

CLEANSING THE LYMPH GLANDS & ENERGY BALANCING

15 February 1984

30-35 minutes

NOTE: Chin Lock must be applied during all exercises. Normal breath unless specified.

1. EASY POSE: stretch arms up parallel to the floor and out 60° from each other, pointing in the same direction as the knees. Bend hands up at wrists (palms facing out), and circle the right hand on the wrist, keeping the left hand perpendicular to the arm, for 2 minutes. Then repeat, changing hands. This affects the thyroid and parathyroid very powerfully and moves the "Chi" energy.



2. EASY POSE: arms straight, clap the hands out in front of the body 2 minutes.



3. EASY POSE: arms still straight out in front, 9" (25cm) apart, palms down, move the hands so that the fingers point up, then parallel, then point them down, jerking them in three stages, forcefully. Only bend is at the wrist. It will be soothing and annoying at the same time. Continue 2-3 minutes.



4. EASY POSE: bending from the base of the spine, with arms stretched out to the sides, palms down, lean back slightly, then forward slightly, back and forth to build the muscles that save you from old age and back trouble. Keep the spine straight, arms and the body move together, 2-3 minutes.

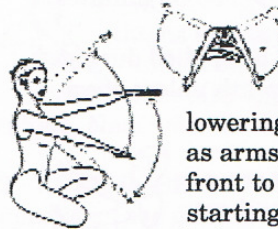


5. EASY POSE: interlace the hands in Venus Lock on top of the head and twist the body rapidly from right to left



2-3 mins to move all the energy you have created.

6. EASY POSE: stretch arms out in front, parallel to the floor and 60° from each other, as in #1, but with the palms down. Slowly rise one arm to 60° lowering the other (continue as arms move slowly from front to back), about 60° from starting position and back, to balance the energy, 2-3 mins.



7. EASY POSE: sit straight and at peace with arms folded at chest, right over left, and chant

Har Hari Har Hari

concentrating between the eyebrows and the root of the nose. Pull the energy up between the navel and the 3rd Eye and continue for 2-5 minutes.



8. ROCK POSE: bend forward resting the forehead on the ground in Baby Pose, arms at the sides. This should be done at least once a day to balance your energy with the spinal serum and rejuvenate the nerves in the spinal column. Relax for 2 minutes



9. Standing on your knees, fingers interlaced behind the neck and lean back as far as possible, keeping balanced.



Think of one God, of the interconnectedness of everything, of unity. Hold for 1-2 minutes and relax.