

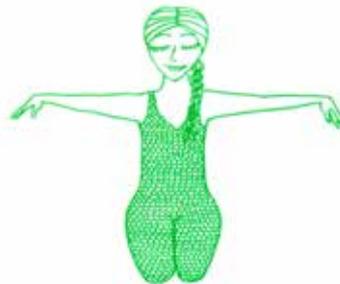
MAGNETIC FIELD AND HEART CENTER

YOGI BHAJAN



1. Heart Center Opener in Sukhasana (Easy Pose). Hold the arms up at a 60 degree angle with wrists and elbows straight, palms facing up. Begin Breath of Fire for **1 minute**. Then inhale, hold the breath and pump the stomach in and out 16 times. Exhale, relax the breath. Continue the cycle for **2 to 3 minutes**. *This exercise builds the psycho-electromagnetic field. If the elbows bend, the psycho-electromagnetic field will not be strengthened properly. If the exhale after pumping the stomach is rough or gasping, then the magnetic field is very weak.*

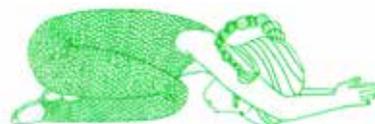
2. Arms extended in Vajrasana (Rock Pose). Immediately sit on the heels with arms parallel to the ground at the sides. Let the hands hang limp from the wrists. Begin Breath of Fire for **3 minutes**. Inhale, hold, and relax. *This exercise is for the heart.*



3. Stomach Pumps. Sit on the heels. Spread the knees wide apart and lean back 60 degrees from the ground. Support the body with arms straight down in back. Tilt the neck back, or keep in in Jaladhara Bandha if your feel uncomfortable. Inhale, hold the breath in, and pump the stomach in and out until the breath can be held no longer. Exhale and repeat. Continue for **1-2 minutes**. Then, tilt the spine back further to 30 degrees and continue the breathing cycle for another **1-2 minutes**. *This stimulates the thyroid, parathyroid and navel center.*

longer. Exhale and repeat. Continue for **1-2 minutes**. Then, tilt the spine back further to 30 degrees and continue the breathing cycle for another **1-2 minutes**. *This stimulates the thyroid, parathyroid and navel center.*

4. Gurpranam. Still sitting on the heels with knees widespread, put the forehead on the ground with arms stretched forward and hands in Prayer Mudra. After **1 minute**, begin Long Deep Breathing for **2 minutes**. Then, for **2 minutes**, chant:



ONG, ONG, ONG, ONG

SOHUNG, SOHUNG, SOHUNG, SOHUNG

This asana feeds the newly-constituted blood into the brain cells and moves the spinal fluid. This helps repair the damage to the brain done by drugs.

5. Paschimottanasana (Seated Forward Bend). From Dandasana (Staff Pose), inhale, and keeping the spine elongated, lean forward from the hip joints, not the waist. Lengthen the tailbone away from the back of your pelvis. If possible grab the toes with the index fingers; if this isn't possible, put your hands on your shins or loop a strap around the foot soles, and hold the strap firmly. Hold for **1 minute**. *This is for balance.*



6. Purvottanasana (Upward Plank Pose). Begin by sitting on the floor with your legs extended in front of you and your arms resting at your sides in Seated Staff Pose (Dandasana). Bring your hands several centimeters behind your hips and rotate your palms so your fingertips point toward your toes. Keep your hands shoulder-distance apart. Externally rotate your

upper arms as you press your hands down firmly into the mat. Draw your shoulder blades firmly into your back and allow your chest to lift naturally. Inhale, press your hands and feet down firmly and lift your hips up toward the ceiling. Keep your chest lifting and your spine in one straight line. Work toward pressing the soles of your feet into the floor while keeping your legs straight and firm. Do not squeeze your buttocks. If you are comfortable here, then you can slowly release your head. Allow it to drop

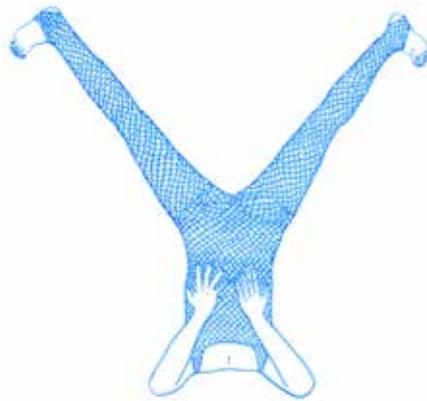
back, opening your throat. Begin Breath of Fire and after **30 seconds**, without changing the breath, lift the left leg up to 60 degrees for **30 seconds**. Switch legs and continue for another **30 seconds**. Then sit back and breathe normally for **1 minute in Paschimottanasana**. To end, relax on the back for **1-2 minutes**. *For thyroid, heart and the lower part of the spine.*



7. Maha Mudra. Sit on the left heel, stretch the right leg forward and grab the right big toe with the right middle and index fingers, thumb pressing the big toenail. Pulling back on the toe, grab the foot with the left hand. Keep the chin tucked into the chest and the spine straight. Inhale deeply. Exhale and hold the breath out for 8 seconds keeping Mula Bandha and the Diaphragm Lock tightly pulled. Inhale and repeat. Continue for **3 minutes** and the relax for **5 minutes** on the back. *Maha Mudra is called "the great seal of yoga." Its effects fill pages.*



8. Alternate Leg Lifts. Lie on the back. Stretch the arms overhead on the ground. Raise the left leg 90 degrees and begin Breath of Fire for **1 minute**. Switch to the right leg for **1 minute**, continuing Breath of Fire. Then raise both legs 20 centimeters only and keep up the Breath of Fire for **1 more minute**. Relax for **2 minutes**. *This balances prana and apana.*



9. Variation of Salamba Sarvangasana (Shoulder Stand), Slowly come into Shoulder Stand. Spread the legs wide and begin Breath of Fire for **3 minutes**. Relax on the back for **3 minutes**. *This is for the thyroid gland.*

10. Alternate Head and Leg Lifts. Lie on the back. Inhale and lift both legs ten centimeters. Arms should be straight up from the shoulders with the palms facing in. On the exhale let both legs down and bring the head up pressing the chin on the chest. Continue **3 minutes** with Long Deep Breathing. Relax **2 minutes**.



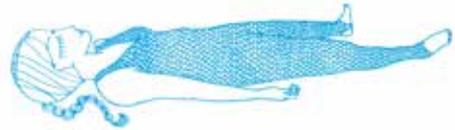
11. Neck Rolls in Sukhasana (Easy Pose). Sit in Easy Pose and hold opposite elbows across the chest. Roll the head in a slow figure 8 for **30 seconds** in one direction, then **30 seconds** in the other direction. Then inhale deeply, and bend

forward to the ground. Exhale and rise up as fast as possible. Rise up and down **10 times**. *This is for the Heart Center.*



12. Meditation in Sukhasana (Easy Pose). Meditate on your breath listening to the mantra Ong Sohung. **1-2 minutes.**

14. Savasana (Corpse Pose). Deeply relax on the back breathing deeply for for **5 minutes.**



COMMENTS:

This serie discharges, invigorates and harmonizes the nervous system and stimulates the heart. Your feelings about happiness, relationships and your well being depends on the balance of your electromagnetic field. This serie strengthens and balances it.