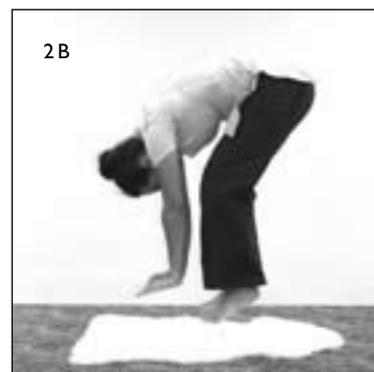
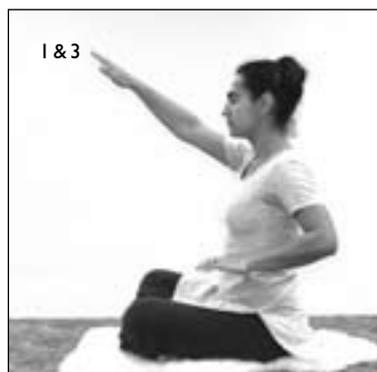


# KUNDALINI YOGA:

## WORKING ON THE METABOLISM

Taught by Yogi Bhajan on February 5, 1986



Fruits are energizing and cleansing. They are used for their capacity to accumulate and store pranic energy for healing. The months of February and March are the period between the end of winter and the beginning of spring. During this time, it is good to eat "p" fruits (pear, peach, plum, papaya, pineapple, pomegranate, apricot, persimmon) and avoid eating other foods in the evening. According to yogic tradition, eating this way and doing this set every day will give you a good summer and good health—despite your age, your deficiencies, and all the wrongs you have done in the past.

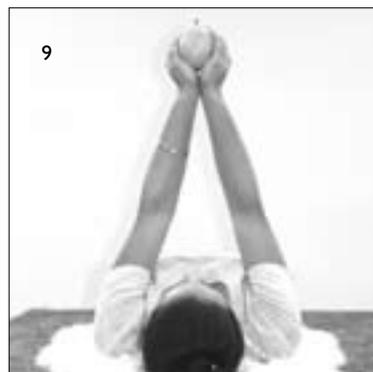
You will need a "p" fruit for this set.

1. Sitting in Easy Pose,<sup>1</sup> begin moving the arms as if you are swimming (the crawl stroke). Move vigorously for 3 1/2 minutes.
2. Come up onto all fours, supporting yourself on your feet and hands. Make the body jump, pushing off so that both your feet

and hands are off the ground at the same time. Continue for 6 1/2 minutes.

3. Come into Easy Pose and repeat the swimming motion of exercise one for 1 minute.
4. Lie down on your back and do Cat Stretch to the left and right. (Cross the right knee over the body, keeping the shoulders on the ground, then switch sides.) Move smoothly and continuously. Continue for 1 minute.
5. Come into Bow Pose. (Lie on your stomach, bend your knees, grasp your ankles, and lift your legs, torso, and head up off the ground.) Extend your tongue out. Rock on your stomach as you strongly inhale back and exhale forward through an open mouth. Continue for 3 minutes.

<sup>1</sup> A comfortable, cross-legged, sitting position; Sukhasana



When your metabolism starts goofing around, things go bad in spite of everything and it creates a lot of discouragement. We want to be totally new people, sweet and darling, with our metabolism perfectly working with us in smooth harmony. –Yogi Bhajan

6. Come back onto all fours, supporting yourself on your hands and feet. Begin running in place, moving all four limbs like a horse. Move your limbs alternately. This exercise brings sensual, sexual, and nervous system balance. Continue for 3 minutes.

7. Lie down on your back and come into Stretch Pose. (Raise your head and heels six inches off the ground, with your palms facing down, fingers together, and hands reaching towards your feet above the body.) You can support your lower back by placing your hands palms down under your hips if necessary. Do Breath of Fire<sup>2</sup> for 2 minutes. Then inhale, exhale, and relax.

8. Come into Baby Pose and nap. (Sitting on your heels, bring your forehead to the floor and your arms alongside

your body with palms facing up.) Continue for 5 minutes.

9. Lie down on your back and put your arms straight up at 90 degrees. Hold your piece of fruit in both hands. Relax the rest of your body. Sing along with *Mender of Hearts*<sup>3</sup> by Singh Kaur. Your body will go through heavy changes during this. Stay relaxed and open up your heart. Continue for 8 minutes.

10. Slowly rise up into Easy Pose with your arms extended out in front of you, still holding your fruit. Keep your arms straight. Continue singing as you offer your fruit, asking the Unknown to bestow its healing energy. Concentrate on your prayer. Continue for 2 minutes.

11. Eat your fruit.

<sup>2</sup> Continuous rapid nostril breathing, two to three breaths per second, while pulling the navel point in on the exhale and relaxing it on the inhale

<sup>3</sup> Available through [www.spiritvoyage.com](http://www.spiritvoyage.com) and [www.a-healing.com](http://www.a-healing.com)