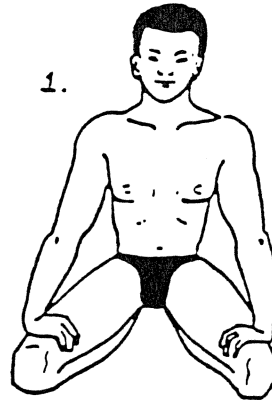
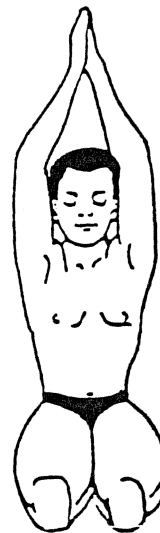


TO RAISE KUNDALINI

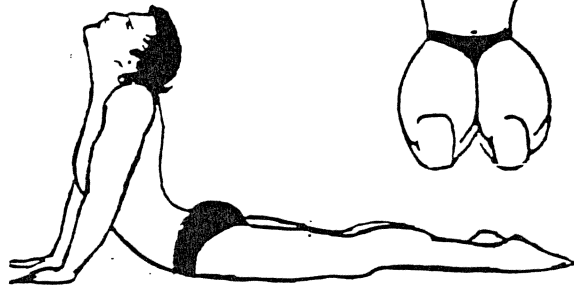
1. In ROCK POSE, with knees apart, inhale, exhale and pull Mulband, concentrating at the 3rd Eye. Repeat twice more. "The seed is sown!" (Yogiji released life force for 1 second to aid class.)



2. SAT KRIYA for 3 minutes. Then inhale, exhale and apply Mulband and pull up along the spine.



3. Push up into COBRA POSE, inhale, exhale, exhale again and swivel head left and right. Inhale and relax.



COMMENTS: Identify with the Creator (Truth, Sat Nam) and you will become Sat Nam. The grace of the teacher is to plant the seed; then the Self does the work.



MAN IS GOD when he has faith that he is a man, but he is a Satan when he doubts that he is.

December 18, 1970