

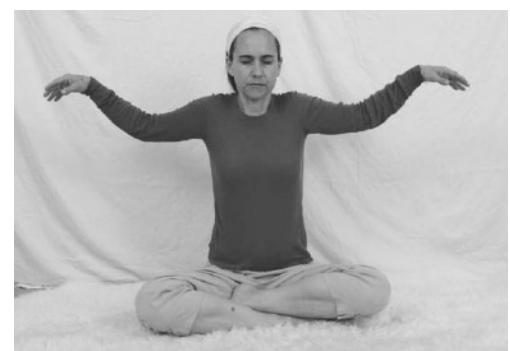
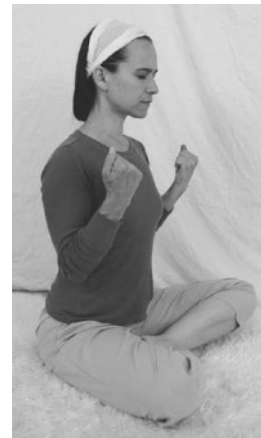


1. Sit in Easy Pose with your spine straight. Keep your chin in and your chest out. Bend your elbows and support them on your rib cage with your palms facing toward your body. Allow the wrists to bend so the palms face upward, hands in front of the shoulders. Close your hands into fists and open them again rapidly and continuously. Put strength in your movement. 3 Minutes.

This creates an elementary balance, which is one of the most beautiful and powerful things of the human body. It will stimulate the basic tattvas...your breath will change. The pranic energy in the combination of your breath will change. You cannot buy that in the market, you have to produce it.

2. Still in Easy Pose, move your arms and shoulders like a bird in flight. Move fast. This balances both parts of the brain. Be sure that your shoulders move up and down with the movement of your arms. 3 Minutes.

This adjusts the ribs, is beneficial to the heart, and improves circulation in the chest area. This will help to adjust the ribs and balance both sides of the brain. However, if you start to feel nauseated, stop immediately.





3. Sit in Easy Pose and look straight ahead. Alternate arm stretches. Move so that when the right hand extends forward and the left hand is back, the hands become fists, palm down. When the left hand is stretching forward and the right hand is back, the hands are open, relaxed and palm down. Move quickly and powerfully. The arms extend fully so that the elbow is straight.
3 Minutes.

This is for the nervous system. Move very fast so that the breath changes.

4. Bend your elbows with your palms facing forward, fingers slightly spread. Lean back 15 degrees. Close your eyes. Sit with your chin in and chest out. Balance your body from the chin, which is the moon center. Sing along with the tape Meditation by Wahe Guru Kaur and go into deep meditation.
15 Minutes.

The angle of the spine is important. If this exercise is done correctly, the basic psyche will change.

To finish: Inhale, lean back a little farther and stretch your spine vertebra by vertebra as you hold the breath 10-15 seconds. Repeat this sequence two more times. Exercise one is for the tattvas, exercise two is for the pranic rib cage, and exercise three is for the nervous system.



Note: In this exercise #3, eyes are meant to be open, looking straightforward.

