**Protocol for Teaching Energization Exercises**

**I. Introductory Conference information**

* **Why energize – the benefits, for a wide range of people**
	+ **Physical benefits**
		- Muscle tone
		- Organs
		- Nerves
		- All systems: circulation, elimination, immune, endocrine, digestion and metabolism, etc
		- Purification all around, from muscles to cells
	+ **Mental benefits**
		- Will power and determination
		- Concentration and focus
		- Clarity
	+ **Spiritual benefits**
		- Will power, concentration
		- Detachment
		- Transforms cells into light
	+ **Practical aspects**
		- Can be done anywhere, any time
		- No age limitation
		- Does not require special clothes or equipment
		- Takes little time relative to sports activities
		- Is free
		- Can be done standing, sitting, lying down (20 parts)
		- Requires no spiritual affiliation or belief, is a science that benefits everyone
* **What are the Energization exercises**
	+ - **History from Yogananda**
		- **Main principles: draw and distribute unlimited cosmic energy/Prana using the power of the mind/willpower**
		- **Series of 39 exercises that can be practed in 15 minutes**

**LESSON ONE: Energy, will power, astral body, Modality A, 20-parts**

**I. Energy-Prana**

* Its importance to success, health and happiness
* Indirect forms of energy, such as food, sleep, coffee-tea-chocolate-sugar
* Subtle forms of energy: sunlight, breath
* All of the above are limited, indirect and not always available
* PRANA, what it is

**II. Will power**

* What it is: Desire + Energia directed towards a Goal/Objective
* Its connection to energy: Great will = greater energy
* What strengthens willpower
* What weakens will power
* How the energization exercises develop will power
* EXERCISE: tense bicep of one arm beyond normal capacity; evaluate results;

Compare to the other arm

**III. How prana flows into the body and is distributed by will power**

* The medulla oblongata, the “mouth of God”. Spiritual eye as the seat of will power
* The chakras as distribution centers for prana to the body

**IV. Modality A: gradual tension and relaxation**

* Focus on the center of the muscle in all exercises, both modalities
* Gradual tension has 4 stages, up to Vibration, then down to Complete Relaxation
* Repeat exercise with bicep to demonstrate graduality to tension and of relaxation
* Teach the 20-part recharging, Phases I, II and V only. Practice it many times, sitting, slowly; standing; lying down; standing a bit more quickly.
* Homework: practice 20-parts 3 times each day

**LESSON TWO – Modality B and exercises 1-20**

*Begin the lesson with the practice of 20-part recharging, Phases 1, 2, 5.*

**I.**Teach the other exercises that use Graduality: 4, 5, 6, 8, 19, 20

**II.**Principle of resistance; need to High Vibration from the beginning of the movment

* Teach at least 3 of the weight-lifting exercises 21, 23, 24

**III. Teach the first half of the exercises**

* Start again with 20 parts, (Phases I, II, V)then go to Exercise 1
* Demonstrate some, then practice. Do not keep them standing for long time.
* Homework: practice at home with tge video exercises 1-20

**LESSON THREE**

* **Teach the second half of the exercises**
* **Class about Magnetism**

**LESSON FOUR**

* **Practice the entire 39 exercises from beginning to the end**
* **Questions and Answers**
* **Rapid Recharge options; emphasize “energy snacks” during the day.**