



Part I: A Male and Female Balance of Creativity

Posture: Left arm is bent with the palm flat, facing out like a pledge at the shoulder level (below the eyebrow). The right palm is also flat and facing out. The bottom of the right wrist should be slightly above and parallel to the eyebrows; the right forearm angles in toward the face. The right hand is up and the left hand is low.

Eyes: Look at the tip of the nose.

Breath: Breath slowly.

Music: EveryHeartbeat by Nirinjan Kaur.

Time: 15 minutes. First 2 minutes are done in silence. To end: Inhale and suspend the breath for 10 seconds while stretching the arms straight up. Exhale and relax for 3 minutes.

Benefits: A powerful exercise to make you young. This is the best gift you can give to your physical body.

Part II:

Posture: Sit Straight. Elbows are wide and bent so the forearms are parallel to the ground and slightly wider than the hips. Palms are face down, fingers spread wide, open and tight. Bounce the hands in an alternate motion, as if you are playing ball. The motion should be very fast; the body will jerk.

Eyes: Eyes are closed. Look up to the center of the skull.

Time: 8 minutes; the final 2 minutes should be done very fast and very powerfully.

To End: Inhale, synchronize your body. Tighten all the muscles of your body. Exhale. Repeat 2 times. Relax for 3 minutes.

Benefits: You can avoid disease. Just remember this exercise.





Part III:

Posture: Come into Baby Pose. Sitting on the heels, put the forehead to the ground. The arms are resting on the ground behind you with the palms facing up.

Music: Pretty and relaxing.

Time: 4 minutes. Use the final minute to slowly, slowly rise back up.



Part IV: The Prayer

Posture: Sit straight and reach up. Arms are at a 60-degree angle and slightly in front of the body. Stretch out from the shoulders, stretch the arms very straight, with no bend in the elbows. Palms are flat, facing each other.

Eyes: Look toward the sky, the heavens, then close the eyes.

Time: 2 minutes

Comments: Pray. Trust in your prayer. Ask and it shall be fulfilled. Open your heart. Dwell in God. It will bring all happiness and bliss.

Yogi Bhajan Comments: Love confronts. Love has no fear. Love is the ultimate power. It knows no defeat. It doesn't know impossible. It's a strength, it's not a weakness. There's a tremendous amount of pain in love. That's realism. But do the lovers feel it? No. There's a joy. In history, you will find people in love of God tortured in many ways. They smiled. They laughed. Where came their strength? It was their love. I [would] like to let you know how much you love. Let's measure it by a straight balance of frequency. You will know it.

