

## ELEMENTARY ADJUSTMENT OF THE BRAIN

*“As a householder, a working person, if you invest just 9-minutes a day, you can be fresh, young and you. That’s all it takes to penetrate the chakras, organize yourself, bring the elements into balance, control your breath, and be smart. The following elementary adjustment will change the third layer of the neurons in a single rhythm and will regulate the first ring under the stem of the brain.” – Yogi Bhajan*

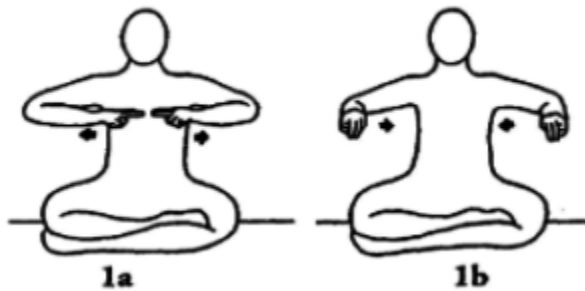
### Exercise #1



*Mudra for I*

*Mudra:* The thumb touches the mound under the Mercury (pinkie) finger. The Sun (ring) finger and the Mercury finger bend over the thumb, holding it in place. The Jupiter (pointer) and Saturn (middle) fingers are straight. Bend your elbows keeping the forearms parallel to the ground. The hands are held at the level of the heart center with the palms downward and the Jupiter and Saturn fingers of each hand pointing at each other.

*Breath:* Make an “O” of your mouth and inhale through the rounded mouth and exhale forcefully through the nose. The force of the exhale will cause your nose to wrinkle up. This breath will give you an experience of the ida and pingala energy channels.



*Meditation:* Sit in easy pose, with the spine straight.

Focus your eyes on the tip of your nose. As you exhale through the nose, the hands and forearms move outwards so that the Jupiter and Saturn fingers point straight out away from you. When you inhale through the mouth, return to the original position. 3 Minutes.

*To finish and circulate the energy:* Inhale deeply, hold your breath for 10 seconds while you lock your back molars and tighten all your muscles. Exhale forcefully with a cannon breath through the mouth. Repeat this sequence two more times and relax. Benefits: This exercise will cause all the back area of the head to vibrate. It will give oxygen directly to your brain, stimulate your pituitary and totally fix the vibrator which is called the pineal. It is effective for relieving loss of memory, loss of feelings, and nightmares.

### Exercise #2



*Mudra for 2 & 3*

*Mudra:* Keep the Jupiter and Saturn fingers straight while you bend the Mercury and Sun fingers and lock them down with your thumb. Bend the elbows so that your forearms are pointing upward and the hands are near shoulder level with the Jupiter and Saturn fingers pointing straight up.

*Breath:* The breath is a rapid diaphragm breath through the rounded mouth. There will be a “hoo, hoo, hoo” sound similar to the sound baboons make. The diaphragm will move as fast as a hummingbird’s wings.



*Meditation:* Sit in Easy Post with a straight spine. Rotate your hands in small outward circles as fast as you can, while you breathe rapidly through your rounded mouth. 3 Minutes.

*To finish and circulate the energy:* Inhale deeply, hold your breath for 10 seconds while you tighten all your muscles and tightly press your two lips together. Exhale forcefully with a cannon breath through the mouth. Repeat this sequence two more times and relax.

### **Exercise #3**

*Mudra:* Keep your hands in the same mudra as in exercise two.



*Meditation:* Stay in Easy Pose and hold your arms straight out to the sides, with the palms of the hands facing upward and the Jupiter and Saturn fingers

pointing straight out. Twist your hands backward as far as you can. The inner elbow will face upwards and be stretched toward the back as your hands twist. There will be a healing pain in the elbows. If the elbows are twisted properly, the chest will automatically press forward and the ribcage will lift. Hold this position breathing naturally. 3 Minutes. Correctly done, this posture will cause the serum in the spine to change, bringing a renewed youthfulness and balance to the body.

*To finish and circulate the energy:* Inhale deeply, hold your breath for 10 seconds, while you lock your back molars, tighten all the muscles and twist the elbows with maximum effort. Exhale forcefully with a cannon breath through the mouth. Repeat this sequence two more times and relax.

Originally Taught: April 22, 1993. Can be found in the KRI manual [Self Knowledge](#).