



# Frontal Lobe Tune-Up

1 exercise 11 min - 11 min *Lecture*

"Teacher is the ultimate consciousness of the person who deals with the teacher. It is not that other man you are looking at and talking at. It is your state of consciousness. Technically speaking in this aristocratic world we live in, which is a very smart world and which information and everything is realistic, we have a great weak commitment. We have a weak commitment because we have not developed the frontal lobe, the zonal level of penetrated trust. That is sometimes a human weakness. We'll do a little thing to take the frontal lobe and tune it up." –Yogi Bhajan

## 1. Frontal Lobe Tune-Up

**Comments:** *This is a very simple exercise but for God's sake, don't cheat!*

### **Frontal Lobe Tune-Up (11 minutes)**

1. Extend the right arm straight out in front of the body with the palm facing up towards the heavens.
2. Extend the left arm straight out in front of the body with the palm facing down towards the earth.
3. The hands are open with the fingers straight and held together.
4. Arms are parallel to the floor. No bend in the elbows or wrists.
5. Begin Breath of Fire.

### **To End**

1. Inhale deeply and stretch your arms forward. Bring all your reserve energy into action. Stretch as hard as you can. Cannon breath out.
2. Inhale again. Keep it tight. Pull the hands as far forward from the shoulders as possible. Hold the spine straight. Cannon breath out.
3. Inhale deeply one last time. Pull your spine up tightly, chin in, chest out. Hold it tight. Relax.

**Breath** Breath of Fire

