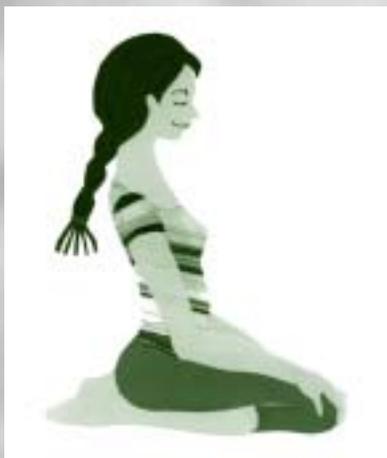




1a.



1b.



# Set for Liver, Aura and Self-Reliance

An unpublished Kundalini Yoga set as taught by Yogi Bhajan on March 3, 1972.

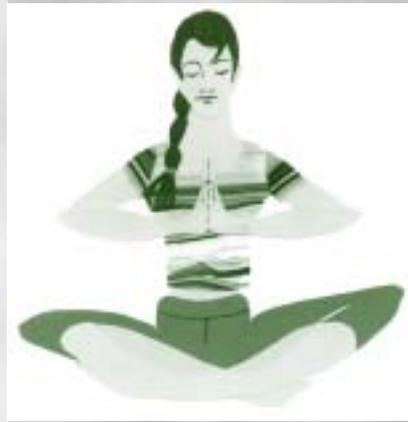
**1.** Sit with the legs out straight in front of you, spine straight, arms extended straight in front, parallel to the floor. Lean back at a 60 degree angle to the floor (1a). Raise the legs as high as possible (1b). Try not to lean back farther than 30 degrees. Then slowly lower the legs back down to the floor (1a). Continue this up and down motion while chanting *Sat Nam Wahe* (Wha-hay) *Guru* (Guroo) for 3 minutes. The breathing is automatic.

**2.** Bend forward and catch your big toes and press hard with the thumbs on the toenails. Stretching forward, gently pull the torso down towards the knees. Breathe normally for 3 minutes. Then inhale deeply, exhale, and stretch further forward. Inhale up, keeping the spine straight while still holding the toes. Exhale and stretch down and forward. Repeat the inhale/exhale stretch 2 more times. Relax. This exercise has the power to take away all tension from the body.

**3.** Sit on your heels in Rock Pose. Place the hands on the thighs. Begin spine flexes<sup>1</sup>, whispering *Sat* as the navel moves forward, and *Nam* as it moves back. Continue for 5 minutes, then inhale, exhale and relax for 1 minute.

<sup>1</sup> Flex the spine forward and back keeping the chin level and your head steady.

**4.** Sit in Easy Pose and bring the palms together at the heart center. Lock the thumbs right over left. Press the entire weight into the palms. Focus the entire energy of the mind at the brow point. Breathe normally for 5 minutes and then inhale deeply, exhale, and relax.



**5.** Sit in Easy Pose. Move the waist from side to side in a rhythmic motion, for 3 minutes. Then inhale deeply, exhale, and relax. This exercise cleanses the liver.



**6.** Sit in Easy Pose and flex the spine forward and back keeping your chin level and your head steady. Continue for 5 minutes. Then inhale, exhale, and relax. This exercise balances the sexual energy.



**7.** Sit in Easy Pose in *Gyan Mudra*. Turn the head to the left, chanting *Sat Nam*. Turn the head to the right, chanting *Wahe Guru*. Keep the spine straight. Continue for 5 minutes. Then, with the head straight, inhale, exhale, and relax.



# Women and the Sensory System

At one level, we are a combination of molecules living by means of the *pranic* body (life-force energy). Our creativity flows from our sensory system. Through this sensory system flows incredible energy, and this is what touches the hearts of others.

## Women's Set for Pleasure and Happiness

Taught by Yogi Bhajan, June 29, 1984

**1.** Sit with legs stretched straight forward. Bend forward from your lower spine and grab your big toes. Keeping legs, neck, and spine straight, raise both legs up high. Hold the position for 3-11 minutes with long, deep breathing.

**2.** Stand up with the fingers interlocked and place them on top of the head. Raise the left leg so that the left thigh is parallel to the floor in front of you. Bend the left knee so the foot is pulled back towards your right leg. Breathe long and deep for 3 - 12½ minutes. Change and stand on left leg for 3 - 12½ minutes. Then return to right leg for 3 - 12½ minutes.

**3.** Stand with the feet shoulder width apart. Bend from the waist, placing the hands on the feet. Arch the head and the back up into cow pose. Eyes remain open. (If you become dizzy, discontinue.) This exercise is to balance the circulation. Breathe normally for 1½ minutes. Then, in the same position, begin pumping the navel area powerfully for 1 minute.

**4.** Sit on your heels. Interlock the fingers behind the back and pull the arms back, opening the chest area, and bend forward. Place your forehead on the ground with the arms stretching up 90 degrees behind your back. Breathe normally for 4 minutes.

## 3HO Women

Yogi Bhajan has been sharing the ancient knowledge of Kundalini Yoga with the West since 1969. He has been a champion of the power and grace of women from the start. Kundalini Yoga technology for women is a wealth of knowledge for women of all walks of life. This yogic science offers a vast array of ancient know-how that ranges from specific Kundalini Yoga and Meditation techniques to yogic recipes, beauty secrets, healing methodologies, and stress relief; to pregnancy, childbirth, and child rearing; to relationship guidelines and communication insights. For more information about programs and services for women, contact [women@3ho.org](mailto:women@3ho.org) or visit our Web site at [www.women.3ho.org](http://www.women.3ho.org).

