing if you know the words. 1-1/2 minutes.

Whisper the mantra. 1 minute.

Whistle. 30 seconds.

To End: Inhale deep. Concentrate at your Navel Point. Hold the breath. Pull the navel in toward the spine. Exhale.

Repeat twice more.

“The ecstasy, the joy of Self, is so sublime, so supreme, so subtle, so sweet, that all this world is nothing, absolutely nothing.” –Yogi Bhajan

March 12, 1996



1a



1b



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