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There's a really important idea in the Tibetan book of yoga called All Day Yoga. And this is very big in Tibetan tradition of yoga. I'll give you the name in Tibetan, its called *chulam kyi neljor*. *Chu* means acting, *charya* in Sanskrit. *Lam* means *marga* in Sanskrit, path. *Neljor* is the Tibetan word for yoga, *nelma* is...means accurate, or precise, or ancient, or primordial like. And *jor* means to connect, like *yok*, *yog*. So Tibetans translate yoga as connection with the primordial...reality, connection with ultimate reality, *neljor*. And so *chulam kyi neljor* means All Day Yoga. And there's this thing...we had a chance...Nanette, I don't think she's here, in New York she's a dancer and then there's another dancer...whose the one in England? Eva, who dances for the Royal Ballet in England, they are our students of this group and they arranged for us to have a dance class with Suki Shore, she's like the teacher of the NYC ballet. We are really completely incompetent and somehow because our students know her she agreed to give us a class. We went in, they open Lincoln Center for us, like 4 guards are standing there waiting for us to leave. And we had this beautiful class with her, and she was very...what do you call it...gracious or you know, she put up with us. And then they were talking about George Balanchine who's the greatest choreographer of ballet, probably in history I would say, who was her teacher you see, and founded the NYC Ballet. And he used to the ballerina's don't waste your time outside the class. When you get out of here your going to walk across Lincoln Center and stand on Columbus Circle and try to catch a bus or a taxi. So while you are standing there do something with your toe, or you know, practice something while your standing there. And then when you get home and your mixing something in a bowl do a back...do something to the back or something but as you go thru your day use your time to do yoga. Even in physical yoga this is a really helpful thing. So there is a chapter about All Day Yoga, and it relates to all 5 layers of that onion that we talked about. So I'm going to do it that way.

So first is your physical body. What should you do with your physical body all day long? Then if you're in a certain kind of pattern with your physical body then when you go into yoga classes its nothing new, you're not doing anything different. You've been doing it for 6 or 10 or 12 hours already that day. And the first thing is to just sit up straight, just to sit straight. And all yogis do that, Sakya Pandita who brought Buddhism to Mongolia and China in the 1200's, this was his big shtick, 'you just sit up straight everything will be fine. And he memorized the 8000 verses in Sanskrit...like for fun...and this is 1000 pages long. But he attributed it to prana moving properly thru his body. And he said I never slouched and I stay straight and then my prana can move and I can think straight, I can remember things that you slouchers can't remember. So, you know, this is a big practice in Tibet. Secondly is to keep a light *bandha* here. It takes years to develop a *bandha*. *Bandha* in Sanskrit means bond or constriction. And there are different ways of constricting your body; one is in the anus, which is called a 'horse butt constriction'. And then they're a *muladara* constriction in your groin. And then you can do a lower constriction of your abdomen; you can do an upper constriction of your abdomen. Things like that are different constrictions that you can do with your body and they aid the flow of prana thru the body. When you learn them and your body changes, your body gets

stronger and lighter and ultimately if you keep it up working with the prana properly then the body turns into light. So reducing your waist line, and gain some muscles and all that is the first 1% of turning into light you still have 99% to go after that. So keep a light bandha here, and at first you don't what it is so just fake it. In Tibetan tradition they say faking it leads to the real thing. You see, so you just sit you straight. You know where every you go, your talking to somebody and you pretend you have a bandha and you just kind of suck it in, in the wrong place and that's fine. And you don't have to even do this [demonstrates] ...just very light and very comfortable. If you over do these things you get hurt, you get sick. The reason they show yogis sitting on a tiger...tigers...it comes from the Hatha yoga pradipika, its quotation that says, 'working with the channels is like riding a tiger and if you over do it, you do it poorly or you do it without a teacher, the tiger can turn on you and eat you.' Which means you can get sick, you can get like nervous diseases, or you can't sleep or your hands will start shaking or you can get asthma from doing pranayama wrong. So you have to do it very modestly, and very steadily, rather than very strongly and one day a week. That's just a principle of life; anything you want to get good at you can get good at. But just do it everyday, 20 minutes, half an hour, 10 minutes- don't go crazy. Don't do it like...go home and do bandhas for 6 hours on Monday and don't do it them for the next month, it doesn't work that way. Slow and steady wins the race. So there's a slight bandha here.

There's another physical asana that very big in Tibet, its called smiling asana and you just smile, ok. Try to smile. And again this can be Buddhist thing where its artificial at first like it doesn't; reach your eyes it just reaches you mouth, you know. But if you smile artificially, you get up and you feel like crap, and you just start smiling at everybody. And at some point it kind of takes over your mind involuntarily. A smile affects your mind and then you feel happy suddenly. So again there's a physical reason for that, that the 2 side channels come down here and when you smile it releases energy here, and when you frown, here especially...there's a tie up choke point at the ajnya chakra and that disturbs the flow of prana in the central channel and then you don't feel happy. And you can't think as well, you can't think as clearly. Like when you do *Simhaasana* - the Lion Pose and your all into the aqhaqhaq...the point is...the tongue is not as important...as there's two pieces of skin, try it ...the skin coming here...it stretches here and here. The point is to feel the stretch in the skin here. The point is to get a stretch in the skin here. And then that pulls down these 2 channels. If you're into it you can try to turn your eyes up towards your ajnya chakra, like that. And that intensifies that stretch. So this stretch is really important. Were always doing arm stretches and legs stretches, these are cheek stretches, upper cheek stretches. And this is the...right here...so halfway there...all in there. During the day you are not going to go like that...all day long you got to keep your smile on. And then try to...I have a problem with this, she's always slapping me on the forehead sometimes when I am not frowning but [laughs]...but I have a problem with this one, I have trouble with this one. If you can keep this forehead relaxed that's a very good asana for all day practices. So that the physical body, right.

I am not going to go into eating and things like that. That's a long story I think we'll do it on one of the later series. One thing that's important is elimination, like poo poo and pee pee. Its poison, ok. Like after its been processed by the body the body sends it down here to just sit there till it can get rejected, ejected you know. And its poisonous, its toxic. If there's, for example, in the lower colon if there's damage...like they tell soldiers don't eat before you go out in a battle...because if there's damage and that material gets out into the rest of the body, it poisons the body and kills you. They had this thing in Vietnam they told people don't eat, you know, 6 hours before you go out on a fire fight, because it would come out into the body...if you got wounded it would come out into the body. So it's important to try and eliminate it. Don't hold poo poo, don't hold pee pee...like you know, your at work and your busy and you have to go and you feel oh I have to finish this up. Just tell the people I got to go to the bathroom. My experience even in corporate New York is that they'll let you go. Those of you doing a book, this is a good trick, I used excuse myself even from board meetings and go to the bathroom and do my book. So don't hold it in. get it out. Also if you have any kind of phlegm up here and you feel like blowing your nose get it out. It's also...its not as toxic but its also just dirt that the hairs in your nose and your upper sinuses have collected out of the air. And you could either swallow it or get rid of it. And when you swallow it, its not as good if you cold get it out. And hatha yoga pradipika talks about this also. That's physical.

Next level down would be what? Yeah, your breath. During the day very, very important try to do reflex breathing. And that's just very, very...it keeps your mind calm. Thich Nhat Hanh has a beautiful thing. Master Thich Nhat Hanh in his village in France there is something goes off every 15 minutes I think, a bell goes off and every body's supposed to check their breath, to see how their breaths going. Even if you're like in the store helping somebody or where ever your digging something...you know... the bell goes off your supposed to check your breath. So try to check your breath every once in a while. Make sure you are taking full breaths till you get that spasm in the lower abdomen and there's a spasm up here. Which we call a reflex...reflex breathing. Try to do that all day long. What your really doing is feeding yourself, your really getting food...like the breakfast you never got before. Your body changes and you get stronger and healthy. You don't get sick, like we didn't get sick in 3-year retreat, I think. Were out in the middle of the desert...it was like snowing at night, in the day it was up to like 110-120, and we just didn't get sick for 3 years. Its just...if you breath properly then your eating well and your body gets stronger. And it makes your mind more calm.

Next level down is what? Yeah, prana which is connected to the breath. Prana you can go at from the outside from breathing properly but you can also go at it from the inside. Which is how? Yeah, thinking. Which is like meditation or *tonglen*. This is the coolest part of all day yoga. And then I don't have much more to say really. Do it wherever you are just quietly. I used to do it on the subway coming back from work, I used to take the subway like 20 minutes from Tribeca up to Lincoln Tunnel and 2 ours home on the bus. Everyday 4-hour commute. And I would *tonglen* on somebody in the bus or on the

subway. So whoever...and its always exhausted businessmen or something, they are sitting there with a brief case and there like that zzzzz and sometimes they roll over on you on the bus and your like...trying to...I had a brief case that I would like push them and...their just so exhausted, they're sort of in a bad place. In Tibetan they say, Kamalashila said...which your going to learn from Christie this semester...term...he said they're like sitting on the edge of a cliff. When you get big in corporate life your just about to get your first heart attack. It takes that long to get into a good position at work. And then you're only like 5-10 years away or 1 year away from your first heart attack. And then no one wants to talk to you any more. Or they just send you home with a gold watch and say don't come back. So they really...they look like these powerful suit...we call them suits right...like guys in a suit right...but heir sitting on a cliff, right here on the edge of the cliff. And their exhausted and their tired and they are working on their heart attack in the bus. And do *tonglen* on them. You can do *tonglen* on Indian villages who don't have enough to eat, but they are a lot happier and a lot more peaceful in southern India where we were, its refreshing to go from Manhattan to southern because every body is so relaxed and they haven't even eaten but they're are happy, you know. And then I New York every one is like this...and on the subway every body is banging their foot because they are all nervous and you have to do *tonglen* on them. These are the poor people are the suits. You see, and then you have to do *tonglen* on them. So wherever you are, you're at work, and your watching somebody and they're doing this nervous thing, or they are on the computer and they are hauhau... they are like panting you know. You have to do *tonglen* on them...I give you calmness, I take away your stress, I give you calmness, I take away your stress. And you can do it at home. There is going to be somebody in your family, somebody at home who's stressed out, or is not having a good day. And you do *tonglen* on them. And you never tell anybody. We used to get stuck in the tunnel sometimes, Lincoln tunnel 5:30, 3 million people trying to get out of New York. And sometimes I would fall off to sleep in my own exhausted thing...I used to sleep half the way and then do my prayers half the way. So I'm asleep for the first hour, and then I wake up and were still in the Lincoln Tunnel an hour later breathing these fumes, you know. Look next to me and there's a car and there would be some guy there and then I would do *tonglen* on him. You can do...take away their pain, give them happiness. So do it anonymously, secretly, quietly...people will think your doing cocaine or something...you're like. issisiisis...[laughs] it's really funny. Just do it quietly. That's really all day yoga. Because that's the...if you forget all the other all day yogas, this is the All Day Yoga that works. Why? Because that's also making *karma*.

That's raw karma; thinking is raw karma *ne nyi sampa donde che* from the *abhidharmakosha*. *Karma* means thinking, intention. You know, when you think about somebody and you want to help them you are making good karma. And that makes the breathing stuff work. And that makes the sitting up stuff work like you could just sit up and get in a crash and die today and the sitting up didn't help, you see. If you do this meditation and help people all day long then sitting up will work, you see. There's the why and the how. How does yoga work? You do your right postures; you don't cheat on a pose or you breath at the right time that's how yoga works. But why does it work? You

see there's a difference. Why that stuff works on you is that you try to help other people, you take care of other people. If you don't take care of other people and you do everything else right, you'll just die in a car accident or you'll hurt your neck or something, you see. If you take care of other people it almost doesn't matter what kind of technique you have. And that's another thing I want to say. We are teaching Tibetan Heart Yoga but the principals are the same. We happen to do everything. We do ashtanga a couple days a week, we do kavaludam, we do iyengar, we do all kinds...we enjoy all of it. The purpose of this series is not to say, oh you have to do it this way. The technique is not as crucial as intention, as the meditation that you do. Nothing will work on you if you don't take care of other people. And everything will work if you do take care of other people. So for All Day Yoga you have to take care of other people, that's the main thing. I think that's what distinguishes this yoga from other kinds of yoga. This is the emphasis. And you will find over the years that people who do their yoga this way will be successful at everything, and if you don't do your yoga this way even if you do these special Tibetan poses nothing will happen. So the key is taking care of other people and you guys will slowly over time, as that karma ripens, you will get the results like amazing results of yoga, your body will start to change into light. And at the same time the people around you start to change. You start to see other people differently, that's all I have.