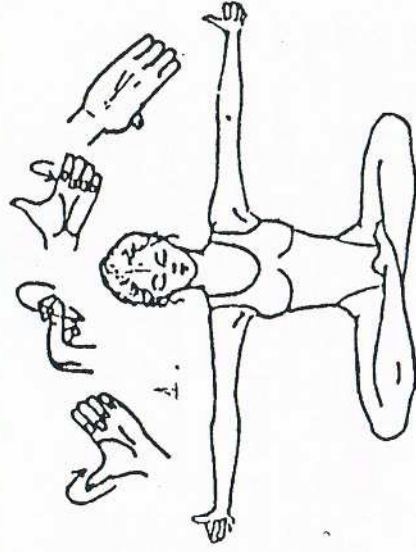


SET FOR STATE OF MIND AND PARANOIA

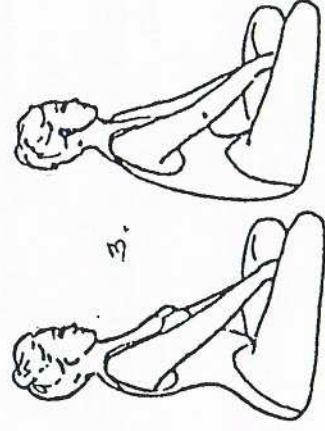
1. In Easy Pose, extend arms straight out to the sides and close the fingertips to the base of the palms, pointing the thumbs straight up. Apply chin lock and rotate the hands at the wrists so that thumbs point back, then up, straight ahead, down and back, continuing with powerful breathing for 7-8 minutes. This works on the pituitary and breaks through paranoia.



2. Bend elbows and arc the hands up to almost touch thumbs to shoulders on the inhale, and straight out again on the exhale, one cycle per second, with powerful breathing for 2 minutes to stimulate the pituitary gland.



3. Spinal flex in Easy Pose. Inhale arching the spine (belly & chest forward), and pull the neck tucked tightly in and up, then exhale, contracting the back, pushing the chin out slightly, slowly (1-2 seconds per cycle) for 4 minutes. Stimulates thyroid/parathyroid balance and promotes weight loss. Done correctly it will keep one looking young.



4. Still in Easy Pose, extend hands out to the sides again, palms facing up, and on the exhale bring the hands to the shoulders. Inhale and lift the elbows up as far as possible, lifting the shoulders and the entire spine. Exhale and lower elbows, inhale, extend hands out to sides, etc. One cycle takes 2 seconds. Continue for 3-4 minutes, mentally chanting (and coordinating) with powerful breathing:



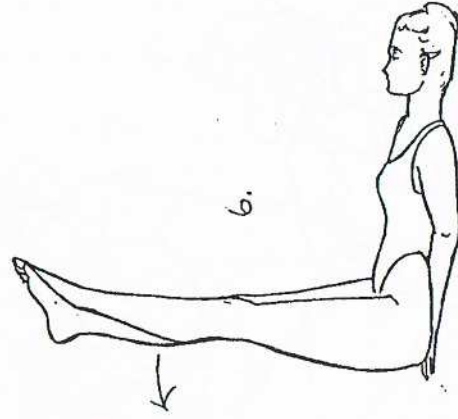
Har. Har. Har.

5. Lie flat on back with arms relaxed at the sides. Heels together, raise them 6 inches off the floor, keeping the knees straight and toes forward, and begin long, deep and powerful breathing from the navel point for 2-3 minutes. Works on lower abdomen and navel.

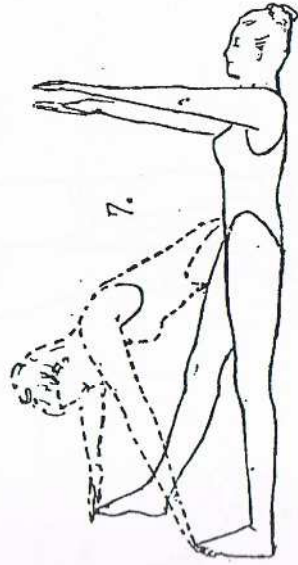




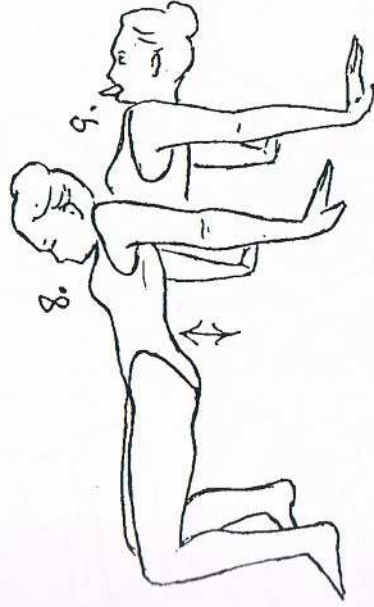
6. Still on back, place hands under buttocks, palms down, and cross legs at the ankles, keeping them straight. Inhale and raise legs up to 90°, exhale and lower them, rhythmically with powerful breathing for 3 minutes, reversing the cross of the ankles as needed. Removes excess water from the body.



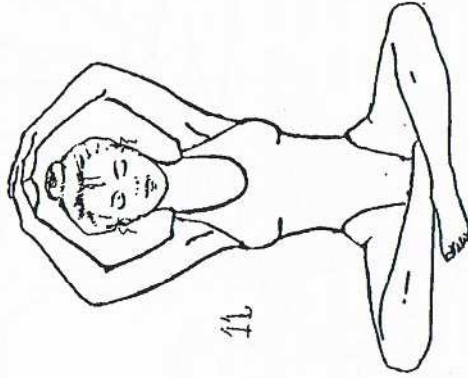
7. Lying flat, spread legs apart and raise both arms to 90°. Palms facing the feet. Inhale and sit up touching the toes with the hands, as you exhale. Then inhale and lie down again, coordinating the movement with the breath for 6 minutes. This works on the pelvic bone and removes feelings of paranoia.



8. Bridge Pose. Sit up, hands beside hips, fingers towards feet, elbows locked, and bend knees drawing the feet in to the buttocks, and raise torso so that the body from the knees to shoulders forms a straight line parallel to the ground, with the arms and lower legs at right angles. With the chin tucked into the chest, move the body up and down for 3-4 minutes. Works on buttocks and hips and keeps you young.



9. Same posture as above, but with the head back and parallel to the rest of the body. Open the mouth and stick the tongue out with heavy breathing. This is Reverse Lion Pose. Continue for 1-2 minutes. Then begin purring like a lion, allowing the back of the tongue to vibrate as though gargling. Continue powerfully for 1 minute as a preventative against the common cold.



10. In Easy Pose, sing "Nobility" for 4-5 minutes or breathe long and gently for the same period.

11. Interlace fingers into open Venus Lock with thumb tips touching and pointing back, and raise arms over the head forming a halo with your hands. Focus eyes at the tip of the nose and breathe through the navel point. Listen to the "Jaap Sahib" tape and sing along, copying the sound exactly, or breathe long, deep and gently for 9 minutes.