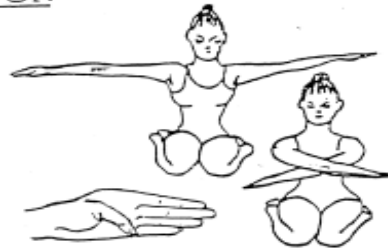


KRIYA FOR REGENERATION

Given by Singh Sahib (Yogi Bhajan)
December 27, 1982

2'30 / 3'45 / 5'

1. In Celebate Pose (sitting between heels), arms level with shoulders, thumbs on Mercury mounds, inhale and criss-cross arms in front, still at shoulder level, and back out to sides. Keep elbows straight and arms high, and swing powerfully. Balances the sinuses and effects pituitary. (7 minutes.)



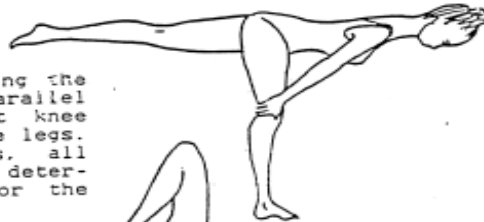
2'30 / 3'45 / 5'

2. Still in Celebate Pose (or on heels, in Rock Pose), rotate fists and forearms around each other, keeping thumbs on Mercury mounds. Circle away from the body, at heart center. Fast! Look at hands and concentrate on them. For the Pineal gland and sinuses. This is "Drishti Trataka Kriya". (7 minutes)



1'30 / 2' / 2'30 x2

3. Stand on one leg, extending the other straight up and back, parallel to the ground, with hands at knee cap to maintain balance. Change legs. Takes away old age, wrinkles, all mental, physical and spiritual deteriorations. The best thing for the spine. (3½ minutes each side)



1'30 / 2' / 2'30

4.(A) In Shoulder Stand, bend the knees, straining them to the sky, bringing the heels down as far as you can, weight on hands. This is "Bapareet Karnee". (3½ minutes)



1'30 / 2' / 2'30

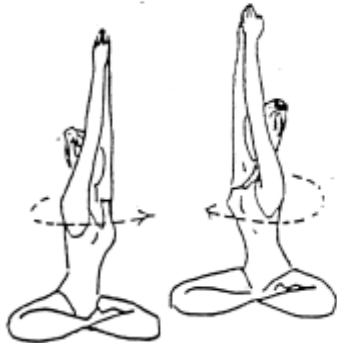
4.(B) Still in Shoulder Stand, inhale and lift the legs, exhale, making the sound "hum" as they come down and kick buttocks. Repeat. (The "hum" is not spoken in the normal way, and is made with the back of the nostrils, and very nasal.) To stop aging and grey hair. (3½ minutes)





5. Sit on heels (Vajrasan or Rock Pose), and put palms on ground before you. Exhale and touch forehead to the ground before knees & hands, and inhale up. Hands stay in place. This is "Chinese Pranayam" - the best exercise for the neck. (7 minutes)

2'30 / 3'45 / 5'



6. In Easy Pose, place palms together overhead, arms straight, and twist torso left and right. Keep neck in line with the spine and move from the hips. (3½ minutes)

1'30 / 2' / 2'30



7. In the same position, bend side to side, breathing long and deep, inhaling to the left, exhaling to the right. Swing from the hips like a tree, and bend as far as you can. This is "Pinjane". Best exercise for the liver (and waistline). (3½ minutes) **Keep knees on the floor**

1'30 / 2' / 2'30



8. Stretch right leg out, sitting on left heel. Grab toes and push spine totally straight, breathing long and deep through the mouth, powerfully. This is "Shakti Chaloni Chosh". (7 minutes)

2'30 / 3'45 / 5'

As originally given this set is to be done three times for the full seven minutes each exercise. To begin with, cut times in half, working up to full time. Repeat once or twice at short or long times.

COMMENT: Those who master this will realize many!!! benefits