



Santhika  
Retreat  
Center

## Balancing the Nervous Energies

Yogi Bhajan · January 28, 1980

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*"When you own your breath, nobody can steal your peace."*

Sit in Easy Pose with a straight spine. Bend the elbows so that the hands are at the level of the heart center a few inches from the body. Palms facing the chest. Place the palm of the right hand against the back of the left hand. Hold the hands and forearms parallel to the ground so that the fingers of the right hand point toward to the left side and the fingers of the left hand point toward to the right side. Press the thumb tips together. The eyes are nine-tenth closed.

Inhale deeply through the nose and calmly hold the breath in for 15-20 seconds. Exhale completely through the nose and calmly hold the breath out for 15-20 seconds. Concentrate on the breath. The link between you and God is the breath. Be conscious of the total breath in all three forms.



Air must go all the way out on the exhale so that all the heart valves get equal pressure and the brain and central nervous system will trigger the survival systems for a few seconds. Continue for 3 to 5 minutes.

This meditation brings the entire nervous system and glandular system into balance. By putting the thumbs together in the mudra, the sciatic nerve is neutralized at the point of ego. Thumbs represent the energy of the ego. This particular balance puts pressure on certain meridian points in the shoulders.

Be conscious that even with the breath held out, you are still alive. A lot of problems in family and social relationships are because you don't have control over the breath. The beauty of life is based on the breath. Breath is the link between you and God and the breath of life is what gives you the sensitivity to your environment.

Do this exercise at lunchtime or any time you want to be sharper and have an edge over another person. It balances all the nervous energies and balances all the glandular system to tune them to maximum efficiency. It can raise efficiency to the point of life over death. No need to take "uppers" and "downers", the breath of life can balance you any time you want.