

# Brain Balance Sequence for IQ

Taught on June 27, 1984, at Women's Camp

This entire series is repeated, so the set is done twice in one sitting.  
Chant the mantra **Sa Ta Na Ma** out loud during each exercise.



1. This is a 4-part exercise done in Easy Pose to the beat and sound of **Sa Ta Na Ma** (pronounced **Saa Taa Naa Maa**).
  - a. As you chant **Sa**, extend your arms straight out in front of you, level with the heart, and clap the hands.
  - b. On **Ta**, open the arms straight out to the sides with the palms facing up.
  - c. On **Na**, keep the arms and hands where they are, but turn the palms down.
  - d. On **Ma**, bring the arms up straight over your head and clap your hands together. Continue this sequence for 1 minute.
2. Reverse the sequence in exercise 1, still chanting **Sa Ta Na Ma**.
  - a. **Sa** - bring the arms up straight over your head and clap your hands together.
  - b. **Ta** - extend the arms straight out to the sides with the palms facing down.
  - c. **Na** - keep the arms extended out and turn the palms up.
  - d. **Ma** - bring the arms straight out in front of you and clap the hands. Continue this sequence for 2 minutes.

**“You have to concentrate and meditate.** You have to learn to go by command. One day you traveled by a road and it was clear. The next day it was also clear. One year later when you went, it was clear. But one year and one day later it was not, and you were not prepared for that. If you are not prepared to face the time and space on this ground level, then you are spaced out. Routine makes you spaced out. This will keep you alert.”

Yogi Bhajan



3. **Sit in Rock Pose (on your heels)** and clasp the hands behind the back, interlacing the fingers, palms facing up.
- Sa** – come up onto your knees.
  - Ta** – bend forward and place your forehead on the ground. Raise your arms up behind your back as high as they will go. Do not sit down on your heels.
  - Na** – Rise back up on your knees and bring the arms down, hands still clasped behind your back.
  - Ma** – Sit back down on your heels in Rock Pose and keep the arms behind your back, hands clasped.
- Continue this sequence for 2 minutes.

4. **Stand up** and interlace your fingers, palms up, behind your back.

- Sa** – bend forward from the waist and bring your forehead down as close to your legs as you can. Raise the arms up behind you as far as you can.
  - Ta** – return to a straight standing position and relax the arms down behind your back.
  - Na** – arch the head, neck, and shoulders backwards, keeping the hands interlaced and arms relaxed behind you.
  - Ma** – return to a straight standing position, arms relaxed behind you.
- Continue this sequence for 2 minutes.



5. **Stand up** and interlace your fingers, palms up, behind your back.
- Sa** – raise the left knee up as high as you can and simultaneously raise the arms up behind you as high as you can. Keep the rest of the body straight. Then lower the knee and the arms.
  - Ta** – same as (5a.) but raise the right knee.
  - Na** – same as (5a.).
  - Ma** – same as (5b.).

Continue this sequence for 4 minutes. If you are in a class, the teacher can call out (a.) or (b.) in any order, and you listen and follow the command exactly as called.

