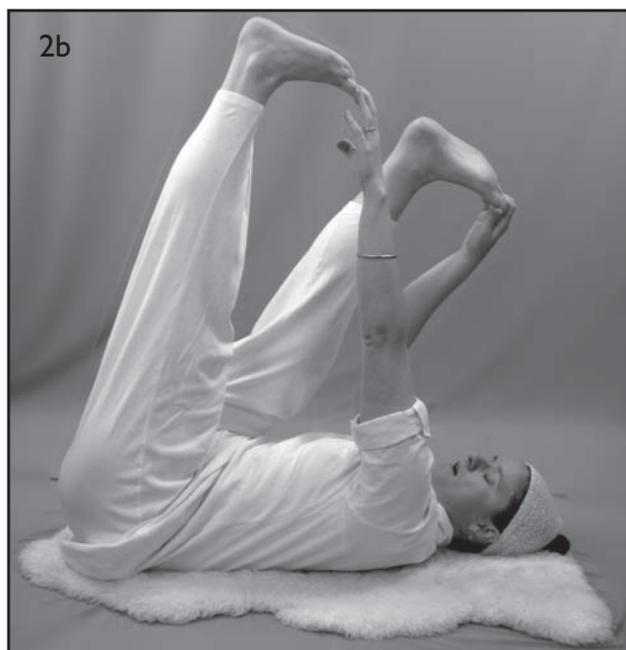


KUNDALINI YOGA

FIRING UP THE METABOLISM

Taught by Yogi Bhajan, March 6, 1985



Just see how powerful a mantra can be. All the stars and the Universe are very powerful, I am not disagreeing with the powers. But, by chanting a mantra, just see how powerful you can be.

Yogi Bhajan

Chant the Adi Mantra (*Ong Namō Guru Dev Namō*) 3-5 times.¹

1. Lie down on your back. Raise your legs toward the ceiling and grasp your toes (1a). Begin moving the legs apart (to the sides) (1b), and then back together rapidly. Do Breath of Fire,² timing the breath with the opening and closing of the legs. Continue for 5 ½ minutes.

2. Remain in the same position, holding onto your toes with your legs up (2a). Pull your left leg toward your head. Let your left leg go back to the starting position as you pull your

¹ For complete instructions, go to kriteachings.com/toolsforteachers
² 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



right leg toward your head (2b). Continue alternately moving your legs towards your head and back up to the starting position with Breath of Fire. Continue for 2 minutes.

3. Continue the previous movement and chant *Har*³ with the tip of the tongue as each leg moves. Chant at a rate of two *Har*'s per second. Continue for 12 minutes.

4. Stay in the same position and combine the movements of exercises 1 and 2. Chant *Har* as your left leg moves up and down. Chant *Har* as your right leg moves up and down. Chant *Mukande*⁴ (Moo kun day) as you open and close your legs. One repetition of *Har, Har, Mukande* takes 2 seconds. Move quickly. Continue for 1½ minutes.

5. Sit up and relax for 1 minute.

6. Sit in Easy Pose⁵ with the elbows bent and the palms facing forward at the level of the shoulders. The tips of the thumbs and ring (Sun) fingers touch in Surya Mudra (said to give energy, good health, and to strengthen the nervous system). Close your eyes and chant *Har Har Mukande* rhythmically and musically for 11 minutes. One repetition of the mantra takes 2 seconds. To finish, inhale and repeat this affirmation:

*Let thy soul be awakened. Let thy soul be awakened.
Let thy soul be awakened. Let thy soul be awakened.
Let thy soul be awakened.*

Let the Guru's lotus feet be in your heart.

Let the Guru's lotus feet be in your heart.

Let the Guru's lotus feet be in your heart.

Let the Gurus lotus feet be in your heart.

Let the lotus feet of the Guru be in your heart.

Let the lotus feet of the Guru be in your heart.

Let the lotus feet of the Guru be in your heart.

Let the lotus feet of the Guru be in your heart.

Let the lotus feet of the Guru be in your heart.

Wake up. Wake up. Wake up. Wake up. Wake up.

Wake up. Wake up.

Heal. Heal. Heal. Heal.

Excel, excel, excel, excel, excel, excel, excel.

Obey, serve.

Obey, serve, love, excel. Obey, serve, love, excel.

Obey, serve, love, excel. Obey, serve, love, excel.

You can hear this affirmation in Yogi Bhanan's voice on the CD *Let Thy Soul be Awakened*, available through a-healing.com. This Kundalini Yoga set is published in *Self Experience*, available at a-healing.com and spiritvoyage.com.

3 The 'a' is short and sounds like the 'u' in 'but,' and the 'r' is slightly rolled, similar to the Spanish 'r'

4 Aspect of God as the Liberator

5 A comfortable, cross-legged, sitting position; Sukhasan

Editor's Note: You may choose to practice this set starting with less time than is indicated, and build up to the full time gradually over time, if necessary.