

Kundalini Yoga: *Self-Care*

TAKE AWAY THE STRESS OF DAILY LIFE WITH A MERIDIAN TUNE-UP AND DEEP RELAXATION



When Yogi Bhajan originally taught this set, he began the class with a quick warm-up of two rounds of the Har Aerobic Kriya.¹

1. Stand up. Wrap the arms around the chest, crossing in front. Hands are hugging the back, just under the rib cage. Hold the rib cage as tight as you can. Begin kicking slightly as you lift the legs alternately in front of the body, as if dancing, kicking the legs forward while standing in place. It is called “walking the miracle mile.” Continue for 3-5 minutes.

2. Do the same basic exercise as in #1, but after kicking first one leg and then the other, bend forward and touch your toes while keeping the knees straight. Then pop back up and continue alternating the kicks and the forward bend. Continue for 2 minutes.

3. Sit on your heels and clasp your hands together, fingers interlaced, and rest them on the top of your head. Rotate your torso around in a circle, moving from the waist. This will release the toxins from your cells that could eventually block your blood flow. Continue for 1 minute.

4. Still sitting on your heels, press the palms of your hands just under the cheekbones and lift. It will be the Venus Mound² of your palms pressing up under the cheekbones and there should be enough pressure to prevent any speech. Inhale through pursed lips, taking deep drinks of air, and exhale powerfully through the nose. Continue for 2 minutes.

5. Sitting in Easy Pose (a comfortable crossed-legged sitting position) and, using the same breath pattern as in #4, place your hands on the knees and bend at the waist, leaning from side to side. Inhale deeply on one side and exhale deeply on the other side. Bend as deeply as possible. Continue for 2 minutes.

6. Lie down flat on your back, with your arms by your sides, palms facing up, and go to sleep. Play the music of *Rakhay Rakhanaahar*.³ This music has eight beats like your heartbeat. You must be able to hypnotize yourself into going to sleep. Relax and let yourself go. Relax for one hour (try for the whole hour, but if that is not possible, then relax for at least 11 minutes).

¹ The Har Aerobic Kriya, also known as the kriya To Build Stamina and Spark the Glandular System, can be found on pages 42-43 in the Owner's Manual for the Human Body, available through www.a-healing.com and www.spiritvoyage.com.

² The Venus Mound is the fleshy mound at the base of the thumbs.

³ Yogi Bhajan played Singh Kaur's version, available at www.a-healing.com and www.spiritvoyage.com.

TAUGHT BY YOGI BHAJAN AT WOMEN'S CAMP, JUNE 30, 1986

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