Part I:
**Position:** Bring the right hand above the crown of the head—6 to 9 inches—like you are blessing yourself. The left hand is by the shoulder, palm facing forward, like a pledge—like you are blessing the Universe.

**Breath:** Breathe long, slow and deep. Build up to a One Minute Breath. Kiss the breath, with affection and feeling, “a hug kind of feeling.” Breathe consciously. If you are doing it correctly, the taste in your mouth will change.

**Eyes:** The eyes are closed. Roll the eyes down and look at the chin. Keep this eye position throughout the three parts.

**Time:** 11 minutes

**To End:** Inhale and transition into the second position.

Part II:
**Position:** Extend the arms straight out, parallel to the ground, with the palms facing down. Straighten the arms tight and stretch.

**Effects:** This will strengthen the heart and open the heart center.

**Time:** 3 minutes

**To End:** Inhale deep and raise arms into the third position.
Part III:

**Position:** Raise the arms straight up and stretch. Palms are flat and face forward. Do not bend the elbows.

**Time:** 3 minutes

**To End:** Inhale deep and hold tight for 15 seconds. Stretch. Lift the spine. Exhale with Cannon Breath. Repeat 3 times.

**Comments:**
Bless you, bless your ancestors and those who will come after you. This blessing is not a social phenomenon. You are mentally, hypnotically blessing you. It will affect the magnetic field and it will hurt you if you are an angry person. Keep breathing consciously. If you cannot bless yourself, nobody can. Better you bless yourself; heavens will bless you. After 5 minutes, it should start to hurt and let you know what you have been eating. When you have pain, the brain will produce natural morphine. If these ducts are open, endurance will develop, physically, emotionally and spiritually.

Can you spare seventeen minutes for yourself in twenty-four hours? This meditation will totally change you from the inside out. It will give you self-consciousness, self-experience, self-love and then, you can love everybody. Become total.

Yogi Bhajan • April 5, 1994