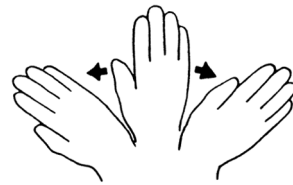
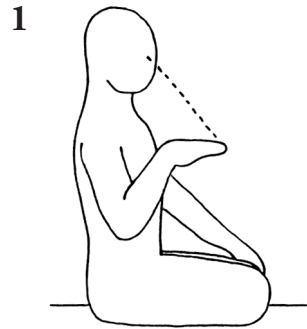
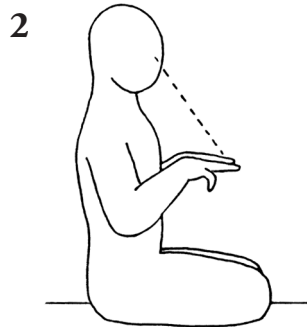


Experiencing the Relationship of the Pranic Body and the Physical Body

March 7, 1984



*Keep the hand parallel to the floor.
Move it to the right.
Then back to center.
Move it to the left, then back to center.*



Move both Mercury fingers.



Move both Sun fingers.



Move both Saturn fingers.



Move both Jupiter fingers.

1. Sit in easy pose with the right elbow bent, forearm angled up, and the right palm facing downward. Concentrate on your right hand. Move it to the right to your maximum, then move it back to the center. Then move it to the left to your maximum and then back to the center. Keep the palm facing downward. 1 Minute.

Sometimes your hand will move in one direction a little bit more or less. The direction or the angle may be wrong. You will find that what you want to do is not happening. You will see that there is a difference between the command you send to your hand and its obedience. Observe this situation in this exercise.

2. Bend both elbows with the forearms angled up and both palms facing downward. The upper arms are relaxed by the sides of the body. The hands are together in front of the chest, thumbs near each other but not touching. Move both Mercury (pinkie) fingers down and up at the same time. Then move both Sun (ring) fingers down and up at the same time. Then move both Saturn (middle) fingers down and up at the same time. Then move both Jupiter (pointer) fingers down and up at the same time. Continue moving the same fingers of each hand at the same time. Move only the set of fingers that you are trying to move. Do not move any of the others. 2 1/2 Minutes.

Look at your hands, seriously concentrate, and coordinate the movement. Your efforts will show you that you have two brains, not one. Both movements will not be exactly the same, no matter what you do. This is a simple physical fact that is very hard to accept. We think that our hands are totally under our control and that they do what we tell them to do. You should be aware that everything is not under your control. It is not a

“What we are doing today is very important. We have one central nervous system. When that one central nervous system goes out of control, the re-entry of prana into the physical body is proportionately less. I want you to experience that. I want you to understand that the inflow of the pranic body and the physical body have an established relationship.”

“Sometime you might have understood, in the simple sense of life, that a

handicap. It is a reality.

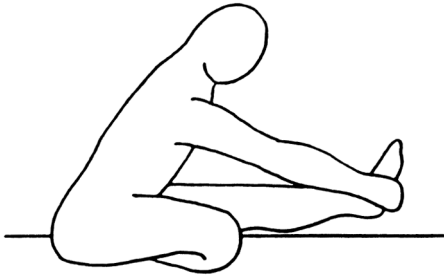
3



3. Stand up, bend your knees, and lower yourself down as if you were sitting in a chair. Imagine that you are sitting comfortably in a chair. Stay in this position. Keep your back straight and your spine relaxed. 3 Minutes.

I am working with the organs of your body to let you know that because of the non-flexibility and rigidity which you have created, your functional body and your commanding body are not in the same position. I want you to know this because this situation creates a handicap.

4



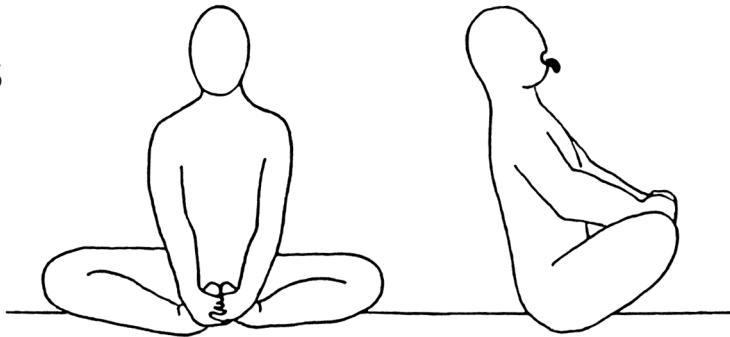
4. Sit down on your right heel with your left leg stretched out straight. Grasp the heel of your left foot with both hands and lift the leg up six inches. Lift it six inches only, no higher. Keep the left leg straight. Hold this position for 1 1/2 Minutes.

Remain in the posture, close your eyes, and do Sitali breath: inhale through the rolled tongue and exhale through the nose. Breathe heavily. 1 1/2 Minutes.

Change legs and continue the exercise sitting on the left heel, with the right leg stretched out in front. Grasp the right heel with both hands and lift the leg up six inches. Begin a powerful Breath of Fire. 2 Minutes.

In your body you have an organ called the colon. It gives you life. It gives you all that your body needs. If you can hold your leg straight and keep it in position for this exercise, you can help to strengthen your colon. This is one of many small cleansing kriyas that we do to affect certain important organs in our bodies.

5



5. Sit in Easy Pose and bring the soles of your feet together. Lock your hands around your feet, lift your feet off the ground, and balance yourself. It will be an angular balance. Do not let your feet touch the ground. Stick out your tongue as far as you can and begin panting dog breath. Make your breath deep and rhythmic. 1 1/2 Minutes.

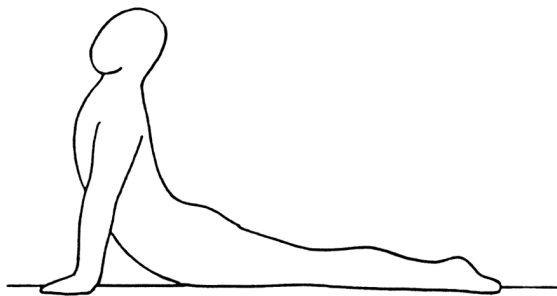
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This exercise is said to eliminate mucous and to take away sexual

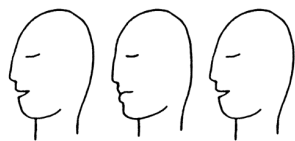
person has died and after half an hour, they come back. They are alive again. They say certain things, do certain things, and work out things for a couple of hours. Then they die again. ...It is just that the pranic body re-takes the life from the subtle body, pushes it back in (to the physical body), balances it out, and you are alive. Push it out and you are dead. That is the driving conclusion. We'll like to feel this relationship, so we may know about it."

YB

6

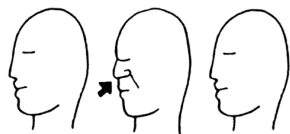


6A



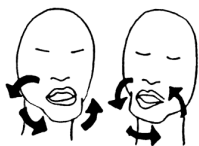
Open and close the lips.

6B



Wrinkle your nose up and down.

6C



Roll the jaw.

7



weakness.

6. Come into Cobra Pose.

A. Begin rapidly opening and closing your lips. 1 1/2 Minutes. You will get a very funny feeling, but it is all right.

B. Stay in Cobra Pose and begin wrinkling your nose. Pull your nose upward. 1 Minute. It is very relaxing. This exercise can get a tremendous amount of hate out of you. Get rid of it.

C. Still in Cobra Pose, begin rolling your lower jaw, like a cow chewing its cud. The lower jaw moves around in a circle. This is a very relaxing movement. 1 Minute.

7. Sit in Easy Pose and stretch your arms out to the sides. Begin moving your arms up and down like you are flying. Imagine that you are flying a long distance. Close your eyes and concentrate on flying.

1 1/2 Minutes.

Fast or slow, set your own rhythm. Move in any pattern you wish, but whatever rhythm you start with, you have to continue in that rhythm.

What we are doing is setting a movement and asking our neuro-message system to copy it. It is very important. You must recapture your original pattern and repeat it. It is all happening inside the brain and the movement of the hands is just a path to create it. It should not hurt.

To Finish: Stretch your arms straight to the sides like an eagle gliding. Make your arms and hands like steel. Toughen every muscle in your arms, shoulders, and neck. Stretch and toughen. 1 Minute.

8. Relax.