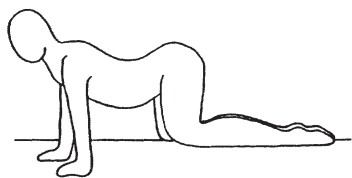


Self-Control Through Developed Sensitivity

September 25, 1985

1a



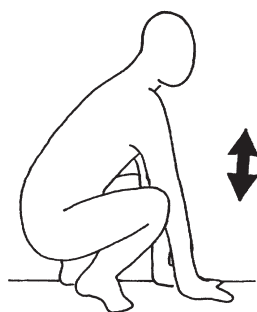
1b



4



10



1. Come into cow pose. From this position, quickly bring both hands to your heart and back to the floor, keeping the posture steady. Do not move your body. 4 Minutes. This exercise gives great strength to the nervous system.

2. Sitting in easy pose, use the palms of both hands to beat your lower back alternately and musically. Move fast. 2 1/2 Minutes. This exercise gives strength to your day.

3. Use your fists to beat the kidney points that are located on either side of your lower spine halfway between the top of your hip bones and the bottom of your ribs. Move quickly, but do not hit hard. 2 Minutes. This exercise produces energy. (Doing this 2-3 minutes every day will keep you always in a good mood.)

4. Use your palms to beat the tops of your shoulders, hitting hard with both hands at the same time. 1 1/2 Minutes. This exercise develops the sensitivity of the back of the brain.

5. Make your hands into fists and stimulate your navel area, hitting alternately with the fists. Hit only as hard as you can tolerate. 1 Minute. This balances your navel.

6. Use your fists to stimulate the entire chest area. 1 Minute.

7. Sitting with your legs stretched straight out, beat your knees with your open palms. 30 Seconds. This brings relaxation.

8. Sit with your knees pulled up to your chest and beat the tops of your feet with your open palms. 30 seconds. This stimulates your inner organs.

9. Use your palms alternately to beat the backs of your own hands. 1 1/2 Minutes. This is for bone joints and body structure.

10. Come into frog pose and jump up and down. 3 1/2 Minutes. This adjusts the whole body.

11. Lie down and relax. 11 Minutes. Rise up and stretch your body.

Kundalini Yoga does not believe in controlling another human being. Kundalini Yoga believes in making each human being truly himself or herself.

YB

Normally we react to pain and fear by reducing sensitivity, by becoming selectively numb. This set does the opposite. It awakens our sensitivity and give us a new sense of self control and choice.

GSK