

## ANTI-CANCER BREATH

*Given by Yogi Bhajan  
10/10/73*

**MUDRA**: Sit down like a yogi. Extend your tongue as far as you can out of your mouth, and lock it with your teeth halfway in the middle.

**BREATH**: Breathe in and out long and deep through the mouth, around the clamped tongue.

The sides of the tongue may begin to get very bitter. That is a sign the poisons in the body are being released. Bacteria in you will be killed in your body, right there and then.

***Make sure you are breathing from the navel point. This is very important.***

**COMMENTS**: Cancer and this tongue kriya are an enemy to one another.

It says in the scriptures -- When the tongue is held out and it is locked by the teeth and you take a breath in and out, and your navel point automatically starts breathing, then there is nothing in the human body which cannot be cured. "Nothing" actually means nothing.