

LA769 930415 DEVELOPMENT OF SELF-CONTROL 15/4/93

Tonight let us see how you let yourself go. We will work on self-control. In such a way that human courage can overcome the inability to imagine, and every achievement is an experience.

Exercise I. 3 minutes.

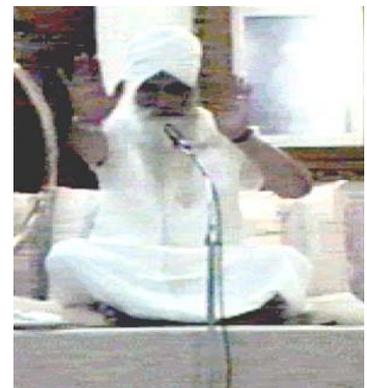
Sit In a quiet and calm position. As straight and balanced as you can, and with a lot light, these are the 5 tattwas. Open your mouth and look at this breathing [Yogi Bhajan starts to breathe very fast in and out through his mouth]: the breathing of a dog, as the dogs do it. Concentrate on the tip of your nose. This is why dogs never get sick. Fast and powerful, keep the mouth in the shape of an "O". Open and dose your fingers while twisting your wrists. To conclude: inhale and squeeze. Squeeze. Distribute the breath to each organ of the body, mainly to the brain, where the disorder is. Make your body like steel. Exhale from the mouth like a cannon (3 times).



Exercise II: 3 minutes.

This exercise will work on your blocks and, as you know, we all are blocked.

The breathing begins in the same way as in the preceding exercise. Fast, fast. Push, push, push the garbage out of yourself. Hit hard, hard, hard, hard. Swim faster. Whatever you push out now will stay out forever. Push hard, push. Your hair will grow. Push, push, push.



To conclude: inhale...stop where you are and hit, wherever you are and whatever your position. Now stretch, stretch, stretch and shake your body; look what I'm going to do for you [Yogi Bhajan inhales very deeply, holds his breath, stretches his body and shakes it]. Shake your entire body, shake it, shake it, exhale. Do it 3 times, each time changing the position of your hands.

Exercise III You must do this exercise for your pure heart. Now look, look at this: there's an absolute angle of the hand. You must do it exactly in this way because the prana must pass. [He begins the dog breathing.] Look, I'm dancing. The whole thing is moving, move people, you must be at least 20 cm. above the floor on each movement. Try with all the mouth, and now inhale! bring out the tongue, push, push the tongue out, make it like iron and squeeze it. Squeeze your entire body. The tongue is outside, exhale. Inhale deeply, the tongue is outside shake, shake like an earthquake which will arrive very soon. Let it go. Now is the last chance, do not cheat yourself, inhale deeply, woh woh woh, keep on, with the tongue outside, make it hard; it means Gobinde. Shake, do not cheat yourself. Relax.



Exercise IV.

Your two hands will dance from here to there. Your hand will dance with the rhythm, only the hand. The body can move or not. It isn't a problem. The only thing we care about now is the tattwas: one, two, three, four, five, that's it, this is what we are moving. dose your eyes. You're feeling shy. Come on, come on. Inhale. Now dance from your spine with the help of your hands, from your pelvic bone on up; you will be strong, beautiful, energetic, free from disease; put passion in to it, total power, total power, heart centre, open it, strive hard, no one else can do it for you. The heart centre, use your strength, all five tattwas: balance them. Exhale from the mouth like a cannon (3 times).