

Yogi's Routine to Rise and Shine

While you are asleep, you are under the care of three energies: magnetic, electric and pranic (life force). These energies should be adjusted to the wake stage before you get up.

1. When you get a signal to get up after enjoying a deep sleep, turn and lie on your back. With your hands, gently massage yourself all over in a loving blessing.
2. Keeping your eyes closed, stretch your hands straight up over your head to channel the magnetic energy, then cup your hands and draw them down towards your eyes. Open your hands slowly into your cupped hands, gazing into any light through the cracks. Raise your hands up 12"-20" as you read the lines in your palms. This process will protect the optic nerve from any undue pressure from the morning's first light. Slowly place the hands over the eyes and rub the eyes out to the corner of your brows, stroking your face downwards past the chin. Men should stroke down their beard.
3. Women can relieve tension that naturally accumulates in the ovaries by briskly pounding the ovaries with the palms of their hands.
4. Women can keep themselves very healthy and energetic by massaging their breasts. This is the only area where the nerve point of the life nerve of the Ida and Pingala passes very near. Men can achieve this same effect by kicking their buttocks in Shoulder Stand.
5. Do a "feel good" Cat Stretch on each side of your body. This diagonal stretch breaks up the magnetic field of sleep.
6. To balance your navel center, come into Stretch Pose, raising your head and heels 6"-9" from the bed with your hands reaching towards your toes. Gaze at your toes to complete the circuit of energy. Inhale deeply and hold, tightening every muscle in your body. Repeat three times then rise up again for 30 to 60 seconds doing Breath of Fire.
7. Bring your knees up to your chest and hold them with long deep breathing or Breath of Fire. This releases the pressure of excess air (apana) in your intestinal tract.
8. Sit in Easy Pose with your hands on your knees and deeply grind your spine in both directions with long deep breathing. In this way you build your receptivity to the energy of the earth's electromagnetic field.
9. Straighten your arms up at a 60 degrees angle from the horizontal with the fingertips on the pads of the hands and thumbs up. Begin Breath of Fire for one minute. Then inhale deeply and bring your thumb tips together over your head, following a natural arch of energy. When your thumb tips connect with ease, it indicates that your electromagnetic field has been reset.
10. Stretch your arms up over your head, hugging your ears, palms together, and do Sat Kriya, 5-8 times. Powerfully pull up on the navel as you chant Sat and release as you chant Nam. This stimulates the internal organs and chakras to start functioning. Just as you would never run a cold car, warm yourself up.
11. Massage your feet a bit and then walk barefoot to the washroom, allowing the positive charge of electricity to leave the body through the feet. Open and close the water tap several times. This excess electrical charge is taken away from your body by metal which has a connection with the earth.
12. Sitting in Crow Pose, the natural position for elimination, clear your urine. Stopping the flow of urine several times, do not let it go all in one stream. This will help you avoid incontinence in your later years.
13. Brush your teeth with powdered Potassium Alum and salt. Then clean the root of the tongue to gag three times. Cough up any mucus so that it does not enter your system. Use this powder in warm water for a potent gargle.
14. Splash cold water directly into your eyes. Do this often throughout the day, along with gagging. It will help prevent cataracts.
15. Drink a glass of cold water or tea. It is very healthy. It goes through the system and takes all the dirty (positive ions are the bad ones right?) ions. You will feel clean inside.
16. Massage your body with Almond Oil and then take a cold shower, massaging your body until the water no longer feels cold. The cold water causes your body to flush the organs in self defense. This will give you a beautiful nervous system. Massaging the lymph nodes under the armpits while in cold water will help to prevent colds.
17. As you begin your day, speak these words with pure intent to set you on your way and repeat five times:
Walk like a king, talk like a sage.
18. You are now prepared to experience morning sadhana. This is a yogic practice of prayer, Kundalini Yoga and meditation to bring body, mind and soul into unison. Sat Nam.

Yogi's De-Stress & Sleep Routine

Most of us never truly relax, even when we sleep. This bedtime routine will enable you to deeply relax and enter deep sleep at your will.

1. Eat your final meal at least four hours before going to bed. If you eat early your digestive system will be free from working overnight.
2. Begin your restful routine one half hour before sleeping, smoothly gearing down from the day's activities.
3. While brushing your teeth, clear your monkey glands so that mucus may not go into your stomach. Do this by gently massaging the back of your throat with your toothbrush to induce gagging two to three times. The most healing toothpowder for brushing and gargling is powdered Potassium **Alum** and Salt in a 3 to 1 ratio. Its high astringency will relieve congestion caused by bronchitis.
4. Clean your nose and oil it with almond oil or Vaseline. The sinuses may be cleared by inhaling the **Alum** & Salt gargling solution through each nostril.
5. Wash your feet with cold water as you massage them. This is essential. As you massage your feet, detach from the world and tune into the cosmos. Rub your feet dry with a coarse towel.
6. Drink a glass of water. You should never go to bed thirsty.
7. It is best to align your bed East to West to preserve your magnetic field from being drained by the earth's North to South polarities.
8. Lie down on your stomach and start deep breathing and relaxing your body. If you are feeling particularly restless, you can eliminate all anxiety by making a fist of your two hands and placing them directly under the navel. This will hurt if you need it, but it works.
9. When you gain a little stage of sleep from lying on your belly, roll over on to your right side and continue to deep breathe. Laying on your right side puts a pressure on your ribcage which triggers left nostril breathing. Left nostril breathing activates your brain's right hemisphere which feels soothing and expansive.
10. Once you are breathing through your left nostril, you will avoid REM sleep and restless dreaming. Come lying on your back and feel that your head is upon God's lap and enter a blissful sleep to regain your health.

The suggestions within these waking and sleeping routines are not medical advice. These routines are from ancient yogic technology. Consulting with your health practitioner is advisable when starting new sleeping and waking routines. If you choose to participate in these routines, it is at your own risk.