



1. Find a partner. Sit in Easy Sitting Pose opposite each other and touch hands—palm to palm. Look at one another straight in the eyes and repeat this mantra, "I love myself. I forgive you."

a) As you say, "I love myself," bring your hands to Prayer Pose at the heart.

b) As you say, "I forgive you," bring your hands palm-to-palm with your partner. Continue the movement with each repetition of the mantra. Experience what it does. Look like a man.

4 minutes

2. Still seated, looking into your partner's eyes, continue the movement with the mantra, "Peace". With each repetition of "Peace," move from Prayer Pose to palm-to-palm. 2-1/2 minutes

3. Come sitting on your heels facing your partner. Now come up on your knees.

a) Bring your hands together in Prayer Pose and say, "Love."

b) Come palm-to-palm with your partner and say, "Peace." This exercise is very important because you are relating to your sciatica. 2-1/2 minutes

4. Continue standing on you knees facing your partner, looking eye-to-eye. Stretch your arms out to each side, palms down.

a) Move the arms up and down (about 12 inches) to a count of four.

b) On five, clap hands with your partner and alternately chant Peace! or Love! Move the arms 1-2-3-4-Peace! (clap); 1-2-3-4-Love! (clap).

Continue for 9-1/2 minutes



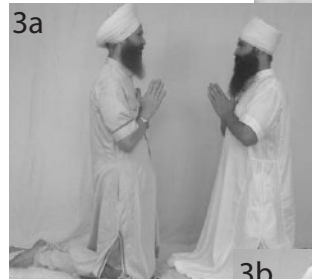
1a

2a



2a

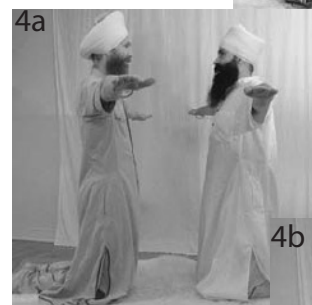
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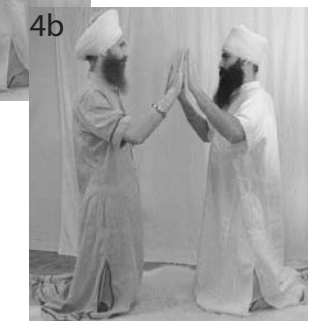
3a



3b



4a



4b



5. Camel Pose. Standing on the knees, press the pelvis forward and lift the heart as you reach back for your heels. Allow the head to drop back. Chant "I will never bite the bait." This is the only way you will remember it. There is no other way. 3 minutes



6. Come standing up and take your partner's hands. Slowly sit down and repeat, "Let us sit in peace." Slowly rise and say, "Let us rise in consciousness." 4 minutes

7. Sit on your heels and bend back, putting your weight on your elbows. Bring your hands into fists near the shoulders. Your head will automatically fall back. Keep this posture as you sing the entire Ardas Bhaee mantra. The energy will adjust itself. You will see how this burnout is going to work out. Sing with it. Hold the posture and keep the pressure. It will make changes in you. It may feel a little painful now, but it will bring fantastic strength. It is very healing, very good. Make a fist of your hands. This will break the crystallization in the muscle and the nerves. It will break obstacles in the energy flow. 5 minutes



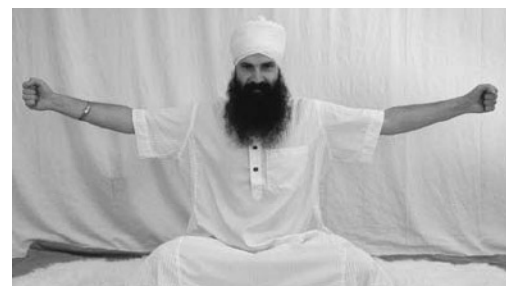
Take a break. Walk around and visit.

8. Sit in Easy Sitting Pose. Make fists with your hands and bring them in front of the shoulders. Repeat "I am, I am." Chant loudly and powerfully. Let God hear you! 8 minutes

- "I" the hands are at the shoulders
- "Am" the arms extend out to the sides—straight.
- "I" the hands are at the shoulders
- "Am" the arms extend straight up



I...



...AM



9. Sit facing your partner, eye to eye. Bring your hands into fists in front of your face—about eye level. Repeat “I am, I am.” Communicate your pure “I am” to each other. As you talk, so your hands should move to explain your expression. Fists tight. Talk with lips and fists. Talk and fists should indicate the language. 9 minutes

10. Sit facing your partner, eye to eye. Bring your hands up. Spread your fingers open and move the arms stiffly forward and back. Try to part the wind. Do it fast, powerfully, and strongly. The hands must move the heavens, the earth and the stars. No bend. Powerfully and steadily. The whole body will move if you do it right. Make the whole body a unit. You must move the whole body, not just the hands. 10 minutes To end: Inhale and hold the breath for 30 seconds. Mentally vibrate the mantra God and me, me and God are one. Repeat. Relax.



...AM



Yogi Bhajan • September 10, 1983

These exercises represent a selection of several exercises that were practiced over the course of two days. For the entire series, please see The Invincible Man course by Yogi Bhajan (MTM 08-Day 1 and 2, September 10-11, 1983).