



These exercises gently work on the pituitary. They recharge and enrich your energy and counteract frustration, depression, and computer sicknesses.

1. Place your left hand over your heart. Bend the right elbow, point the Jupiter (index) finger upward, with the thumb locking down the other three fingers. Consciously keep the spine very straight and pulled up, with no weight on the buttocks. The eyes are closed. Inhale slowly and deeply through the nose, hold your breath, and then exhale slowly with a whistle through the mouth.

7 Minutes. Inhale deeply and shift position.

Imagine that something very pure and divine in you is calling. Reach out and make contact with your own Infinity. Create a feeling of being exalted by your own self.

2. Put your right hand either slightly above or just touching your head. Bend the left elbow, point the Jupiter (index) finger upward, with the thumb locking down the other three fingers. Keep the spine pulled up straight. This is very important for the grey matter of the brain. Close your eyes and continue the breath from Exercise One. 4 Minutes.

3. Lock your hands with your fingers up straight. Stretch your arms over your head. Keep your spine straight and stretch up from the armpits. Continue the breath. You are consciously recirculating your energy to give your body new life. 2 1/2 Minutes.





*"Kundalini Yoga is... a practice of experience of a person's own excellence
which is dormant and which is awakened." – Yogi Bhajan 7/26/96*

4. Put your right hand over your left at the Heart Center. Sit and relax. Play Singh Kaur's Rakhe Rakhanhar tape. Listen, relax, breathe, and be. 3 1/2 Minutes.

5. Inhale deeply and press your hands against your Navel Point. Chant along with Simran Kaur's Tantric Har tape. Each time you chant Har, press the navel forcefully with your hands. The eyes are closed. 3 Minutes.

To End: Come into elbow lock position. The elbows are bent, with each hand grasping the opposite elbow. The arms are held parallel to the ground at shoulder height. Inhale, hold your breath 5-10 seconds, squeeze the spine, and tighten all the muscles of the body. Exhale. Repeat this sequence two more times.

