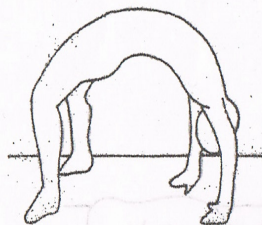
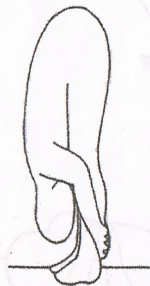


June 6, 1984

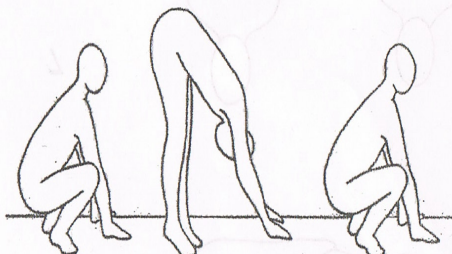
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2



3



4



*When the nervous system acts extraordinarily weak, the capability to be effectively calm and active becomes very shallow. It is not you who makes mistakes or who suffers. It is the nervous shallowness. Yogic science calls it 'slow wave contact.' The nervous authority, nervous center, nervous self is not effectively strong to communicate its own duties about the physical identity. Your physical identity has a frequency and your nervous center must correspondingly respond to it and when that is not coordinated well, the life is foggy. It is not clear. And mostly such life is based on emotional self, emotional extension, and emotional satisfaction. The problem with emotional satisfaction is, as much as you emotionally want to satisfy yourself, that shallow and empty you will feel. That's the problem. Because once you let the emotions rule you, there are millions of them. There is one consciousness and millions of emotions. Which one do you want to satisfy first? When? Where? When? Where? More! More! More! More! And that is what it is.*

*"If you do not know what wisdom is, the only thing you will have is your neuroses."*

YB

1. Come into Half Wheel Pose. Do heavy-duty Breath of Fire through your mouth. 1 Minute. This exercise benefits the nervous system.

2. Stand up and bend forward, stretching your spine and bringing your head toward your knees. Keep your legs straight and interlace your hands behind your legs. Put your head through your legs if possible. Inhale through the mouth and exhale through the nose. Breathe quickly. 3 Minutes.

3. Come into Frog Pose. Move up and down quickly, doing Frog Pose exercise 108 times. Inhale through the mouth as you come up. Exhale through the mouth as you go down. (In the class, people counted their 108 Frogs out loud as they did them.)

4. Sit in Easy Pose. Fold your arms over your chest. Each hand grasps the upper portion of the opposite arm. Rotate your spine around your hips, moving heavy and fast. Move "as if you are grinding at the sides." 2 Minutes.

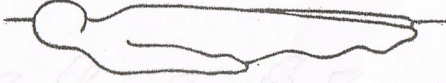
5



5. Lie down on your back with your hands on your chest. Inhale through your mouth and raise your torso, bending forward, bringing your forehead to your knees. Exhale through the nose and lie back down.

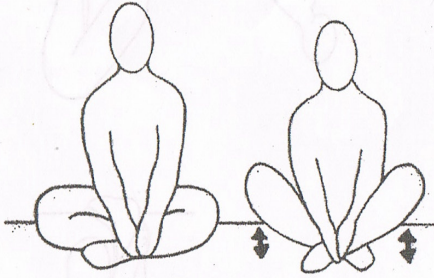
Continue 3 1/2 Minutes.

6



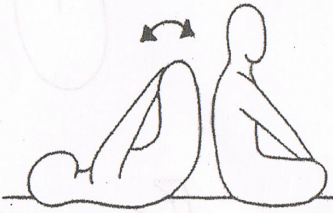
6. Still on your back. Inhale deeply and quickly (1-2 seconds) and exhale long and slow (12-15 seconds). Continue for 3 Minutes. (In class, Yogi Bhajan timed this breath with the beat of the gong, so to get the full benefit of this meditation, use the tape of this class for this portion of the set. This audio tape is available through Ancient Healing Ways as KYB 035.)

7



7. Briefly stretch and wiggle your body. Come sitting up in Easy Pose. Grab your front shin with both hands and bounce your knees up and down. Move fast and bounce the knees as high up and as far down as they can go. 1 1/2 Minutes.

8



8. In the same position as #7 (in Easy Pose, grasping your front shin with both hands), roll all the way back on your spine and return to a sitting position. Continue rolling back and forth for 1 Minute. (It's very relaxing if you do it right.)