

For the Glands, the Circulation, and the Meditative Mind

— TWO SHORT SETS —

November 9, 1983

(Set A: 9-10 minutes; Set B: 17-21 minutes)

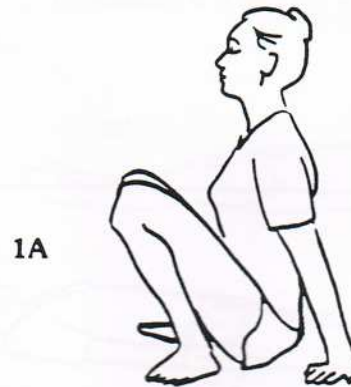
SET A

1) Squat down in crow pose, then place the palms flat on the ground behind the buttocks. **(1A)** Inhale and pull the hips up into a modified bridge pose. The spine is arched way up. **(1B)** In this position, begin swinging the head up and down as fast as you can with breath of fire. Continue for 15 seconds.

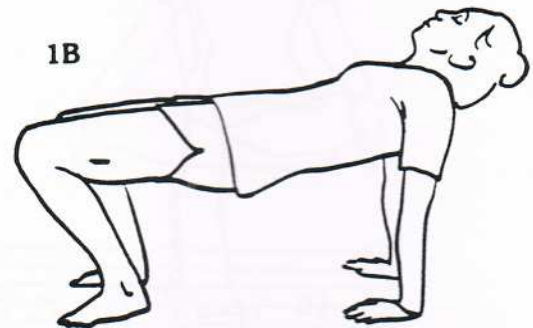
Then, continuing breath of fire, alternately raise and lower the buttocks rapidly and powerfully **(1A,B)** for 2 minutes.

This exercise works on the thyroid and parathyroid and adjusts the spine, glandular system, and navel point.

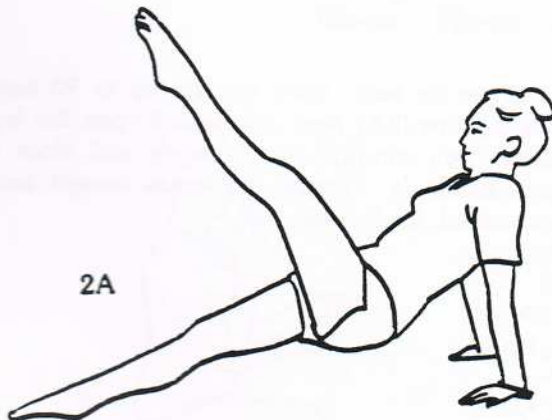
2) Come into back platform pose, supporting the entire weight of the body on the heels and palms of the hands. **(2A)** Make the body straight from head to toe. Begin alternate leg lifts **(2B)**, inhaling and exhaling as one leg goes up and down, then lifting the other leg up and down as you inhale and exhale again. Move quickly! (2 minutes)



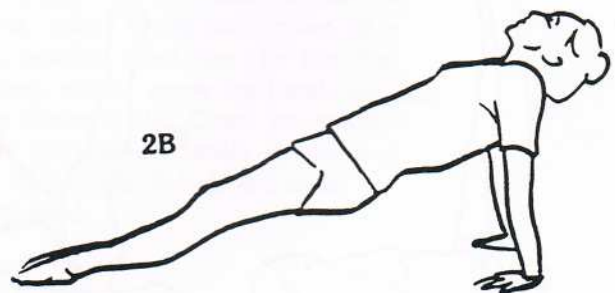
1A



1B

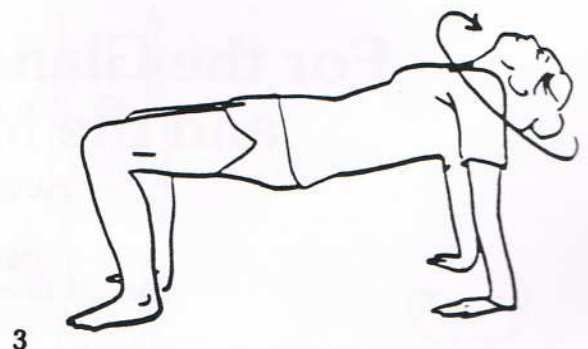


2A

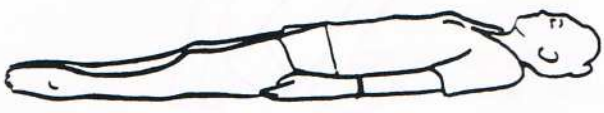
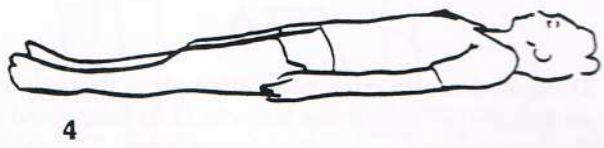


2B

3) Come into bridge pose: feet and palms are flat on the floor. The knees are bent and the hips arched up so that the body is in a straight line from head to knees. In this position, begin rolling the neck round and round.(3) Inhale as the neck rolls round to one side, then exhale, shooting the air out intensely, as the neck rolls round to the other side. (1 minute)



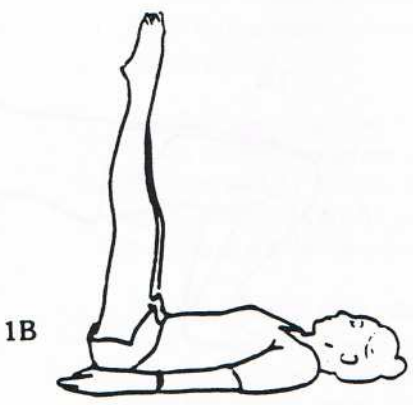
4) Relax in corpse pose for 4-5 minutes.(4)



1A

SET B

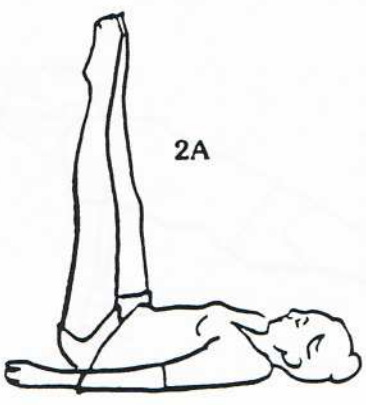
1) Lie down on your back. Point the toes and bring the feet together, heels touching.(1A) Hands are relaxed by the sides. Consciously relax the body from the navel point up. Keeping the toes pointed, slowly raise the legs to 90 degrees as you inhale.(1B) Then slowly lower them as you exhale.



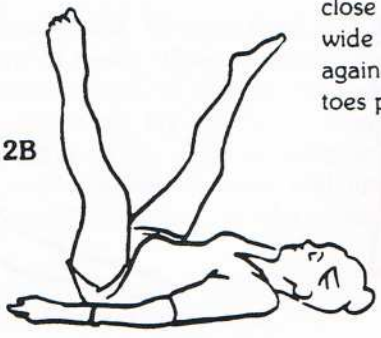
1B

Keep the knees straight, the toes pointed, and the legs close together. The breath should be very long and deep. Throughout the exercise the body should be mentally divided into two areas; from the navel point up it should be totally relaxed. (6 minutes)

This exercise is good for the circulation, the heart, the stomach, and the lungs.

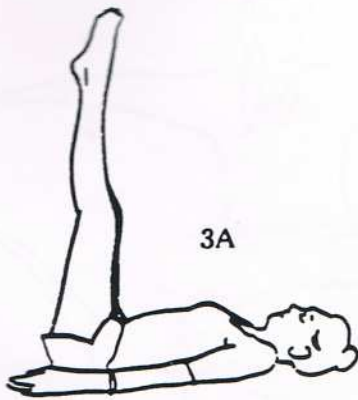


2A

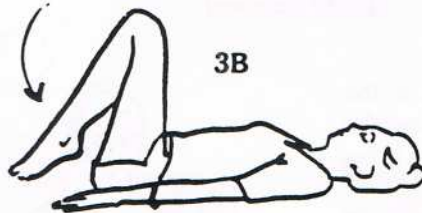


2B

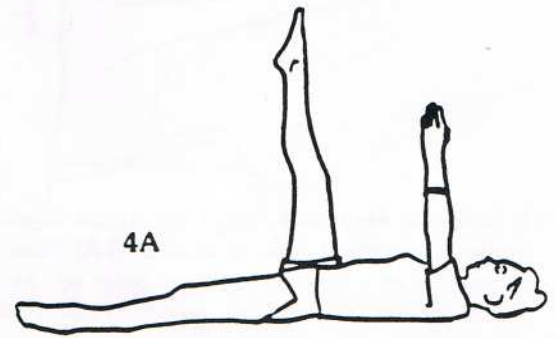
2) Still on the back, bring the legs up to 90 degrees, close together.(2A) Now inhale and open the legs as wide as you can.(2B) Next, exhale and close them again. Continue, keeping the knees straight and the toes pointed, for 5-6 minutes.



3A



3B



4A



4B

3) Still on your back, inhale and bring the legs straight up in the air, close together.(3A) Exhale as you quickly bring both heels down to strike the buttocks with force.(3B) Continue at a very fast pace for 1-2 minutes.

4) Still on the back, begin alternate arm/leg lifts: As you inhale, raise the right leg and the left arm to 90 degrees, then lower them as you exhale.(4A,B) Next, inhale and raise the left leg and right arm; exhale and lower. Continue this sequence for 1-2 minutes. Go as fast as you can. Keep the legs and arms straight.

This is a good exercise with which to balance yourself when your energy is off - if you are feeling dizzy or physically unbalanced.

5) Sit like a yogi, in easy pose, hands in gyaan mudra on the knees.(5) For 3-4 minutes, chant *Hara Hara Hara Hara Haree Har*:



5



6

6) Still sitting in easy pose, hold the hands in front of the body at neck level, palms facing each other. In a monotone, *extremely rapidly*, chant *Har Har Har Har Har Har Har*. . . as you very quickly move the hands back and forth in opposite directions.(6) Chant powerfully; move very fast. After 30 seconds, inhale deeply and hold the breath in for 20 seconds. Exhale and relax.

Feel yourself to be blessed.