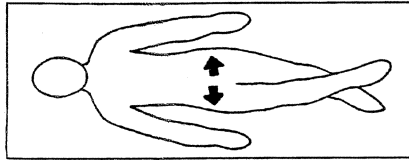


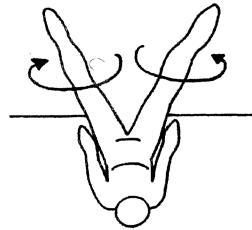
Glandular System

June 12, 1984

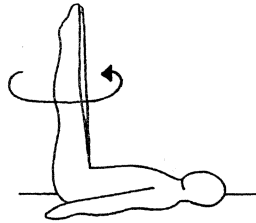
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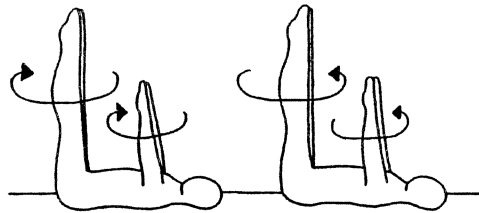
2



3 a



b



4



1. Lie down on your back and cross your legs at the ankles. Move your hips from side to side, isolating the movement so that only your hips move. Don't twist your hips, move them from side to side. You must move powerfully. This is no small exercise; it is helpful to the kidneys, adjusts the glandular system, and can help you to recover from glandular depletion. 2 1/2 Minutes.

2. Remain on your back and bring your legs up to ninety degrees, keeping your knees straight. Move each leg in individual circles. Both legs move at the same time but they make separate circles. This adjusts the basic pelvic rotation which normally gets out, making you old and causing shortness of breath. This is a good exercise to do every day. 2 1/2 Minutes.

3. In the same position:

a. Bring your legs together and move them in a circle together for 3 Minutes.

b. Continue the leg movement, bring your arms up to ninety degrees, and move them in a circle at the same time. First rotate your arms and legs in a clockwise direction 21 times and then rotate them 21 times in a counter-clockwise direction. Coordinate the movement of the arms and legs. Then relax down and stretch your legs.

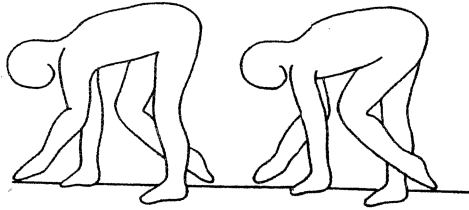
This exercise keeps you going, flowing, and young. It should make your cheeks red.

4. Still lying on your back, put your heels together, and place your hands under your buttocks. Raise your upper body and your legs up until your nose and toes are directly across from each other. Hold this position for 30 Seconds. Then bring your nose to your knees and return to the "nose and toes directly across from each other" position. Continue moving up and down. 2 1/2 Minutes.

If you do this exercise correctly and practice regularly, you can never have a headache, no matter what. It brings balance to the function of the brain and all the tissues.

(Those who wish to do the advanced version of this exercise may lie down flat on their backs after touching their nose to knees and continue going up and down that way.)

5



5. Balance yourself in the all-fours position on your hands and feet. Lift your left hand and your right foot at the same time. Then lower them and lift your right hand and left foot at the same time. Continue lifting alternate hands and feet for 3 Minutes. Continue the same movement but move like you are dancing for 30 Seconds. This exercise is very good for circulation and wonderful for the nerves.

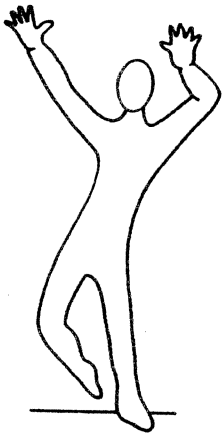
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6. Sit in Easy Pose, with one hand over the other at the heart center. Revolve the torso on the hips in a grinding motion. Make a heavy complete revolution of your spine. Give yourself a chance to unclog your liver. 4 1/2 Minutes.

7. Stand up, close your eyes, and dance. Dance any way you feel like, use any rhythm, but keep your balance. Keep your eyes closed throughout the dance. Meditate on the fact that the whole world is dancing with you. Dance so that you feel hot breath in your nostrils. The breath should become fiery from the energy that you put into this dance. 9 1/2 Minutes

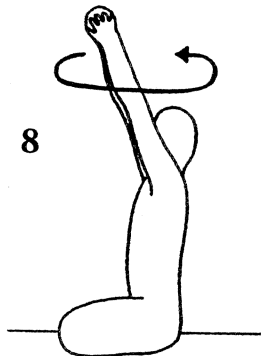
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8. Sit down in Easy Pose and raise your arms up over your head with the fingers interlaced and the elbows straight. Move your arms in a wild and powerful circle over your head. 1 Minute.

9. Relax your arms down and sit like a yogi. Chant long "Sat Nam's." Inhale, chant "Sat" extending the sound, then chant "Nam" in a short syllable. (If the "Sat" is chanted for 35 beats, then the "Nam" is chanted for 1 beat, that is the proportion.) 2 Minutes. Chant "Wah-hay Guroo, Wah-hay Guroo, Wah-hay Guroo" continuously in a monotone for 2 Minutes. Chant at a moderate pace and be sure to chant in three parts "Wah," "Hay," "Guroo." Chant "Har Har Haree, Har Har Haree" for 30 Seconds.

8



To finish: Inhale deeply, bring your hands into Prayer Mudra at the heart center, hold your breath 30 seconds, while you meditate on the energy of the heart and hands together. Exhale. Inhale, hold your breath 30 seconds, and continue to meditate on the energy of the heart and hands. Exhale. Inhale, hold your breath 30 seconds, and concentrate on your third eye point. Exhale and relax.

"Where the Kundalini is, the entire wealth of the universe and the heavens is. Where the Kundalini is awakened, all corners bring gifts and salutations. It is the most divine power of God himself. It is God's thunderbolt."

YB