

## RELAXATION SERIES TO TO REMOVE NEGATIVITY & TENSION

February 15, 1972

1. In Easy Pose, inhale for 5 seconds, exhale for 5 seconds, and pump stomach for 5 seconds. Continue for 5 minutes.

2. Lying on back, raise hips ONLY off the ground, without using hands, keeping legs and back on the ground. Hold with long, deep breathing for 1-3 mins. (For youthfulness.)

3. On back, raise both legs 4-6 inches and hold with long, deep breathing for 1-3 minutes. "The whole body will salute you and you can digest anything." All toxins will come out and it is good for the heart.

4. Raise left leg up to 90°, keeping the rest of the body relaxed with long, deep breathing for 3 minutes. Cleans toxins and renews vigor.

5. Raise head only, keeping the rest of the body relaxed, with long deep breathing for 3 minutes. Good for headaches.

6. Make a pillow of the right arm and relax on the right side, raising the left leg as high as possible and hold with relaxed body for 3 minutes.

7. Relax on the stomach for 1 minute. Good for the colon and eliminates toxins

8. Catch heels with hands and pull into buttocks without raising the body and hold with long, deep breathing 3 minutes

9. Raise upper body in Cobra with the support of the hands and hold with long, deep breathing for 3 minutes or as long as possible.

10. In meditation pose, chant (pg. 132)

Ad Gurey Name,  
Jugad Gurey Name,  
Sat Gurey Name,  
Siri Guru Devi Name

for 5 minutes. Set takes 26-31 minutes. You'll come out of it as fresh as from a sleep. Tension is good if followed by relaxation.

