

Sound Current Set – Bron: The Heart Rules, Guru Prem Singh

1. Sit in easy pose with your hands in Gyan Mudra. Tilt the head back as far as comfortable and begin long, deep breathing. 3 Minutes.



2a Stretch both legs out in front of you one foot apart. Reach for the toes, if possible. Keep the spine erect and the head and neck in line with the spine. Inhale as you come up and exhale as you relax down. 3 Minutes. To finish: exhale, stretch down, and apply Mulabandh. Repeat this last part two more times.



2b Still reaching to the toes, lift one leg up as you inhale and lower it as you exhale. Continue for 1 Minute and then change legs. Do 1 Minute on the other side.

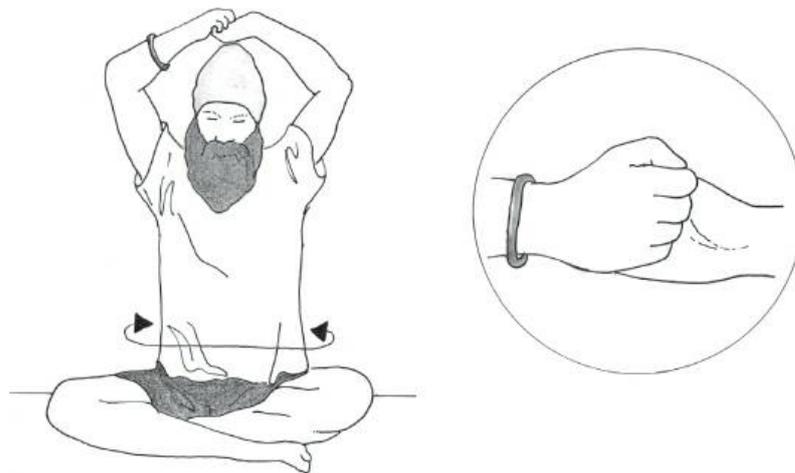


2c Repeat Exercise 2a for 1 Minute.

3 Stretch the legs out so that one leg is in front of you and the other is in back. The arms are pressed in close to the thighs and the palms are flat on the floor supporting you in the posture. Do Breath of Fire for 1 Minute. To end: inhale, apply Mulabandh and hold. Exhale and switch sides for 1 Minute.



4 Sitting in easy pose place the hands in bear grip over the crown of the head. Inhale as you twist your torso to the left and exhale as you twist to the right. 3 Minutes.



5 Straighten the legs out in front of you with your hands underneath your knees. Keep your spine straight and apply Jalandhar bandh (neck lock). Exhale as you lower your torso down bringing your head as close as possible to your knees. Inhale long and slow as you come up. Continue for 5 Minutes. To finish: inhale up, apply Mulabandh, and exhale.



6a Sit in easy pose. Place your hands in bear grip at the heart. Inhale deeply and exhale. At the end of the exhalation, apply Mulabandh. Repeat this exercise 3 times.



6b Still in easy pose, place your hands in Gyan Mudra (thumb and index finger touching). Inhale and exhale deeply 5 times. On the final exhalation, hold the breath out and pump the navel 20 times.

7 Remain in easy pose. Stretch the arms out to the sides, parallel to the ground, palms pressed out flat, fingers pointing up. Do long, deep breathing for 1 Minute, then begin Breath of Fire for 1 more Minute. To finish: inhale, apply Mulabandh, hold, exhale, and relax.



8 Still sitting in easy pose place the hands in Gyan Mudra on the knees, chant "I am, I AM" for 3 Minutes. Eyes are closed and focused at the third eye point.

9 Come sitting on your heels. Lower your forehead to the floor, hands relaxed on the ground alongside the legs with palms facing up. Chant "Hummmm" loudly for 5 Minutes. Let the sound come from the base of your throat. To finish: inhale and come sitting up on the heels.

HUMMMMMM



10 Still sitting on the heels, meditate at your brow. “Go out” the top of your head and “look at” yourself and the other people in the room; “go out” the building into space. 5 Minutes. To complete, bring yourself back from space and back into your body.

11 Relax in corpse pose: lie flat on your back with your arms and legs aligned and straight, palms facing up. 11 Minutes.