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Retreat
Center

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Re-vitalizing the Heart Area

Yogi Bhajan · January 14, 1980

"All good facets of the being are through compassion, and that is the heart center. It is the beauty, it is the dignity, it is the ecstasy of the human being.." - Yogi Bhajan

Sit in Easy Pose with a straight spine. Place the fingers of the right hand against the mounds of the corresponding fingers of the left hand and lock the thumbs to hold the position. With your elbows straight, extend the arms sixty-degrees up and as far to the left as possible while keeping the upper body facing straight forward. Close your eyes and concentrate on the breath. Inhale powerfully through the nose and exhale powerfully through the mouth, using the navel point to press the air out. 8 minutes.

To finish: hold the position, stretch the elbows, while making sure the angle of the arms is correct. Inhale deeply, exhale completely, and hold the air out for 2025 seconds. Relax.



The elbows will want to bend, don't let them. Keep the sixty-degree angle. It will hurt at the shoulder, it will hurt at the elbow; there are a lot of meridian points that will hurt. It hurts in those places where something is adjusting and correcting itself. It doesn't matter how strong you are, the glandular system is adjusting itself, and you are going to feel very weak (in this posture). You will feel a little bit hot. You have got to reach the point of sweat.

Correctly practicing this kriya can benefit those people who have any kind of tension or heart problems or who have very poor circulation. It is good for those who are depressed also, but it must be accurately done. You must use the strength of the navel point, it must go in deep when you exhale.