

THE WARRIOR'S TENSION RELEASE

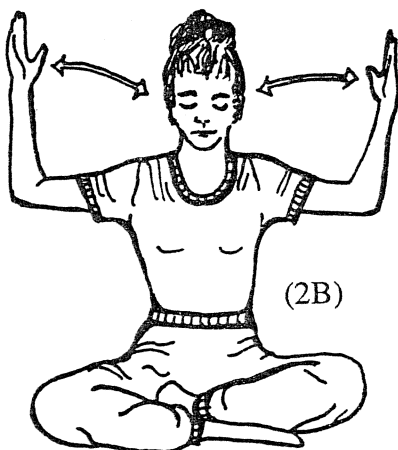
Become a warrior of great courage. Do each exercise in this series regularly and wholeheartedly, moving with great tension and power as in the practice of a martial art. This endeavor will strengthen the heart and release deep-seated stress. It is designed to "give you the chance to relax and be you." It builds within you a victorious personality with "courage in you, no matter what!"

1. Sit in Easy Pose. Place the right palm on the ground about 6 inches from the body (1A). Extend the left arm to the side, parallel to the ground, and bend the elbow so the palm faces the head (1B). First slap the ground firmly with the right palm 8 times chanting *Har* with each slap. Then begin sharp powerful motions with the left palm as if to slap the cheek but stop about an inch before contact. Move the left palm in and back out 8 times chanting *Hari* with each slapping movement. Continue alternating between the two hands for 3 minutes.

Note: The left arm position is held very firmly and the slapping motion should be done so powerfully that the cheek would be bruised if the palm actually made contact. This motion affects meridian points on the left arm which reconstitute the heart muscles.



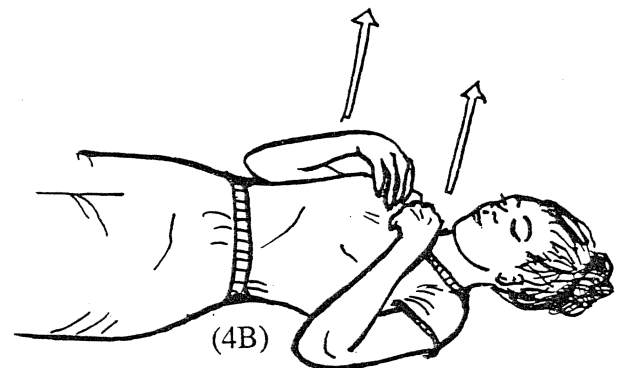
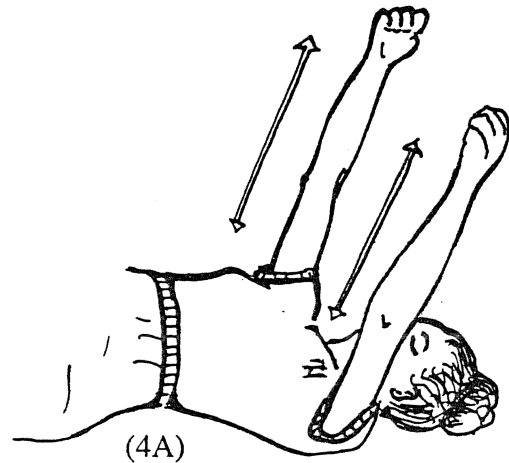
2. Remain in Easy Pose and repeat the previous sequence of motions with both hands simultaneously. First slap the ground with both hands 8 times chanting *Har* (2A), then with both hands strike towards the cheeks 8 times chanting *Hari* (2B). Continue for 5 minutes.



3. Remain in Easy Pose. Make the hands into fists and extend the arms back and 45° below parallel (3A). Maintaining great tension in the arms bring the left fist toward the chest, stop just before contact (3B), then extend the arm back to its original position. Now rapidly repeat the motion with the right arm. Continue alternating rapidly, about once per second, for **4 minutes**.

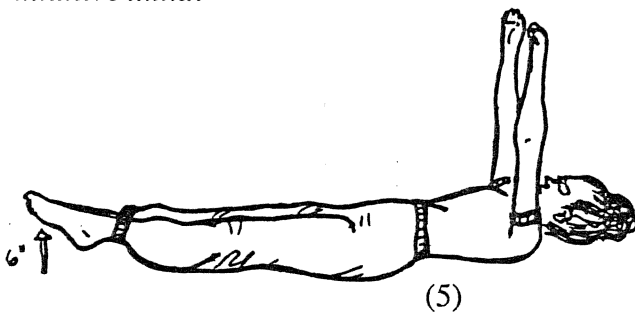


4. Lie on the back. Make the hands into fists and begin powerful punching motions straight up toward the sky (4A), then lower the hands and tap the sides of the sternum with the fingertips (4B). Move powerfully, alternating between the punching and tapping motions for **4 minutes**.



5. Remain on the back. Raise the heels six inches off the ground and punch the sky as in Exercise 4A. Continue for **4 minutes**.

Practice of this exercise strengthens the intuitive mind.



6. Relax on the back as you listen to beautiful, uplifting music to carry you into a state of deep relaxation. Completely relax and go to sleep. (Musical Variation: *Dhan Dhan Ram Das Guru* by Sangeet Kaur.)