

Warrior's Exercise
for Opening the Energy into the Shushmanaa
& Balancing the Hemispheres of the Brain

Mudra: Stretch arms out to the sides, parallel to the ground. Make palms flat, facing forward, and the fingers spread wide apart. The muscles of the body should hold the weight of the arms, to perform the exercise. This position is your base.

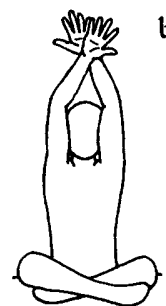


Movement: Keeping the palms flat, fingers spread apart the whole time, begin the following movement:



(a) Raise your arms up directly over your head, criss-crossing them at the wrists, left palm in front, right behind. They actually should cross a few inches behind the area directly over your head. Then bring the arms back down to the starting position.

(b) Raise your arms up and criss-cross them with the right palm in front of the left, but angle the arms forward a bit, so they are crossing about 12 inches in front of the area directly above the head. Then bring the arms back down to the starting position. Continue alternating in this fashion.



Music: The musical tape, *Dhuni*, is played during the exercise. One repetition of the mantra is approximately 8 seconds.

Mantra: Mentally recite *Sat Naam, Sat Naam, Sat Naam Ji, Waa-hay Guroo, Waa-hay Guroo, Waa-hay Guroo Ji*.

Eyes: Unspecified. Although for maximum strength, keep the eyes closed.

Time: Done for 2-1/2 minutes in class. Yogi Bhajan said this was enough to initiate the students into this meditation and not space them out too much.

