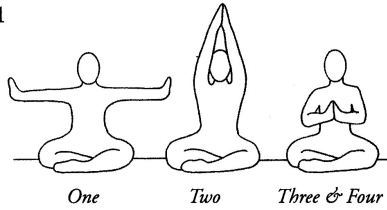


## Work on the Meridians

May 30, 1984  
Morning Class

1



1. Sit in Easy Pose with your palms together in front of your chest.

One: stretch your arms straight out to the sides, parallel to the ground, with the wrists bent and the fingers pointing upward. Your palms face outward.

Two: bring your palms together over your head with your elbows straight.

Three: bring your arms down so that your palms are together in front of the center of your chest, but not touching it.

Four: stay in position three. This is the non-active command, also called the "non-committing action."

Repeat this sequence for 3 Minutes. Move quickly.

2



2. Lie on your back.

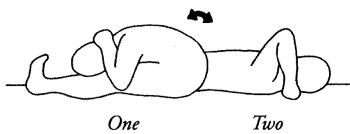
One: lie flat on your back with your forearms up so that your palms face your feet.

Two: bend your knees and bring your feet up to touch your hands.

(At the next count of "one" return to lying flat on your back with your forearms up so that your palms face your feet.)

Repeat this sequence for 3 Minutes. Move quickly so that movements one and two are completed in two seconds. (There should be no noise when your heels return to the ground.)

3



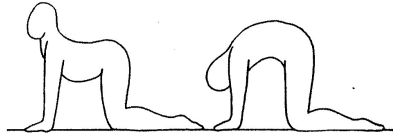
3. Remain on your back, interlace your fingers, and place them behind your neck so that they touch the skin. Move from position to position at the count:

One: sit up and bring your head to your knees.

Two: lie back down.

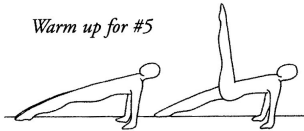
Repeat this sequence for 3 1/2 Minutes. Movements one and two should be completed in four seconds. This exercise is beneficial to the liver and digestive tract.

4



4. Come on to your hands and knees and do Cat Cow to loosen up your shoulders and keep them from getting locked. Move quickly. 30 Seconds. The lower back and shoulders must move.

Warm up for #5



5. Come into Back Platform Pose. Keep your body in one straight line. Your hands and feet are flat on the floor. Your fingers point toward your feet. Stay in Back Platform and raise and lower your left leg for 15 seconds. Then begin alternate leg lifts. Move from position to position at the count:

One: lift your left leg up to ninety degrees.

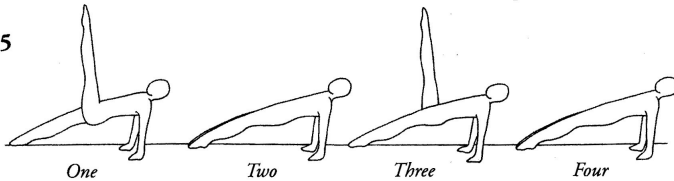
Two: lower your left leg.

Three: lift your right leg up to ninety degrees

Four: lower your right leg.

Continue this sequence for 1 Minute. Movements one through four should be completed in four seconds. Speed up for the last ten seconds.

5



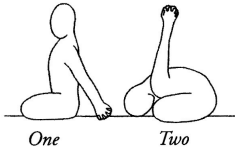
6. Sit in easy pose with your hands behind your back, fingers interlocked. Move from position to position at the count:

One: bend forward, raising your arms up as high as possible while bringing your forehead to the floor.

Two: come sitting up straight.

Continue for 30 Seconds.

6



7. Come into Cobra Pose and move at the count.

One: stay in Cobra Pose and touch your buttocks with your left hand.

Two: return your left hand to the floor and touch your buttocks with your right hand.

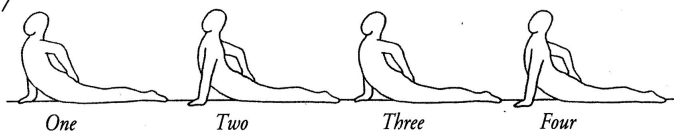
Three: return your right hand to the floor and touch your buttocks with your left hand.

Four: return your left hand to the floor and touch your buttocks with your right hand.

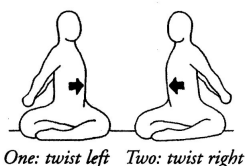
Continue for 2 Minutes, speeding up the movement after the first minute. For the first minute, movements one through four are completed in four seconds. For the second minute, movements one through four are completed in two seconds.

Then lie down on your stomach with your head turned to one side and relax for thirty seconds.

7



8



8. Sit in Easy Pose and interlace your fingers behind your back. Stretch your arms away from your shoulders and lift them up as high as you comfortably can. Move at the count.

One: twist to the left

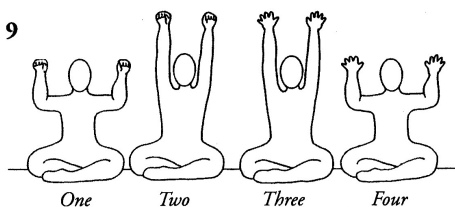
Two: twist to the right.

Twisting both left and right is completed in two seconds. Swing forcefully. This powerful swing can keep your heart healthy. Continue 2 1/2 Minutes.

*"When your understanding is 'I belong to God and God belongs to me'; when that equation is complete, you are a saint. Then everything will come to you. You don't have to hustle."*

YB

9



9. Sit in easy pose and move at the count.

One: your arms are bent at the elbows, keeping your upper arms parallel to the floor. Your hands are in fists.

Two: keep your hands in fists and raise your arms straight up.

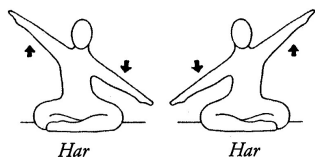
Three: keep the arms up but open the hands.

Four: keep the hands open but bend the elbows so the arms are in the same position as "One." Continue for 1 1/2 Minutes.

Movements one through four are completed in three to four seconds.

10. Sit in Easy Pose with your arms out to the sides, elbows straight and palms down. Move one arm up as the other arm moves down. Keep your arms in one straight line. The trunk of the body should sway with this movement. Chant "Har" in a whisper each time one of your arms moves down. The movement is paced so that the chanting is continuous. Rhythm and energy are important. After 4 1/2 Minutes begin to chant out loud for 1 Minute more.

10



11. Lie down on your back and relax. 10 Minutes. In this recorded class, Yogi Bhajan played the gong to take the students into the "bio-rhythm of the left initial brainwaves."

It is highly recommended that you obtain the audiotape for this class so that you may experience Yogi Bhajan directing the exercises. It is virtually impossible to understand how the exercises are timed without his expert guidance. This tape (KYB 029) is available from Ancient Healing Ways (see page II). When this class was taught, Yogi Bhajan himself counted out the exercises. In exercise one he playfully mixed up the count, which confused the movement of the students. He wanted the students to be alert and use their brains to control the movement.

"We have an initial habit to obey...What we should obey and what we should not obey—that is what we have to learn. That deciding factor is the left side of the brain. Not the right side. In life if your left side is not effectively, initially, creatively, projectively active, the right side will commit so many mistakes that you can't even calculate it. Essentially, initially, you must remember that you are you...Otherwise everything else you do is without a base. It does not have a foundation."

Yogi Bhajan explained, "You get angry, you fight, and you get argumentative to the extent that you become obnoxious. For which you have to apologize and you have to be sorry. Because your right initiator is okay, it can project out the anger so that you become destructive. This can occur because your left initiator is not coordinating. Having the left initiator of the brain not coordinating makes you incomplete. You will be only one-third of a person, doesn't matter what religion you belong to or what country you belong to."

In one exercise, when the students continued with the original movement even though he called a different sequence of numbers, Yogi Bhajan said, "Things become routine. Life becomes routine. If anything is out of routine, you fall apart...It is as simple as that. (Not being able to follow the count as given) shows how our patterns are set and how we become 'not-conscious'. You have to understand what makes you 'not-