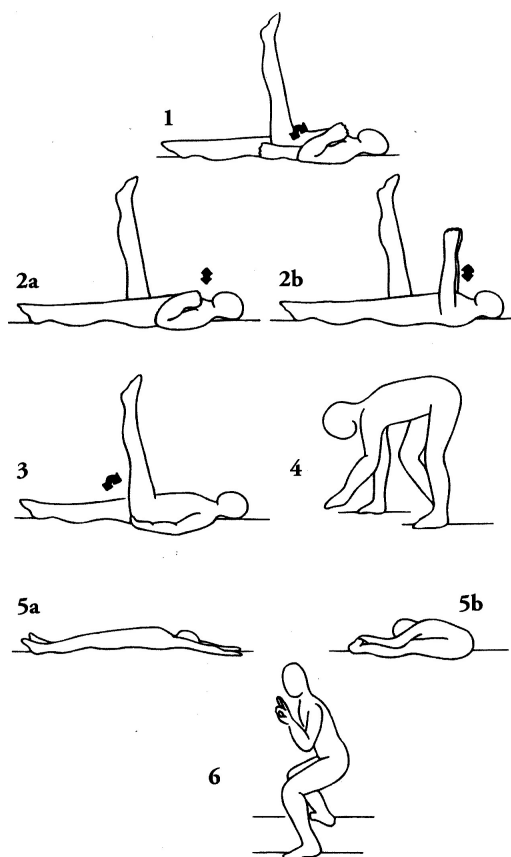


Balance of Prana and Apana

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1. Lie down flat and raise your left leg to 90°. Rest your arms at your sides. Make fists of your hands. Feel that your fists are very heavy. Raise and lower both your hands at the same time as if you are lifting weights, bending at the elbows. Bring the fists to the shoulders and back down to the ground while keeping the upper arms on the ground. Your left leg stays up at 90° throughout the exercise. Move as fast as you can. 2 1/2 Minutes. This exercise creates a balance between *prana* and *apana*.

2. Raise the right leg up to 90°. Raise both arms up to 90°. Keep your hands in relaxed fists. Bend the elbows and lower the arms and then raise the arms back up to 90°. Move the hands up and down together. Continue this motion as fast as you can. 1 Minute.

3. Put your hands under your buttocks with the palms up. (You are holding your buttocks in your hands) Do alternate leg lifts to 90° and back to the ground. 3 1/2 Minutes.

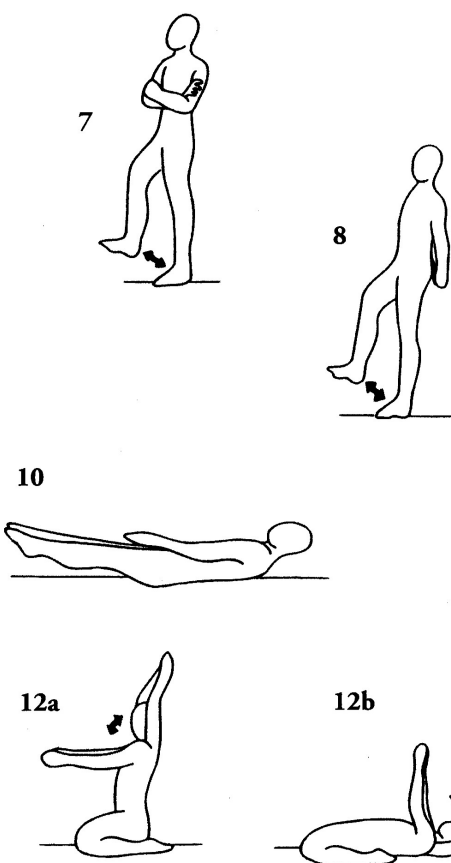
4. Come up on all fours, with your weight equally distributed on your hands and feet. Walk in one spot, but lift your arms and legs as if you were actually moving around. If you feel dizzy, you must stop this immediately. Otherwise, keep going and move fast. Your hips will move a lot. 2 1/2 - 3 Minutes. When you are super tense, do this exercise for 5 Minutes and you will be surprised how relaxed you will become.

5. Lie down flat, with the arms flat on the ground above your head, and relax your body. Rise up, bend forward, and touch your toes. Lie back down and continue. 108 times.

6. Stand up and bend your knees as if you were sitting in a chair. Keep your knees bent and your body as low as possible. Your elbows are bent and your hands are up at shoulder level with the thumb and forefinger in Gyan Mudra. Dance, staying in this position to the best of your ability. Play some rhythmic music (Yogi Bhajan played "Bhor Na Marne Hoaa" by Ragi Sat Nam Singh.) This exercise will give you youth and vigor. It will re-vibrate you. 10 Minutes. The same music is played throughout the remainder of the exercise set.

Much of the wisdom of the body's design is shown through the location and function of the subtle energies. Prana is the energy of activity and inflow. Its central location is the lungs and heart. Apana is the energy of elimination and its central location is the area below the Navel Point and in the lower pelvis. This set creates a balanced and efficient flow between both areas and the subtle energies they hold. You will draw in energies you need and eliminate toxins, old thoughts, and sticky emotions.

Gurucharan Singh



7. Straighten up and cross your arms over your chest. Kick out your feet alternately and continue to dance. 2 Minutes.

8. Lock your hands behind your back and continue to kick out your feet and dance. Kick hard! 2 Minutes.

9. Lie down flat on your back. Make fists of your hands and hammer your belly. Don't hit so hard that it hurts. Just hit hard enough to vigorously stimulate the belly area. Move fast! 2 Minutes.

10. Come up into Stretch Pose, but lift your legs up nine to twelve inches. The arms are straight with the fingers pointing toward the toes. The eyes are looking at the toes. Balance on the hip bone and let the navel vibrate. 1 Minute.

11. Stand up. Raise your arms, close your eyes, dance, and jump. Shake up the fat in your body. Move vigorously. 2 Minutes.

12. Sit on your heels and lock your hands together in front of your body. Your arms are out in front of your body parallel to the ground with the elbows straight but not locked. Raise your arms up to 90° and lower them back to the starting position as fast as you can. 1 Minute. Continue this movement in the same posture, while slowly and gradually lowering yourself onto your back. Keep moving the arms. 1/2 Minute. Rise up again while still moving the arms. Relax.

13. Come sitting in Easy Pose with your hands in Gyan Mudra. Meditate and try not to listen to the music. Concentrate not to listen. After 5 Minutes of this, begin to sing along with the music. 4 Minutes. Deeply inhale and exhale a total of three times to finish.