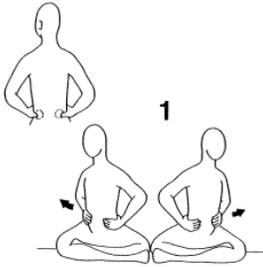


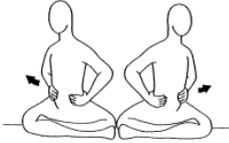
KYB051 841024 WORK ON THE KIDNEYS

'This is the mantra that works like the 'gatka' on the Persian prayer wheel changing the direction of the mind from negative to positive. Just repeat it five times if ever you want to switch your negative mind to your positive mind.

(Class chanting... "Aad sach, jugaad sach, heibhee sach, naanak hosee bhee sach....") (Includes gong)



1. Sit in Easy Pose, hands grasping waist. Twist left and right. Inhale and exhale powerfully as you swing fully to the left and to the right. Continue for 5 minutes. This puts pressure at the kidneys and helps flush them out.



2. Immediately come into Platform Pose. Arms in back of you, supporting your weight. Raise and lower your buttocks rapidly with Breath of Fire. Continue for 3 minutes. This gives relief to the kidneys.



3. Immediately come into Cobra Pose and then, in rhythm with Breath of Fire, raise and lower yourself from flat on your stomach into Cobra. Breathe heavily. Continue 1 1/2 minutes.



4. Sit in Easy Pose, meditate on the sound of Ek Ong Kar.

A) (Yogi Bhajan played the gong) concentrate at the third eye point and the navel, and see the energy flow between these two points. (2 minutes)

B) Chant loudly, "Ek Ong Kar Sat Gur Prasaad Sat Gur Prasaad, Ek Ong Kar" all in one breath. Do for six minutes. 'See side note.

Primary situation is that, hold your hands at the point where kidneys are and move the body like a balance. Fast enough and breathe, inhale and exhale twice as you take the turning. Applying full pressure on the kidney points. Make the turning and double breathe. On each shoulder breathe in and breathe out. All you are doing is helping through this breathing your kidney points. Go, go, go. Don't cheat on yourself. That is what you do. You come here to do exercise. You don't do it right and then say, it didn't work. Laziness has nothing to do with yoga and you are properly very lazy. You are not even trying to give that swing which kidneys need to flush themselves. With each breath. Move, not that way, it hurts. Try it. It doesn't go that way. See everybody is doing it. You are swinging. You have to go this way. That is it. I can sit here and let you do it all the day. If that is the way you want to be that honest. Fine with me. Move, move, move, really move the body. Okay, get into platform pose please. Butts down, butts up, quick, one, two, three, four, five, six. Get up higher. Come up, come up, come up. Breathe heavily. I don't know what kind of life you want to live. People go pay twenty five dollars. They don't learn a thing. You go five or six dollars, you do that damn dancing and you think you are great when you have been told to do some exercise you all freak out. You think this body is your dead servant. it will continue ever because you don't care. Come on, up and down. Breathe with it. All I am talking is to give some relief to kidneys. All you are doing is you don't care. Work, work, work. Hey, what is going on? Those little kidneys are the little. It does clean you out. It is a lot of related stuff. What are you looking at me? I am the same person. Come on, come on, work, work. Great heroes of United States of America, the chosen yogis. Look at them. Come on, come on, push, push, push, see what you can do. All right, all right. Lie down in a cobra pose, chelo. What do you think? We should also give a concession for that. Somebody prefer to run a way than to do exercise. All right. Breathe heavily up and down. Up and down, up and down. With a breath of fire. It is all for kidneys. It has nothing to do with you. Do you remember those little kidney beans in you. Come on folks, come on. All right is it very heavy.

Sit down, sit down, sit down. Sit down and please meditate on the sound, "Ek Ong Kar" mentally. I will carry it through the sound of the gong on that and let you do that. That is also very good for the inner organs which are the cleansing part of you. Concentrate between the third eye and navel point consistently up and down.

As loud as you can talk/chant the mantra "Ek Ong Kar Sat Gurprasad, Sat Gurprasad Ek Ong Kar". And we will take you.

Inhale. Inhale deep. Hold. Move your navel. Exhale.

Please understand the hand of God and the will of God. The fight between fate and destiny. Fight between karma and dharma are the initial fights for which you have been given the human body to test yourself out. It is a path to walk. Majority of the people do not walk towards dharma and they do not walk through karma. All they do is come here to be here. For those whom the earth and the maya is the security hall lick the dust, for whom the God is the security they shall always merge in God. And those who deny God shall always never have the experience, neither the earth nor the heaven will accept them. These are the three avenues of every human life. You are born here to choose the path you feel like to choose. But just understand it is your free will, it is your choice and so be it. Don't blame anybody for your choice and don't blame anybody for your direction. There are three ways to go. To lick the dust, be with the earth, walk towards heaven and merge in God and deny the God and get stuck here forever. We hope that as God has given you this body as a gift to experience through its variety as sensitivity, the essence of God all around you, you will work it out. That is why passions and feelings and emotions are the essential force of life but they are not the destination of life. Guiding the passion, emotions and senses through the intelligence and the consciousness is a human virtue. Those who do not do that shall suffer on this earth in spite of the blessings of God. So please remember it is your choice and your choice alone and let it be so. God bless you. See you Monday evening if God permits. Sat Nam.