

Yogic Tool to Never Be Fat

*Meditate in every moment
On Har... Har ...
The Sound of You
In our very heartbeat*

ANAND SAHIB (Song of Bliss)
Guru Amar Das ji

Translated by: Ek Ong Kaar Kaur Khalsa

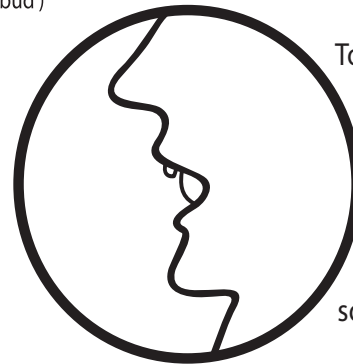
Meaning of HAR: *It is a creative sound of total spirituality - a radioactive projection of the psyche to create a new reality.*

Stand up straight with the arms stretched above the head and interlock the fingers:

- Shake the legs vigorously for 1 minute.
- Shake the entire body vigorously for 1 minute.
- Continue shaking the whole body and chant

HAR

pronounced 'hud' (rhymes with 'bud')



Touching the upper palate with the tip of the tongue retroflexed. Do this for one minute, chanting as quickly as possible - it will sound like a war cry!

B = 1 minute

A = 1 minute

"If you shake vigorously like this for 30 minutes on a regular basis, you will never be fat." Yogi Bhajan

I also use this for a warm-up series before a yoga set - it feels SO GOOD! - guruatma