

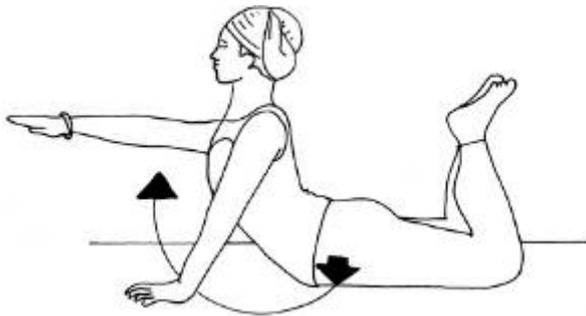
Exercises for the Heart Center

Uit: The Hart Rules, Guru Prem Singh

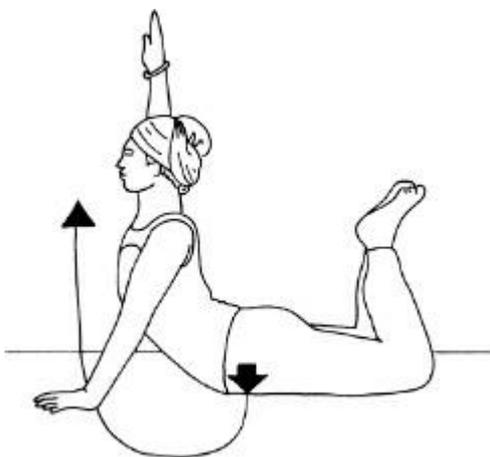
1. Come into Cobra Pose and hold the position for 30 Seconds. Then raise and lower your chin Sixteen Times. This is to test your ability to withstand stress.



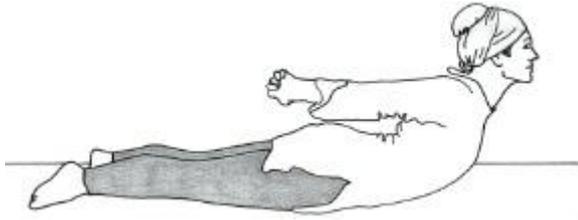
2. Still in Cobra Pose, bend your knees so that your feet are up by your head. Lift your hands alternately up to your shoulders. You should feel a stretch under your rib cage. 2 Minutes.



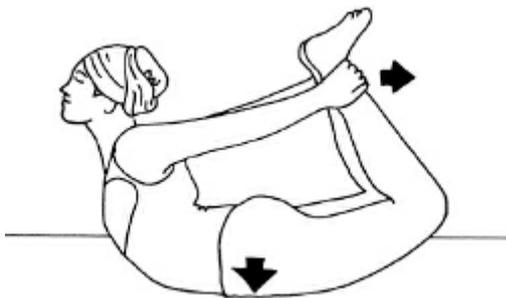
3. Repeat Exercise #2, but this time alternately raise and lower your entire arm. Raise one arm straight up, lower it, raise the other arm straight up and continue for 1 1/2 Minutes.



4. Lying on your stomach, interlace your fingers behind your back, arch the upper body, and lift the hands as high as possible. Inhale through your nose and exhale through your mouth as forcefully as you can. 2 Minutes. This powerful breath combined with the posture and movement can strengthen your spine and nervous system.



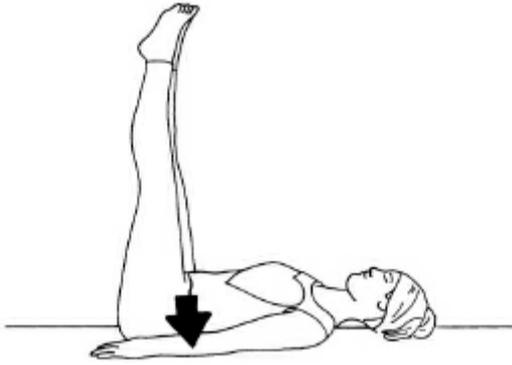
5. Come into Bow Pose and rock back and forth on your stomach. 2 Minutes. This exercise can renew every tissue of the body when done correctly.



6. Lie flat on your back, use your arms to hug your knees to your chest, and roll on your spine. 1 Minute.



7. Lie flat on your back and bring both legs up to ninety degrees. Keep your knees straight, toes pointed upward, and the posture steady. Relax the rest of your body. 2 Minutes.



8. Still lying on your back, place your hands on the floor under your shoulders and arch your torso up, keep your hips and legs on the floor. Stretch your toes forward. 2 1/2 Minutes. This exercise is designed to give power to the heart muscle.



9. Sit up with your legs stretched forward and catch hold of your toes. Stretch your torso forward and hold the position. 1 Minute.



10 Sit in Crow Pose with your arms out straight in front. Raise your arms alternately up to ninety degrees. 2 Minutes. This exercise can save you from intestinal bloating in old age.



11. Sit peacefully in Easy Pose like a yogi. Keep your eyes open, inhaling and exhaling deeply. After 1 Minute close your eyes and continue the breath. After 1 more Minute, bring your mind to thoughtlessness. Continue in thoughtless meditation for 3 1/2 more Minutes.

Then begin to chant “Chattr Chakkr Vartee” along with the tape Jaap Sahib: Last Four Lines by Kulwant Singh (Healing Sounds of the Ancients, Volume I)



Chattr Chakkr vartee, chattr chakkr bhugatay
Suyumbhav subhang, sarab daa sarab jugatay,
Dukaalag pranaasee, dayaalang saroopay
Sadaa ang sangay, abhangang bibhootay.

Translation:

Thou art pervading in all the four quarters of the Universe,
Thou art the Enjoyer in all the four quarters of the Universe,
Thou art Self-illuminated and united with all,
Destroyer of bad times, embodiment of mercy,
Thou art ever within us
Thou art the everlasting Giver of undestroyable power.

Yogi Bhajan said, “All the exercises in this set work on the heart muscle and the heart center. They concentrate on one power of energy like a storehouse.” He also said that you may extend the time for each of these exercises to 7 Minutes, to make the set complete. Build your time gradually. This length of practice will put you into a restful state of mind. You will want to sleep, so allow for this extra rest time when doing the extended version of this set.