



Exercise Set For Heart Center

11th April, 1984

"All the exercises in this complex work with the heart muscle and the heart center. They are aimed at the strength of energy reserves. Yogi Bhajan said that you can increase the time of each exercise up to 7 minutes to complete this complex. This exercise time will bring you into a calm state of mind. You'll want to sleep, so allow yourself some extra rest when you do this full-time routine."



Move into Cobra Pose and hold for 30 seconds. Then raise and lower your chin 16 times. This serves as a test of your ability to deal with stress.



Staying in Cobra pose, bend your knees, feet up at the head. Raise your arms up to shoulder level. You should feel a stretch under your chest. 2 minutes.



Repeat exercise 2, but now alternately raise and lower your arms vertically upwards. Continue for 1 1/2 minutes.



Lying on your stomach, interlace your hands behind your back, arch your torso and raise your arms as high as possible. Inhale through your nose and exhale through your mouth as much as you can. 2 minutes. This strong breathing combined with posture and movement strengthens the spine and nervous system.



Move into Bow Pose and roll on your stomach. 2 minutes. This exercise, if done correctly, renews the tissues of the body.



Lie on your back, bring your knees to your chest and roll on your back. 1 minute.



Lie on your back and raise both legs to 90°. Keep your knees straight, toes pointing up, the posture should be stable. Relax the rest of your body. 2 minutes.



Still lying on your back, place your hands on the floor behind your shoulders and arch your torso up, keeping your hips and legs on the floor. Pull your toes forward. 2 1/2 minutes. This exercise gives strength to the heart muscle.



Sit with your legs extended forward and clasp your toes. Stretch your torso forward and hold this pose. 1 minute.



Sit in Crow Pose with your arms extended forward. Take turns raising and lowering your arms to 90%. 2 minutes. This exercise will save you from bowel problems in old age.



Sit quietly in Easy Pose like a yogi. Keep your eyes open, inhale deeply and exhale. After 1 minute, close your eyes and continue breathing. After another minute, clear your mind of thoughts. Continue meditation without thought for another 3 1/2 minutes. Then start chanting the [Chattar Chakr Varti mantra along with a recording of Japji Sahib: The Last Four Lines](#). 6 minutes.

Chattar Chakr Varti is the mantra for the heart center and will directly energize it. When you fade away, and if you know this mantra and can chant it, then it will completely restore you.”
J.B.