“Yogic Science to Break Habits and Addictive Behaviors”

as taught by Yogi Bhajan
This set should be done very quickly and in a fluid motion, moving from exercise to exercise with no stopping. When done properly it is a great aerobic workout. Repeat the sequence 5 times.

1) Standing with feet comfortably apart, clap your hands over your head 8 times. Each time you clap, chant Har with the tip of your tongue.

2) Bend over from the hips. Slap the ground hard with the hands 8 times. With each pat, chant Har with the tip of your tongue.

3) Stand up straight up with arms out to the sides parallel to the ground. Raise and lower the arms, patting the air, one foot up and one foot below the shoulder height, as you chant Har with the tip of the tongue. 8 times.

4) Still standing, jump and criss-cross the arms and legs chanting Har, both as the arms and legs cross and when they are out at the sides for a total of 8 chants of Har.
5) Come into Archer Pose with the right leg forward, left leg back. Bend the right knee, extending in and out of the full stretch of the position, chanting Har each time you bend forward. 8 times. Switch sides, with the left leg extended forward chanting Har each time you bend forward. 8 times.

6) Repeat criss-cross jumping as in exercise #4.

7) Stretch the arms over the head. Arch the back as you bend backwards, chanting Har each time you bend back. 8 times.

8) Repeat criss-cross jumping as in exercise #4.

9) With the arms straight up over the head, bend to the left 4 times and bend to the right 4 times, chanting Har each time you bend. Keep the arms close to the head.
The greatest benefit lies in its stimulation of the entire glandular system which helps keep the body healthy. The glands are considered "the guardians of health".

Practicing this series will build stamina, help prevent aging and benefit the body in the following ways:

Archer Pose applies pressure on the thigh bone to help create a balance in the essential elements of calcium, magnesium potassium and sodium.

Backward stretching works on the lymphatic system; clapping massages the brain.

Pumping the arms stimulates meridian points on the forearm for the colon, stomach, spleen and liver.

Stretching to the sides moves the colon.

It is very important to touch the tip on the tongue to the upper palate as you chant “Har” “Har”.

With so many positive effects this series stands out as one to practice regularly. And it's fun!

A woman should make this set a part of her life. 31 minutes a day.
**Step #5: Meditation to Conquer Self Animosity**

**INSTRUCTIONS:**
- Sit with spine straight in a chair or cross legged
- Apply Neck Lock* (gently move the chin towards the back of the neck, keeping the muscles of the throat and face relaxed.)
- Relax the arms at the sides and raise theforearms up and in, toward the chest—at the heart level—with palms facing toward each other.
- Close the fingers of the hands into fists, pointing the thumbs straight up, and pressing the sides of the thumbs and knuckles of the fingers together. Focus the eyes at the tip of the nose.*

**INSTRUCTIONS: (continued)**
- Inhale through the nose. Exhale completely through the mouth.
- Inhale through the mouth. Exhale through the nose.
- **Continue for 3 minutes. Gradually build the time to 11 minutes. Do not exceed 22 minutes.**
- To end, inhale and stretch the arms overhead. Keep the stretched position as you take 3 more deep breaths. Relax.

**BENEFITS**
- Allows us to see that our greatest enemy is our self—a self defeating attitude and self animosity—when we do not accept ourselves.
- Gives the capacity to confront and experience the self in relationship to God.
Step #8: Meditation to Reverse Negative Attitude, Frustration, or Depression

INSTRUCTIONS Part 1:

- Sit with spine straight in a chair or cross legged.
- Palms face each other at the heart, 12 inches apart.
- Move hands towards each other with each inhale, away from each other with each exhale. Movement of the arms can swing wide to open the armpits. Keep fingers tense at all times.
- Move vigorously 7 times without the palms touching. Count 1 – 7, like clapping, but don’t clap. On the 8th time, powerfully clap hands together at the heart. Go at your own pace.
- Clap very strongly. Move to create a sweat.

*Practice for 3 minutes. Then relax for three minutes.* Begin Part 2

INSTRUCTIONS Part 2:

- Sit comfortably with spine straight. Touch thumbs and pinky fingers together at the heart center.
- Move hands in a circular motion rolling over each other at the heart center. Move rapidly. Breathe normally. Allow the breath to adjust itself with the movement.

*Practice for 3 minutes.*

- To end, inhale and hold the breath for a few seconds. Then, exhale and relax.

**BENEFITS:**

- Immediately and spontaneously changes unwanted feelings and emotions to a positive and healthy state of mind.
- Reverses any negative attitude, frustration or depression.
- Helps break habit patterns.

Source: The instructions for this meditation are from the contemporaneous notes of Mukta Kaur Khalsa and could not be verified by KRI review.
#9 Forgiveness Meditation

May use to focus on one or more people

INSTRUCTIONS PART 1:
- Sit with spine straight in a chair or cross legged. Rest hands on the knees. Repeat in silence
  
  “I forgive everyone for everything they have ever done to harm me.”

Practice for 3 minutes
- To end, inhale and hold breath for a few seconds, exhale and relax.

BENEFIT:
- By extending your forgiveness to another, you are released from anger and resentment.

INSTRUCTIONS PART 2:
- Remain in the same posture. Mentally repeat
  
  “I ask for and receive forgiveness for everything I have ever done to harm others.”

Practice for 3 minutes.
- To end, inhale and hold the breath for a few seconds, exhale and relax.

BENEFIT:
- By asking for and receiving forgiveness, you are cleared of guilt and shame.

© SuperHealth® and Yogi Bhajan® LLC

INSTRUCTION PART 3:
- Lie on your back. Mentally repeat.
  
  “I forgive myself; I dwell in love and light; I dwell in God.”

Practice for 5 minutes
- To end, inhale, hold the breath for a few seconds then exhale and relax.

BENEFIT:
- The power of forgiveness transcends time and space, and allows us to move forward with ease and confidence.
- As we forgive ourselves, forgive others, and receive forgiveness, our hearts open to the light and love within.

Source: The instructions for this meditation are from the contemporaneous notes of Gurumeet Kaur Khalsa and could not be verified by KRI review.

© SuperHealth® and Yogi Bhajan® LLC
MEDITATION FOR HABITUATION

INSTRUCTIONS

- Sit with spine straight in a chair or cross legged.
- Make hands into fists, pressing the thumbs on the indentations of the temples.
- Lock the back molars together with closed mouth.
- Focus the eyes between the eyebrows.
- Breath normally with a relaxed breath.

INSTRUCTIONS (Continued)

- Silently repeat: “SA, TA, NA, MA*”. On each sound, vibrate the jaw muscles by pressing molars together and releasing. As you press together, you will feel a movement at your temples.
- To end, inhale and hold the breath for a few seconds, exhale and relax.

Practice 5 – 7 minutes. Gradually increase to 20 and then to 31 minutes

BENEFITS:

- The thumb’s pressure on the temples triggers a reflex in the brain, activating the pineal gland. This corrects an imbalance related to the persistence of addictions.
- This is one of the best meditations for drug dependence and specifically benefits rehabilitation.
Yogic Science of Addiction &
SuperHealth® Technology
as taught by Yogi Bhajan

An Aquarian Model to Inspire and Uplift the Human Spirit

SuperHealth®

Yogi Bhajan, Founder

“When a person trusts you, half of their problem goes away. Work with a pure heart and reach people.”

- Yogi Bhajan

In the future we will face challenges.
In the coming times, people’s minds will go empty.
Disorientation, loneliness, cold depression and stress will become great.
People will call upon you to help. Serve as an analytic technician of the teachings and touch their heart.

“ All knowledge, all help, all therapy will become absolutely obsolete. What is needed is an immediate self-exalted experience. Otherwise, all that is left is the hassle of life.”

- Yogi Bhajan

The non-clinical use of drugs is destructive to both mind and body. We cannot lead anyone who seeks these teachings into a path of destruction, which is the only path of drugs. Our reality is a conscious reality of happiness, health, and prosperity. It is our policy to exalt the self.

Disclaimer:
SuperHealth® considers that:
• Please be advised that the information and nutritional formulas contained in this manual are not a substitute for medical care or treatment. It is an educational guide designed to use Kundalini Yoga and meditation to support your health and well-being. SuperHealth encourages you to abstain from alcohol and drug use. Combining Kundalini yoga with alcohol or drug use may be harmful to physical and mental health.
• It is essential that one with a reason to suspect illness seek licensed medical advice and care promptly. Over the years, many people have received benefits from the underlying principles of detoxifying through diet. We make every effort to provide up-to-date information which is intended to complement, not replace, the advice of your licensed physician.

SuperHealth®

Kundalini Yoga

• Strengthens the central nervous system and the brain, enabling a greater level of functioning.
  - Sympathetic Nervous System stimulates and strengthens ability to respond to stress, enabling the ability to be “Active” and “Energetic.”

  - Parasympathetic Nervous System facilitates the body’s ability to “Rest and Relax” deeply. Tension is released and the body can detoxify and regenerate. Digestion, assimilation, elimination, and lymph systems rejuvenate.

Components / Impact

• Kundalini Yoga and Meditation
  - Strengthens nervous system weakened by substance/stress. Practice enables one to face life’s challenges with determination, courage and “grit”.

  - Nutrition Restoration
  - Specific detoxification and rehabilitation diets and therapeutic juices change the chemistry of the blood, regulates food metabolism and detoxifies toxic overload.

  - Science of Humanology
  - Applied psychology from the perspective of Kundalini Yoga. Self defeating mental attitudes, self reliance, identical identity, parental phobia, and success and prosperity.

KUNDALINI YOGA

The Glandular System

• Glands are the guardian of health.
• Kundalini Yoga balances hypothamus, pineal and pituitary secretions.

  - This affects hormone function and allows regulatory process to restore, health while stimulating changes in brain chemistry.
  - This produces a state of well-being and peace of mind.
**Sitali Pranayama**

Breath of Fire

- A person will become flexible and more receptive.
- Affects central nervous system which causes pituitary and pineal to secrete and enable person to
- Increases circulation throughout the body and a heightened state of awareness or consciousness
- Reduces addictive impulses.
- Releases toxins, expands lung capacity and strengthens the nervous system.
- Gives the psychological edge necessary to remain calm and non-reactive during challenging
- Has a soothing, calming, and relaxing effect on the body
- Gives the psychological edge necessary to remain calm and non-reactive during challenging situations
- Breath of Fire – Rapid breathing through the nose while pumping the diaphragm
- Reduces addictive impulses.
- Increases circulation throughout the body and a heightened state of awareness or consciousness
- Sitali Pranayama – Through beaked lips, air streams over tip of tongue
- Affects central nervous system which causes pituitary to secrete and enables person to cool off and calm down.
- A person will become flexible and more receptive.

**Marijuana: Plant Chemicals Change Brain Chemistry and Functioning**

- Has 400 chemicals that affect nerve cells in the brain
- THC - primary active chemical - physiological & psychological impact
  - Eyes dilate; Colors appear more intense and senses are enhanced
  - Memory & judgment impaired, emotions impacted, poor decisions
  - Lessens mental focusing ability, balance skill diminishes, slows response time
- Areas Affected:
  - impairs involuntary muscle movement
  - decreases digestion
  - increases blood pressure
  - suppresses natural reflex of breathing
  - may develop feelings of paranoia and panic

**Brain Areas most Affected**

- Cerebellum - coordination
- Hippocampus - short-term memory
- Basal Ganglia - involuntary muscle movement
- Cortex - fragmented thought.

**Yogic Perspective**

- Most significant impact is base of brain where memory is located.
- It numbs internal wounds of digestive system. Hits the pituitary - you're gone. It freezes the serous of the spine and you will never have gray matter of the same quality.
- Gray matter - major component of central nervous system that processes information originating in the sensory organs and affecting balance, directional awareness, and pain sensitivity.
- When smoked it is stored in medulla oblongata - affecting vital functions; control of lungs, heart and blood vessels.
- Damage to lungs: Smoking heated, burned material - causes damage to lungs.

**Yogic Perspective**

- Purpose of life is to be in harmony physically, mentally, and spiritually.
- Marijuana causes a split - a basic duality within our mind/body/spirit connection
  - Mind races fast and experiences false sense of expansion.
  - Body is governed by time. Travelling takes time.
  - Result is imbalance in nervous system which creates irritability.
  - More marijuana is needed to find intoxicated state of mind.
  - Myth of greater creativity & enhanced spiritual awareness - transient
SuperHealth® Technology

- Maha Agni Pranayam - Marijuana Brain
- Breath of Fire – begin with 3 minutes; work up to 30 minutes a day.
- 2 oz. beet juice and 6 oz apple juice. Sip slowly
- Basil and Fennel tea: strengthens the nervous system if person is sweating; has cooling effect.

Alcohol Is A Poison

- Easily addictive.
- In accidental deaths, it is #1.
- Social Factors: peer pressure, cultural influences, advertising (advocated as "normal & safe" by alcohol industry).
- Addiction increases with family history of alcoholism.
- Alcoholics are 15x more likely to commit suicide.

Alcoholism

- Those at higher risk for developing alcoholism
  - Inability to handle stress
  - Psychological and emotional problems
  - Low self esteem, depressed or isolated
  - Family genetics
- Often:
  - Feel need to drink like others need to eat
  - Willing to place self in dangerous situations
  - Drinking affects work or family responsibilities – leads to many losses
- When reduced or drinking stopped,
  - Withdrawal symptoms: sweating, nausea, shakiness, anxiety
  - Severe withdrawal DTs (severe shaking, confusion, seizures – life threatening).

What Happens When You Drink

- How alcohol is absorbed in the body
  - 20% of alcohol is absorbed in the stomach
  - 80% is absorbed in small intestine
- After a few drinks, physical effects of alcohol are apparent, which are related to Blood Alcohol Concentration (BAC).
  - BAC goes up when body is taking in alcohol faster than the body can remove it.
  - 10% is removed by kidneys (urine) and lungs (breath)
  - Liver metabolizes remainder

Areas of the Body Affected

- Serious harm to your health
- Damage to liver, kidneys, heart, brain and central nervous system.
- Liver: vulnerable - organ which alcohol and other toxins are metabolized (broken down and removed from body).
- Long periods of drinking can lead to hepatitis, or inflammation of the liver developing into cirrhosis.
- Eventually the liver is unable to function.

Affects on Different Regions of the Brain

- Cerebral Cortex
- Corpus Callosum
- Cerebellum
- Hypothalamus and Pituitary
- Medulla
Cerebral Cortex - thought process and consciousness. Brain atrophy (shrinkage)

- Slows processing of information from eyes, ears, mouth, and other senses.
- Difficult to think clearly. Learning and memory problems.
- Hypothalamus and Pituitary:
- Cerebellum: center of movement and balance
- Staggers
- Hypothalamus and Pituitary
  - Coordinates automatic brain functions and hormone release.
  - Depress nerve centers controlling sexual arousal and performance.

Hypothalamus and Pituitary:

- Coordinates automatic brain functions and hormone release.
- Depress nerve centers controlling sexual arousal and performance.

Medulla: automatic functions - breathing, consciousness and body temperature.
- Sleepiness. Slow breathing and lower body temperature. Life threatening potential.
- Corpus Callosum
  - Fetal exposure (Fetal Alcohol Syndrome), can impair the main connection between the right and left hemispheres of the brain. Infants may be smaller than average.
  - Fewer number brain cells (neurons) leading to long-term problems in learning and behavior.

Fetal exposure (Fetal Alcohol Syndrome), can impair the main connection between the right and left hemispheres of the brain. Infants may be smaller than average.
- Fewer number brain cells (neurons) leading to long-term problems in learning and behavior.

Three stages of Alcoholism and Intervention
- Light stage: juices and exercises – Sat Kriya.
- More degenerative: physically dependent, may need medical detox first, low stamina for exercise
- Very degenerative: needs medical detox, fear of seizures. After medical detox, then rebuild system.

Medical Habitation Meditation
- Sitali Pranayam for 10 minutes; then mint tea with garlic juice; cooling effect
- Breath of Fire – begin with 3 minutes
- Exercise in cow position; pump stomach with head up and knees 12 inches apart

Cocaine is a devastating drug; perhaps more addictive than any other known drug.
- Addicts go “on runs” consuming as much as possible until collapse from exhaustion.
- Never as good as first time
- Most users smoke crack called crack cocaine. Rock is heated user inhales vapor into lungs. Drug goes into bloodstream.
- Acts directly on the brain.
Impact on the Brain

- Crack cocaine inhaled, reaches brain within 10 to 15 seconds.
- “High” lasts only 5 to 15 minutes.
- Cost is low but since “high” is so short, use is very frequent.
- High criminal activity to support habit.

Other Effects

- As crack moves through bloodstream, it first leaves user feeling energized, alert, and sensitive to sight, sound and touch. Heart rate increase, pupils dilate and blood pressure and temperature rises.
- User may soon feel restless, anxious or irritable.
- Increase risk of heart attack, stroke, respiratory problems and severe mental disorders.
- In larger doses: aggressive, paranoid and delusional.

The Long Term Damage of Stimulants

- Continuous “revved up” sympathetic nervous system – depletes adrenaline, cortisol, dopamine
- Suppresses appetite – malnutrition
- Deregulates the endocrine system
- Leads to over stressed brain, heart, adrenal gland, digestion and immune system
- Leads to exhaustion of body systems

Yogic Perspective

- “One time can seriously affect the pituitary, called drunk pituitary. This causes a dis-sensitivity in life. It interferes with a mental faculty to communicate subtly at a high frequency.”
- Cocaine makes user insane – afraid, phobic, fearful.

SuperHealth® Technology

- Dark leafy green vegetables
- Recipe: 8 oz fresh carrot juice and 1/2 oz fresh garlic.
  Special formula for glands; MUST SIP SLOWLY. Takes away sadness, negativity or depression.
Tobacco: More lethal than all other addictive drugs combined.

Nicotine: a drug directly affecting the brain.

Usage:
- 3.5 million teens use - or about 15% of teens; about 29% population
- 87% lung cancer directly related to habitual smoking
- 50% smokers die from cigarettes or related illness
- Pregnant smokers – have babies with low birth rate and significant health problems

In 8 seconds, nicotine reaches the brain.

Heart rate is increased

More nicotine is required just to create high levels of dopamine in the brain – otherwise smoker feels irritable and depressed

In 40 minutes the effects are diminished – craving arises for another cigarette.

After repeated doses, changes in the brain and body occur, making it highly addictive, i.e. heroin and cocaine cause same changes in the brain.

Tobacco more lethal than all other addictive drugs combined.

Smoker intakes nicotine into lungs; absorbed into the blood, replacing oxygen.

In 8 seconds, nicotine reaches the brain.

Common Effects of Nicotine

Smoker intakes nicotine into lungs; absorbed into the blood, replacing oxygen.

In 8 seconds, nicotine reaches the brain.

Heart rate is increased

More nicotine is required just to create high levels of dopamine in the brain – otherwise smoker feels irritable and depressed

In 40 minutes the effects are diminished – craving arises for another cigarette.

After repeated doses, changes in the brain and body occur, making it highly addictive, i.e. heroin and cocaine cause same changes in the brain.

Tobacco more lethal than all other addictive drugs combined.

Smoker intakes nicotine into lungs; absorbed into the blood, replacing oxygen.

In 8 seconds, nicotine reaches the brain.

Heart rate is increased

More nicotine is required just to create high levels of dopamine in the brain – otherwise smoker feels irritable and depressed

In 40 minutes the effects are diminished – craving arises for another cigarette.

After repeated doses, changes in the brain and body occur, making it highly addictive, i.e. heroin and cocaine cause same changes in the brain.

Tobacco more lethal than all other addictive drugs combined.

Smoker intakes nicotine into lungs; absorbed into the blood, replacing oxygen.

In 8 seconds, nicotine reaches the brain.

Heart rate is increased

More nicotine is required just to create high levels of dopamine in the brain – otherwise smoker feels irritable and depressed

In 40 minutes the effects are diminished – craving arises for another cigarette.

After repeated doses, changes in the brain and body occur, making it highly addictive, i.e. heroin and cocaine cause same changes in the brain.

Tobacco more lethal than all other addictive drugs combined.

Smoker intakes nicotine into lungs; absorbed into the blood, replacing oxygen.

In 8 seconds, nicotine reaches the brain.

Heart rate is increased

More nicotine is required just to create high levels of dopamine in the brain – otherwise smoker feels irritable and depressed

In 40 minutes the effects are diminished – craving arises for another cigarette.

After repeated doses, changes in the brain and body occur, making it highly addictive, i.e. heroin and cocaine cause same changes in the brain.

Yogic Perspective

People smoke because it’s fashionable.

Advertising industry invested.

Smoking is sign of depression; used to overcome stress.

Takes away ability to be patient. Gives other people power over you; creates a disadvantage; can be easily influenced.

Yogic Perspective

People smoke because it’s fashionable.

Advertising industry invested.

Smoking is sign of depression; used to overcome stress.

Takes away ability to be patient. Gives other people power over you; creates a disadvantage; can be easily influenced.

Yogic Perspective

People smoke because it’s fashionable.

Advertising industry invested.

Smoking is sign of depression; used to overcome stress.

Takes away ability to be patient. Gives other people power over you; creates a disadvantage; can be easily influenced.

Yogic Perspective

People smoke because it’s fashionable.

Advertising industry invested.

Smoking is sign of depression; used to overcome stress.

Takes away ability to be patient. Gives other people power over you; creates a disadvantage; can be easily influenced.

Yogic Perspective

People smoke because it’s fashionable.

Advertising industry invested.

Smoking is sign of depression; used to overcome stress.

Takes away ability to be patient. Gives other people power over you; creates a disadvantage; can be easily influenced.

Yogic Perspective

People smoke because it’s fashionable.

Advertising industry invested.

Smoking is sign of depression; used to overcome stress.

Takes away ability to be patient. Gives other people power over you; creates a disadvantage; can be easily influenced.

Yogic Perspective

People smoke because it’s fashionable.

Advertising industry invested.

Smoking is sign of depression; used to overcome stress.

Takes away ability to be patient. Gives other people power over you; creates a disadvantage; can be easily influenced.

Yogic Perspective

People smoke because it’s fashionable.

Advertising industry invested.

Smoking is sign of depression; used to overcome stress.

Takes away ability to be patient. Gives other people power over you; creates a disadvantage; can be easily influenced.

Yogic Perspective

People smoke because it’s fashionable.

Advertising industry invested.

Smoking is sign of depression; used to overcome stress.

Takes away ability to be patient. Gives other people power over you; creates a disadvantage; can be easily influenced.

Yogic Perspective

People smoke because it’s fashionable.

Advertising industry invested.

Smoking is sign of depression; used to overcome stress.

Takes away ability to be patient. Gives other people power over you; creates a disadvantage; can be easily influenced.

Yogic Perspective

People smoke because it’s fashionable.

Advertising industry invested.

Smoking is sign of depression; used to overcome stress.

Takes away ability to be patient. Gives other people power over you; creates a disadvantage; can be easily influenced.

Yogic Perspective

People smoke because it’s fashionable.

Advertising industry invested.

Smoking is sign of depression; used to overcome stress.

Takes away ability to be patient. Gives other people power over you; creates a disadvantage; can be easily influenced.

Yogic Perspective

People smoke because it’s fashionable.

Advertising industry invested.

Smoking is sign of depression; used to overcome stress.

Takes away ability to be patient. Gives other people power over you; creates a disadvantage; can be easily influenced.
SuperHealth® Technology

Foods
- Plums and prunes cleanse the body of nicotine
- Soak 6 prunes overnight. In morning, eat the prunes and drink the water.
- In afternoon eat plums – blood purifier and brain food
- Exercise at least one hour a day for 40 days. Must sweat.
- Create a balance in exercise regimen and healthy diet, with lots of fruits and green leafy vegetables.

SuperHealth® Technology

Foods
- Prune Pie Formula – a wonderful cleanse. A natural laxative, stimulates the brain, purifies the blood.
  - Add ground yogi tea ingredients without black tea
  - Optional to add cayenne to make a "hot pie," very tasty.
- Raisins help eliminate stress and overcome depression. Best way to chew raisins is to crush under your teeth and paste them on your upper palate and suck on them.
- Raisins contain fructose plus potassium. Strong in iron, with unique faculty of affecting the brain cells quickly.

SuperHealth® Technology

Foods
- Diet: Eat very light while detoxing from nicotine.
  - Eat vegetables. Salad, cooked, steamed, raw.
  - Metabolism is changing dramatically, avoid heavy proteins that tax digestive system
- Juices:
  - Pineapple juice (1 – 2) 8 oz. glasses of a day
  - Vegetable juice gives energy and cleanses system. Preferably freshly juiced & organic if possible
- Herbal Tea: licorice tea or detox tea
- Yogi Tea

SuperHealth® Technology

Food Supplements
- Vitamin C, 500 mg every 4 hours or 1,000 mg a day
- Vitamin B complex
- Licorice stick, chew often during the day, helps balance blood sugar
- Raisins: a handful in the afternoon
- Water, drink 8 glasses a day with lemon

SuperHealth® Technology

Yoga and Meditation:
- When feeling the urge to smoke:
  - Inhale deep, hold breath to capacity; then exhale. Inhale again and hold.
  - Do 5 or 6 times, up to 10 times a day for 7 - 15 days.
  - The body's metabolism changes to substitute oxygen in place of nicotine.
- Beet, carrot, celery juice - equal parts (3 oz each). MUST SIP SLOWLY

SuperHealth® Technology

Yoga and Meditation
- Breath of fire daily – begin with 3 minutes and work up to 11 minutes then 31 minutes
- Exercise, walk 3 mile a day
- Sitali Pranayam: morning and evening
- Yoga as much as possible
When the call comes to save humanity, those who believe in compassion and service will be the people who understand that they have time for others and they will live for each other.

This is the greatest service.

This is our prayer.
Marijuana Brain
(11-31 or 60 min)

Maha Agni Pranayam: Sit in easy pose or lotus pose. Apply neck lock. Place the palms flat together 9-12 inches in front of the chest at heart level. Inhale completely and swing the head from the right shoulder across the chest to the left shoulder. Complete the swing by pulling the chin in (neck lock) while facing straight forward. Now focus at the third-eye point and project this mantra silently in perfect rhythm:

Ra-Ra-Ra-Ra
Ma-Ma-Ma-Ma
Ra-Ra-Ra-Ra
Ma-Ma-Ma-Ma
Sa-Ta-Na-Ma

Exhale and immediately swing the head again as you inhale. The head swing should be quick and should give a little pull at the base of the skull. Continue for 11 minutes. You can build up to 31 minutes at a sitting with practice.

Comments: The term “pothead” derives from a state of mind peculiar to those who use marijuana. This state of mind is said to be caused by blockage of spinal fluid and acupressure meridians at the base of the neck. It can also help your desires to become aligned with what you achieve through action.

Note: On the fourth and eleventh days of the moon cycle, there is a special pressure on the endocrine system to cleanse itself. You may thus find it particularly effective to practice this meditation for 1 full hour on either of these special days.

LECTURE REFERENCES FROM TEACHINGS OF YOGI BHajan
ON WHY WE DON’T TAKE DRUGS 1994

Question: What do you tell someone who doesn’t think he can quit smoking marijuana?

Yogi Bhajan: Tell him to do breath of fire. He won’t even want to touch marijuana. A powerful remedy is breath of fire. If you do a half hour every day, there are a lot of troubles that you can keep miles away.

© SuperHealth® and Yogi Bhajan® LLC
SuperHealth® Technology

- Meditation to Help Break Cocaine Habit
  - Sit with arms bent up and to the sides, hands in gian mudra. Press shoulder blades together hard. Eyes closed.
  - Inhale 20 seconds, hold 20 seconds, exhale 20 seconds. Repeat twice. (Start with 5 seconds for each and work up to this)
  - Relax, breathing normally, for 2-3 minutes
  - Inhale. Press the tongue against roof of the mouth for one minute. Exhale and relax.
  - Comments: This Kriya balances the nervous system, and acts as a check on the parasympathetic nervous system. In a controlled, therapeutic setting this technology can be applied to help alleviate withdrawal symptoms.
(Take vitamin C to prepare for this meditation.)

1. Sit in Easy Pose. Left hand on Heart Center (fingers pointing to the right); right hand begins behind the ear with the palm facing the space behind the ear. Eyes are closed. Meditate on the tip of the nose through closed eyes. Inhale deep, exhale deep 3 times. Right hand comes powerfully toward the face, as if you were going to slap yourself, and just as you approach the cheek, divert the direction of the hand so that it just misses the cheek and ends up palm facing forward. 6 minutes.

2. Eyes are focused at the nose. Gather the hands together in front of the chest, as if cupping water, and then bring the hands up to the throat and extend the arms, as though pouring the water from the tips of your fingers. 15 minutes.

Fill up all your anger, attachments, and resentment in your hands, your garbage, anything that is bothering you, fill it up and then let it go. Pull out all the pain of the subconscious, and fill the hands with it and then offer it to the space. From day 1 to the 11th year, all the pains of your childhood, day-by-day, month-by-month, year-by-year, bring it up and give it to the space.
3. Bring your hands in front of your face and look at the lines of your hand. Study your own hand. 5 minutes.

4. Cover the face and eyes with the hands. Try to see into infinity through your closed eyes. 15 minutes.

5. Hands cross at the Heart Center, right hand over the left. Inhale deep and hold. Exhale. 3 times. Chant: HAR HARE HARI WAHE GURU. Create a Systematic Sound. Pause between each syllable of the mantra. Done in a monotone without music. Addresses the tattvas and the aura. 5 minutes. Then, whisper strongly for 30 seconds.

6. Bend forward and place your hands on the ground. You may come into Baby Pose if you prefer. Ardas Bhaee is played (Nirinjan Kaur’s version). Yogiji plays the gong lightly & intermittently over the recording. 11 minutes.

To End: Stretch your hands forward as hard as you can and come up. Keep your eyes closed.

7. Stretch the arms above the head in Prayer Pose. Absolute prayer. Create your own profile in prayer now. State your intention; who you want to be. Make a profile. Not a prayer. A profile in prayer. This is what you want to be. 3 minutes.

8. Shake your hands vigorously. Shake your whole body. 30 seconds to 1 minute. Sit and relax.

9. Wave your hands in front of your face and eyes to clear your eyesight. Just a few seconds.

10. To Close: Close your eyes and inhale deep. Take this prana into every part of your body. Let the breath of life circulate. Exhale. Inhale deep. Hold it tight. Circulate it throughout your entire being. Exhale. Inhale deep. Suspend. Feel the pranic energy from the tip of your hair to your toes. (Gong is played lightly.) Exhale.

Yogi Bhajan • November 29, 1988
Compulsive Eating

excerpted from July 4, 1979 lecture “Creative Consciousness and Communication” by Yogi Bhajan)

“Do you have control over your metabolism? Not controlling it can lead to some diseases which can cause certain disfigurements. You can become ugly. It doesn’t matter if you cheat, however do you think that if tomorrow you tell your child or your husband, Don’t do it,” he’s going to listen to you? If while eating potato chips you tell somebody, “Don’t eat potato chips,” how is that going to be effective? You have come here to be what you are in reality. You are beautiful. I don’t understand one thing. When it comes to food you fall apart.”

MEDITATION: Compulsive eating, irrational eating and uncontrolled eating are self-depriving factors in the eastern hemisphere of the brain. There is a lack of self-respect, self-endurance, self-effectiveness, self-exertion and yoga can save you from these. If you are a compulsive eater, at the time that compulsive eating affects you, breathe through your left nostril—deeply inhale, hold, then exhale, hold out, and inhale. Ninety days of such practice, 31 minutes each day, can take care of the most chronic of cases. Inhale through the left nostril, hold it in, exhale through the left nostril, and hold out and continue. Hold up to your convenience; nothing more, nothing less, don’t exaggerate. It should be long deep breathing without pressure on the diaphragm. Do it half an hour a day when you are being affected you intend to cheat. It makes the initial hemisphere of the left side of the brain take care of the command and project itself against the impulse that, “I must go and eat.”

Once you start controlling yourself with that, you can control yourself to any length and any strength. Is that clear?

STUDENT: Should we be holding on the inhale and exhale for an equal amount of time?

ANSWER: No, it should be convenient, to the maximum but not fanatical.

STUDENT: You said that compulsive eating is caused from lack of self-respect. By doing this does it affect your lack of self-respect also?

ANSWER: You lose your lack of self-respect; that is what it does. It doesn’t do anything with the food! Left nostril breathing gives you self-endurance, self-effectiveness and self-respect. Right nostril breathing gives your projection, sacrifice, power to attack, power to penetrate and power to exert. That’s why God gave you both nostrils. Otherwise, if I had to manufacture you, I would have made a single hole and saved all this delicacy in manufacturing. It takes nine months to bring a baby; it should take nine seconds to bring it out. Why all this complication? The complication of effectiveness of what you are is to give you the productivity to work on yourself, so that you can realize and experience the Infinity. You are not constructed or manufactured to be animals. You are constructed and manufactured to experience Infinity from your finite existence and identity. The purpose of life is to go from the identity of the id to the Infinity of God.
Feedback

SuperHealth Training

Please state your overall experience of the course:

<table>
<thead>
<tr>
<th></th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
<th>8</th>
<th>9</th>
<th>10</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Needs Improvement</td>
<td>Excellent</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

What were your top three highlights of the course?

1. 

2. 

3. 

Please enter your comments /suggestions or areas that need improvement:

Your words can inspire the participation of another person. Please feel free to state a comment summarizing your course experience.

Contact Details (Optional) Please print

Name (Legal & Spiritual): ________________________________

Email: ________________________________

Would you like to be contacted for future courses? Yes [ ] No [ ]