



Santhika
Retreat
Center

Burn Inner Anger

Yogi Bhajan · February 19, 2000

www.santhikaretreatcenter.com

Sit in Easy Pose with a straight spine, chin in and chest out. Extend the Jupiter and Saturn (index and middle) fingers of your right hand and use your thumb to hold down the other fingers. Raise your right arm in front and up to sixty-degrees. Keep your elbow straight. Place your left hand at the heart center (the center of your chest).

Close your eyes. Make an “O” of your mouth and inhale and exhale powerfully through your mouth. (2-second inhalation and 2-second exhalation). Continue for 11 Minutes.

“Breathe strongly and powerfully with emotion. Burn your inner anger and get rid of it. Take the help of the breath to get rid of the body's weaknesses and impurities.”

To Finish: Inhale deeply, hold the breath 10 seconds, stretch both arms up over your head and stretch your spine as much as you can. Stretch the discs between your vertebrae. Exhale like cannon fire. Repeat this breath sequence two more times.

“In eleven minutes time, if you get into the correct posture, breathing, and angle of the hand, it will re-build within you a very powerful immune system. If you do it every day, after forty days you will be a different person.

