

Sahib Parnaam

Exercise Set

This entire Kriya is done to the tape of Jaap Sahib. The exercises give tremendous energy, intuition and mental clarity.

1) Begin the tape and come lying down on your stomach. Lie very straight and meditate on the words until the rhythmic part of the tape begins (about 1 minute). Then come up into Triangle Pose, placing your weight on the balls of your feet and your palms. Your buttocks come all the way up to form a triangle and your head hangs down (A). Exhaling from this position, bend the arms slightly and bring the forehead to the ground on the accented beat of *Namastang* (B). Return to triangle pose (A) on the accented beat of the next word, *Akaale*, as you inhale. Make sure that you move in perfect rhythm with the tape. The legs remain totally straight, heels together, while the arms will bend in position B and straighten on position A. Continue in this way until the tape reaches, *Gobinde, Mukande, Udaare, Apaare, Hariang, Kariang, Nirnaame, Akaame* (approximately 15 minutes). If the suggested tape is not being used, perform the movements in the following ten-count rhythm: down on 1, up on 2, down on 3, up on 4, down on 5, up on 6, down on 7, up on 8, and remain up for counts 9 and 10. (One 10-count cycle should take about 10 seconds.)

This exercise is called Saram Parnaam and has the capacity to perfect the function of the brain and glandular system and clear up all facial blemishes.

2) Still listening to the tape, come into Tree Pose. Come standing straight and raise the arms over your head in an arc with the palms and fingers touching in Prayer Mudra directly over the center of the head. Bend one knee to the side and bring either leg up so that the foot lies flat against the inner thigh as high as possible. Balance in this position, changing legs if desired, until the tape reaches *Ek Achree Chand* (approximately 12 minutes).

This exercise strengthens the side muscles of the spine and brings total spinal balance so that the spine is protected from the effects of sudden shock.

3) While the tape continues, come sitting in Easy Pose with the hands in Gyan Mudra. The arms and spine are very straight. In this position chant precisely with the tape in perfect frequency from the navel point, copying the sound exactly. Or breathe long and gently until the tape ends (approximately 2 minutes).

This exercise is called Yoga parnaam.

