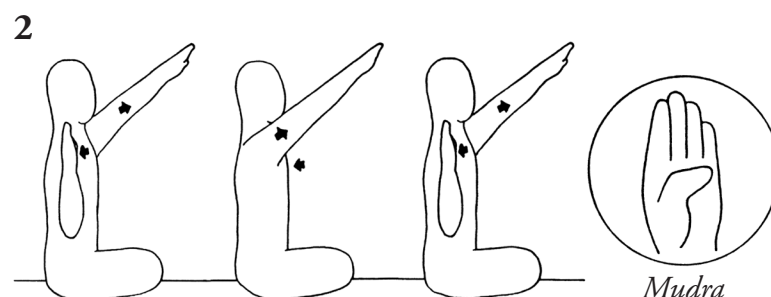


# Working the Command Post Area

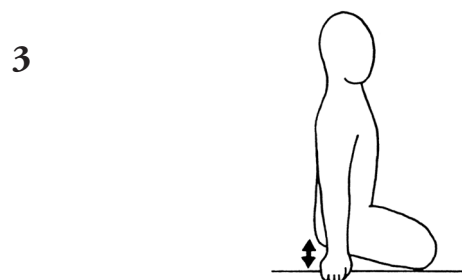
June 13, 1984



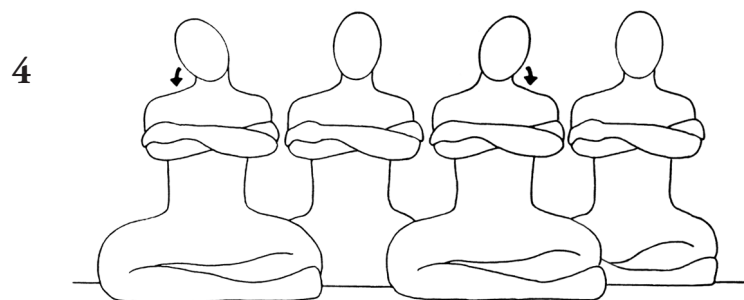
1. Sit in Easy Pose with your arms stretched up and angled out to the sides (No exact angle was specified.) Start with your palms facing downward. Split your fingers to create a “V” between your Saturn (middle) and Sun (ring) fingers. Keep your arms in position with your elbows straight and your fingers split as you rotate your hands on your wrists. Keep moving, do not slow down at all. 4 1/2 Minutes.



2. Sit in Easy Pose with your arms bent at the elbows, palms facing forward at shoulder level. Place each thumb on the mound at the base of the Mercury (little) finger. Extend your left arm up and out and bring it back to the starting position. As the left arm returns, extend the right arm up and out. Continue this movement, making it a quick action. Move fast. 1 1/2 Minutes.



3. Sit in Easy Pose and make your hands into fists. Place your fists on the ground on either side of your hips. Begin body drops, pushing against the floor with your fists to raise yourself up and then releasing the push so that your body drops back down. Move fast like a jackhammer. Yogi Bhajan called this a “jovial exercise” and told the students to be energetic in doing it. 3 Minutes.

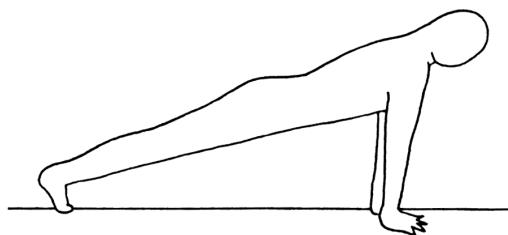


4. Fold your arms in front of your chest at shoulder level. Start with your head up straight. Then bend your head to the left, bringing your left ear toward your left shoulder. Then bring your head straight. Bend your head to the right, bringing your right ear toward your right shoulder. Bring your head straight up. Continue this movement 1 1/2 Minutes. (Yogi Bhajan set a pace of 4 seconds for the entire sequence of movements: bend left, up straight, bend right, and up straight.)

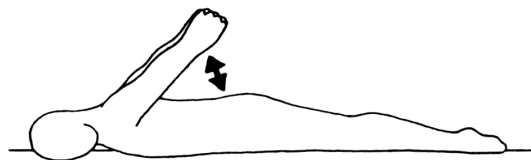
*“Free will is essential for existence, but also that free will should listen to your inner will. People have been told there is a ‘God’s will’. When you say that, it looks like God’s will is outside of you. That is not true. There is no such thing as God’s will outside of you. There is a God’s will inside of you.”*

YB

5



6



7A



7B



Har

Har

Har

Har

5. Lie down on your stomach. Put your hands under your shoulders and rise up into Front Platform Pose, with the body in one straight line from head to heels. Keep your body straight and still. Turn off your thoughts. *If you can stop thinking, you can totally stop worrying. That's the purpose.* 3 Minutes.

6. Lie down flat on your stomach. Interlock your fingers at the base of your spine. Raise your hands up into Yoga Mudra and lower them back down. Breathe powerfully and move fast. 4 Minutes.

7. Sit in Easy Pose with your elbows bent and your hands facing each other in front of your chest. Your hands will be three to four inches apart.

A. Twist to the left side and clap your hands. Return to the starting position at the center, but do not clap. Twist to the right side and clap. Return to the center but do not clap. Continue in this manner for 2 1/2 Minutes.

Close your eyes and continue the movement with your eyes closed.

1 1/2 Minutes.

B. Begin chanting "Har" at each position. Chant "Har" as you clap left and chant "Har" as you come to center and do not clap, Chant "Har" as you clap right, and chant "Har" as you return to center and do not clap. Chant and move at the rate of two "Har's" per second. 6 Minutes.

Inhale, hold your breath for 15 seconds, and then relax.