

## #LA876 960530 For the Tattwas, Pranic Rib Cage And Nervous System

May 30, 1996

1



1. Sit in Easy Pose with your spine straight. Keep your chin in and your chest out. Bend your elbows and support them on your rib cage with your palms facing toward your body. Allow the wrists to bend so the palms face upward, hands in front of the shoulders. Close your hands into fists and open them again rapidly and continuously. Put strength in your movement. 3 Minutes.

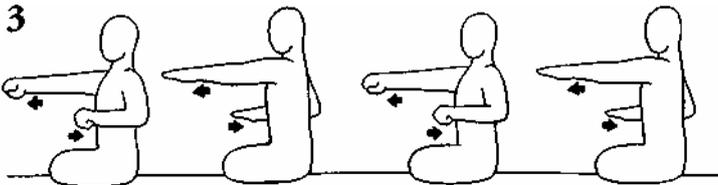
This creates an elementary balance which is one of the most beautiful and powerful things of the human body. It will stimulate the basic tattwas...Your breath will change. The pranic energy in the combination of your breath will change. You cannot buy that in the market, you have to produce it.



2. Still in easy pose, move your arms and shoulders like a bird in flight. Move fast. This balances both parts of the brain. Be sure that your shoulders move up and down with the movement of your arms. 3 minutes.

This adjusts the ribs, is beneficial to the heart, and improves circulation in the chest area. This will help to adjust the ribs and balance both sides of the brain. However, if you start to feel nauseated, stop immediately.

3

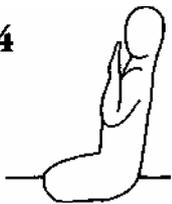


3. Sit in easy pose and look straight ahead. Reach forward with your right arm and, at the end of your forward movement, make your right hand into a fist. Pull your right arm back to your side as you reach forward with your left arm. At the end of the left arm's forward movement, the left hand is open with the fingers slightly spread. Move quickly and powerfully, reaching forward with alternate arms. 3 minutes. This is for the nervous system. Move very fast

so that the breath changes.

(When Yogi Bhajan demonstrated this movement he made a fist of his right hand at the end of its forward reach. When his right hand returned to his side, it relaxed open with the fingers slightly spread. When he reached forward with his left arm, the left hand remained open. When his left hand returned to his side, he made it into a fist. The movement was timed so that extending arm reached its maximum forward extension at the same time that the retracting arm reached its resting point at his side.)

4



4. Bend your elbows with your palms facing forward, fingers slightly spread. Lean back 15 degrees. Close your eyes. Sit with your chin in and chest out. Balance your body from the chin, which is the moon center. Sing along with the tape "Meditation" by Wahe Guru Kaur and go into deep meditation. 15 minutes. The angle of the spine is important. If this exercise is done correctly, the basic psyche will change.

To finish: Inhale, lean back a little farther and stretch your spine vertebra by vertebra as you hold the breath 10-15 seconds. Repeat this sequence two more times.

Exercise one is for the tattwas, exercise two is for the pranic rib cage, and exercise three is for the nervous system.

*"When you walk on the path of spirituality, one thing is very essential: you must see the Hand of God."  
YB*