

Build up the Glandular System and Inner Organs

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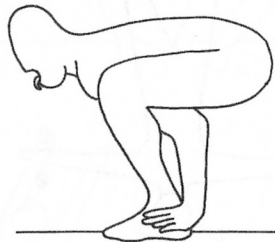
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1. Baby Pose: Sit on your heels, with your forehead on the ground and your arms resting at your sides pointing backward. Lift up your neck and do a strong Breath of Fire from the navel point. 3 Minutes. "Breath of Fire has to be real from the navel point. It is difficult."



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2. From Baby Pose, lean back until you are lying on your back (but still with your heels underneath your buttocks) and do Breath of Fire. 3 Minutes. "If you cannot do this, you are old, irrespective of your age. And whether you like me or not, keep this posture alive because this is the secret posture in which body metabolism will not be in a position to kill you."



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3. Chair Pose. With your feet shoulder width apart and flat on the ground, squat down so the your back is parallel to the floor. Reach back between your thighs and grasp your heels with your fingertips pointing forward. In this position, stick your tongue way out and do Breath of Fire through the mouth. 3 Minutes.

During the Har meditation Yogi Bhajan played the gong and he said, "The inner vibration of the sound of the gong is that mantra, is the heart center."

"Make this set a part of your life for eleven minutes every day. (Eleven minutes means three minutes for each exercise and two minutes for transitioning from exercise to exercise.) You will never have problems with a lot of your main organs. Glands are the guardians of the health. These three postures are essentially required by every human being up to the age of ninety-five...This set will make your mind fresh. It will take away your fear. You will have 'grit.' You will experience yourself...Do it anytime, but you must do it. If you cannot do it, perfect it. Slowly and gradually the body will adapt to it. It means the body has the capacity to heal itself. Mind has the capacity to heal itself."



NOTE: You can extend this set into a full class, by keeping the time for each exercise to 3 minutes, and then adding a five minute relaxation. Repeat the sequence twice more, making a total of three repetitions. For the final five minute relaxation, sit in Easy Pose with your arms at shoulder height parallel to the ground, palms down, right arm resting on left while you breathe very, very slowly. Concentrate at the third eye point. Silently, mentally, chant "Haree" 84 times on the inhalation, and silently mentally chant "Har" 84 times on the exhalation. (The inhale and exhale are about 10-15 seconds each.) "Haree" calls upon the creative energy and "Har" is joining the God within and without.

What happens is, according to age, the cells of the body stop regenerating themselves within the time limit that the metabolism wants. First indication is your metabolism is not functioning as it should be. Second indication is that your body starts depositing fat below your navel point, that means that your liver is not as active as it should be. Third is that your weight starts increasing. And after that one organ or the other will be in question. And you think it is normal. That is the worst.

Yogi Bhajan

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