## INNER VITALITY AND STAMINA

Yogi Bhajan often said that we could revitalize ourselves in as little as 15 or 20 minutes.

Many of the *kriyas* and meditations that he gave for increased vitality would gradually build energy within our system, circulate the energy we already have or release the blocks keeping us from our own energy. The goal is to use the energy that is always, naturally with us. Yogi Bhajan thought of vitality as a property of our being, a quality of our spirit. It was not so much something that we get, acquire or possess but rather a gift that is always within us, which we can accept, nurture and release. Vitality is expressed in our flow of life and in our intuitive sense that guides us to act with integrity, innocence and kindness.

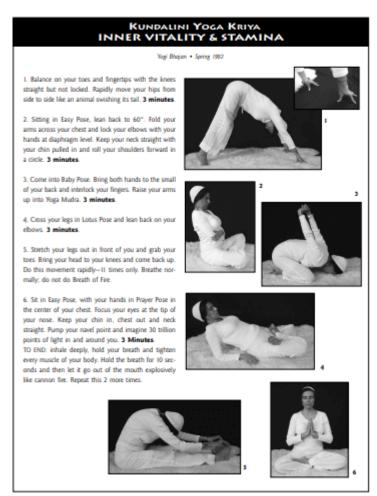
Because vitality is an innate part of our being, we can do certain, simple things for a very short time and have a profound effect. If there is a dam with miles of water locked up behind it, all we have to do is open the gate. That rush of water clears every obstacle before it, making a way for the streams to flow and for growth to come to the thirsty lands awaiting it.

This kriya unleashes the energy that is within you. It begins by stimulating the Navel Point energy and releasing the reserve energy that is stored there. It brings that energy to all the meridians in the body.

Then the exercises systematically awaken the same flow of energy from the solar plexus up to the throat. The *kriya* then guides the energy to the higher centers and glands.

Finally, it opens the energy superhighway of the sushmuna and the spine. The kriya ends with a short navel meditation for healing that creates the effect of Ang Sang Wahe Guru in every cell of your body.

It's a simple set. Its effects are immediate. It's appropriate for beginners and advanced alike.



## Respiro. Facile via verso il silenzio

Yogi Bhajan, 23 gennaio 1998 - LA927

1) Mani in gyan mudra a lato del viso, cassa toracica in avanti. Inspirate dalla bocca ad O ed espirate dal naso. Chiudete gli occhi e concentrateli alla punta del naso.

3 minuti

2) Mantenete la posizione. Cominciate a fare respiro di fuoco dalla bocca ad O. 3 minuti

3) Mantenete la posizione. Tirate fuori la lingua e fate respiro di fuoco dalla bocca. 3 minuti

Per finire - Inspirate profondo dalla bocca, portate la lingua dentro e veramente lentamente espirate dalle narici, fermando 3 volte il flusso dell'aria che esce. Ripetere questo ciclo altre 3 volte.

4) Rilassate le mani e andate nel silenzio totale, senza pensieri per 3 minuti. Shunnya.

e veramente lentam