

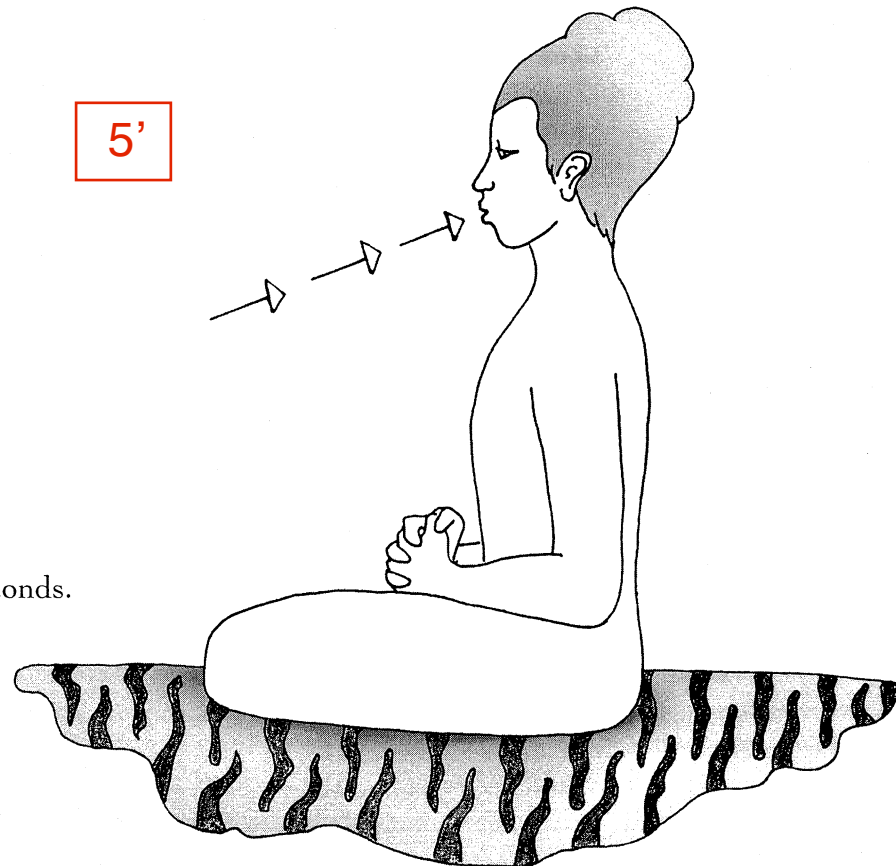
## Develop Your Praanic Energy

December 12, 1983

Sit in Easy Pose with the spine straight. Interlace your fingers and rest your hands comfortably in your lap. Keep your eyes open. Purse your lips and push them out, making them into a straw through which you can suck in air. Continuously inhale through the *mouth* in powerful, rhythmic strokes (1 second per stroke). Do not take time to exhale.

“Inhale under your own automatic system. Inhale and keep on inhaling. The exhale will be automatic. Don’t worry about the exhale, it will automatically leak out somewhere. That is none of your problem. This kriya will make you sweat and make you a little cold. It is a very youthful process. It will relax you. You are trying to overload the *praanas*. Don’t meditate. Don’t close your eyes. Drink the air through the mouth. Do it with your full strength.” 5 Minutes Maximum.

To Finish: Inhale deeply and calmly hold the breath for 30 Seconds. Exhale and relax.



“After doing this exercise, you will never again be as you were when you walked in. We did it for five minutes. That is all it takes. It has to be done in a very, very honorable manner. It is not a joke. It develops the *praanic* energy to multi-million cycles. It is a very powerful exercise. It will change you completely. It changes the way you think. It takes away tension.”

Commentary/HJK: Before doing this kriya, the mind doubts that the body can continuously inhale for five minutes without a conscious exhalation. That is just the mind. The body finds this very easy to do, once it gets into the rhythmic inhalation. The inhalation is very similar to trying to suck a very thick milkshake through a straw. Have you ever done that? Very powerful bursts of air are sucked in through the mouth and create a rhythmic beat at the thoracic diaphragm.

Throughout this exercise, Yogi Bhajan refers to the breath technique as “ducking” the air. Imagine you are a duck and you are drinking the air through your lips the way a duck drinks water by sucking it up through its bill.