

## Reaching to Your Mental Richness and Spiritual Strength (Reaching Me in Me)

8-23-1986

1. Sit in Easy Pose and balance yourself. Bring the fingers of the left hand together and make them stiff. Press the tips of the fingers into the center of the palm of the right hand. Focus the pressure with the Saturn finger and keep adding pressure. With the proper pressure, your palm will become hot. Stretch the spine upward and pump the navel without the breath. (This means to pump the navel either with the breath held in or with the breath held out.) 2 1/2 Minutes.

**1**



The energy will start circulating to the areas of weakness and re-balancing them. This is a general tune-up. The easiest and fastest way to recuperate yourself.

2. Sit in Easy Pose with your thumb and Jupiter finger in locked Gian Mudra. It is best if you keep the other fingers straight, but they can be curled. The hands are resting on the knees. Open and close your lips continuously. Don't stop. Don't let the rhythm break. 1 1/2 Minutes. This exercise can help you recover from fatigue.

**2**



3. Right hand over left, in front of the heart center, palms facing down. Revolve your hands around each other in a circle, with the palms always facing downward. Do this when you are really worrying and something is really bothering you. 1 1/2 Minutes.

**3**



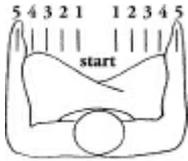
4. Start with your palms facing each other about 4" apart in front of your navel center. Move both hands sharply straight up and down about 8 inches. Spread the hands a little farther apart and again move both hands sharply straight up and down. Spread the hands again and repeat the motion until you have divided your lap into 5 parts, then reverse the direction and continue. 3 Minutes.

4



It will make you ageless. This exercise is dividing your psyche. Your psyche does not want to be divided, so it will freak out, and try to regroup itself by calling on your reserve energy to balance it out.

5. Bring the left hand to the heart center with the palm facing upward, and the Sun (ring) finger touching the thumb. Bring the right arm out to the side and lift it up at a sixty degree angle with the palm up. Turn the palm down and lower the arm. Then turn the palm up and raise the arm back up to sixty degrees. Do this 22 times and then change arms and repeat.



*Top View*

6. Steeple your hands, touching the fingertips to fingertips at the heart center. Rotate the joined fingertips together, moving in and out in a circular motion. The wrists stay steady. 11 times.

6



Take a moment to feel your energy. Our bodies have the power to recuperate themselves. This body is nothing but a bunch of magnetic cells dancing and holding each other.

7. Place your hands in front of your heart center. Your hands are in the Open Lotus Mudra with the fingers of the right hand crossing the fingers of the left hand at a 45 degree angle, palms up. Inhale through your nose. Then exhale so powerfully through your nose that you can feel the breath on the palm of your hand. You must feel each breath. Do 52 Breaths.

7



8. Place one hand on top of the other in the center of your chest, with both thumbs pointing up toward your head. Pretend to feel bad, guilty, and sad. Bend your torso down to touch your head to each knee alternately. Touch each knee 11 times.

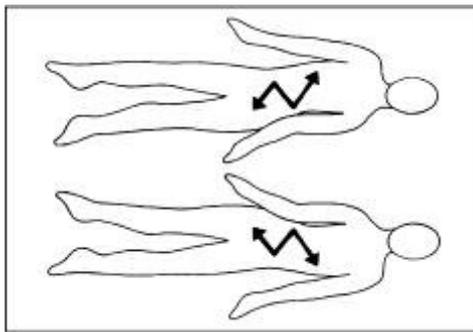
8



When you are very sad and very down, do this exercise and you will be surprised that you ever felt sad. This is how the body can switch the tendency. Activity carries the mind and spirit with it. And just to properly transfer the activity, that's what it takes.

9. Lie down on your back and adjust your spine by moving your hips and rib cage in opposite directions in equal proportions, like a snake moving across a field. Give the vertebrae and nervous system a chance to be adjusted. Your hands and head remain on the floor. 3 Minutes.

9



10. Relax on your back and put yourself into a self-hypnotic sleep. 10 Minutes. Listen to Singh Kaur's Rakhe Rakhan Har tape.

“Are we mentally rich? If we are spiritually strong, we can do the impossible as possible. Is our discipline that strong?” YB

To finish: Inhale and slowly wake yourself up. Roll your hands and feet. Do Cat stretch and the slowly get up.