



Santhika
Retreat
Center

Immune System Booster: The Inner Sun

Yogi Bhajan

www.santhikaretreatcenter.com

Sit in an Easy Pose, with a light jalandhar bandh, and with head covered.

Mudra: Bend the left arm and raise the hand up to shoulder level. The palm faces forward. The forearm is perpendicular to the ground. Make Surya Mudra with the left hand (touch the tip of the ring finger to the tip of the thumb). The mudra of the left hand may slip during practice— keep it steady. Make a fist of the right hand, pressing the tips of the fingers into the pads at the base of the fingers; extend the index finger. With the extended index finger, gently close off the right nostril. Concentrate at the Brow Point.

Breath: Begin a steady, powerful Breath of Fire. Emphasize the beat at the navel—the navel must move.

Mantra: Though this is done without mantra, you may want to use a mantra tape for the proper rhythm. Good recordings for the rhythm are Singh Kaur's Sat Naam Wahe Guroo, or Sada Sat Kaur's Angel's Waltz.

Time: Continue for 3 minutes. Very gradually increase the time to 5 minutes.

To End: Then inhale deeply and hold the breath. As the breath is held, interlace all the fingers (beginning with the right thumb uppermost) and put the palms in front at a level just below the throat (in front of the thymus), and about 14 inches (35 cm) away from the body. Try to pull the fingers apart with all force. Resist and create a great tension. When you must, exhale. Repeat this sequence 3 more times. On the last exhale, discharge the breath by blowing through your upturned lips, with the tongue curled back on the roof of the mouth. This will seal the upper palate upward. Then relax.



Comments:

This advanced immune therapy hits at viruses and bacteria. The head must be covered, or else you can get a headache. This is a kind of tantric kriya. The immune system interacts with the central nervous system, the glands, and emotions. We are each given the strength to encounter life and life's challenges. We have moral strength, mental strength, emotional strength, and physical strength. All



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these strengths are inter-connected. We block the flow of that strength when we experience feelings of anger, self-defeat, and blame. To boost the immune system, we must overcome these blocks. The right hemisphere of the brain stores many of the diffuse negative emotions that lead us to depression and to a lower functioning immune system. This meditation stimulates the sympathetic nervous system and the right hemisphere to adjust themselves. In this process you may go through various emotions as the glands start to shift their balance. That is fine. Relax and keep going until you are through the emotional inertia. Then you will feel light, energized, and hopeful. With gradual practice you can take the time up to 31 minutes. At that level your whole system is cleaned and rejuvenated. The immune system will have new vigor and will not be blocked by inner conflict. This type of breathing is called the "sunbreath."