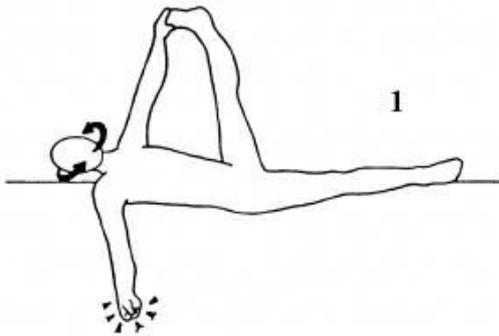


Glandular System Tune-up - uit: Owners Manual for the Human Body -

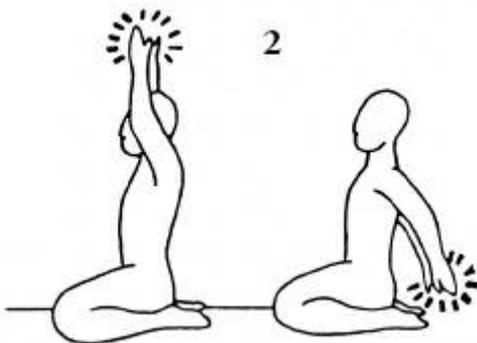
August 21, 1985

We want you to live the light of your life in reality. Therefore you have to change your attitudes. With the modern trend, with the heavy pressures, sex is not the way. You have to transform sexual energy into the sixth sense of your own exalted common sense. You have to understand that there is only "x" amount of energy which you can use for all the purposes of your life. You cannot drag it down. You have to purposefully look at yourself and make yourself important to you, around you, and for you. Let this be the day and let this be the beginning of that goal to achieve. - Yogi Bhajan

1. Lie down on your right side. Lift your left leg straight up and grab the toes of your left foot with your left hand. Now stretch your right arm straight out from your body and make a fist. Begin simultaneously rolling your neck and clenching and opening your fist. "Hand has to be a pumping machine." Pump blood to your neck, work your thyroid. 2 1/2 Minutes.



2. Sit on your heels, reach behind and clap your hands together at the small of your back and then raise your arms and clap your hands over your head. Chant SA TA NA MA, chant a syllable with each clap, (one complete SA-TA-NA-MA = 2 seconds) "Stretch the sciatica at the shoulder points." 3 1/2 Minutes.



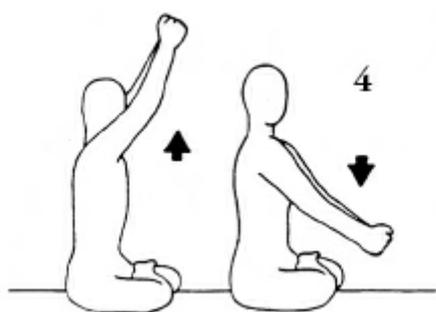
3. Meen Mudra (fish exercise) : lie down on your back, clasping your hands under your neck and begin jumping your body around like a jumping fish, move any and every part of your body vigorously so that you can "let the system relax, let the glands work it out." 2 1/2 Minutes.



3

4. Sitting in Easy Pose with hands clasped, raise both arms up in front of you. Using your arms like a hammer, raise them up over your head and forcefully hit them toward the ground (without actually hitting the ground) and then raise them up again over your head. Continue moving forcefully. “Get angry and get going!...Get mad. Take the anger out.” 4 Minutes.

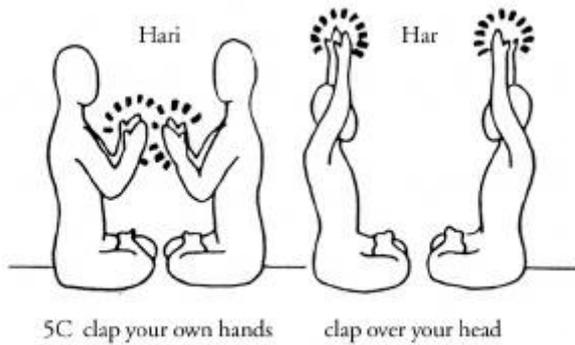
The more forceful your grip and the more powerful and controlled your hammer blow, the better the effect on your heart. “It is the relationship between the heart and the sciatica.”



5. Exercise for the brain: get a partner and sit facing each other



- A. Clap your hands together in front of your chest and then clap your partners hands (like patty cake.)
- B. Clap your own hands again and clap your partner's hands.
- C. Clap your own hands again and then raise your own arms up and clap your own hands together over your head. And continue this sequence. 3 Minutes.



Then continue the motion chanting “Hari Har” once as you perform A chanting “Hari Har” once as you perform B and again chanting “Hari Har” once as you perform C. 2 1/2 Minutes. (One repetition of “Hari Har” = 3 seconds.) Chant from the navel.

During exercise number five, Yogi Bhajan said, “This is how they used to teach us mantras. Actually it is a brain exercise. It is the exercise which makes the gray matter and the serum in the spine to combine in circulation and it is a very good thing.”

6. Sit on your heels and interlock your fingers in front of your chest, palms down, and shake every part of your body. Close your eyes and go wild. 3 Minutes. “Give your nervous system a renewed strength...Shake your body like it has never been shaken.”



7. Lie down on your back and quickly bounce your hips up and down on the floor. 1 1/2 Minutes. “Twist it. Dance it. Left and right. Right and left.”

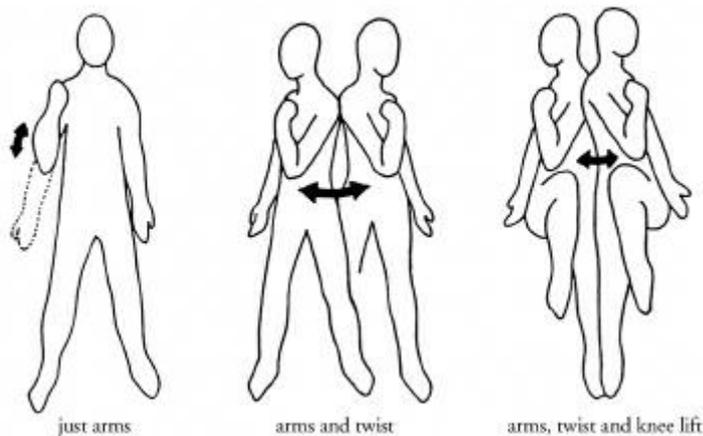


8. Move quickly through exercise #1-10 of the yoga set called “To Build Stamina and Spark the Glandular System” (Har Aerobic Kriya) Cycle through this sequence for 5 1/2 Minutes.

9. Relax for 4 Minutes.

10. Stand in front of a mirror. Have your arms at your sides with the palms of your hands facing forward. Make a fist of your right hand and bend your elbow, bringing your fist to your shoulder. Lower your right hand and relax the fist while you make a fist of your left hand and bring it to your shoulder. Continuing this movement, twist your torso from the waist: twisting to the left when your right fist comes up and twisting to the right when your left fist comes up. Once those two movements are coordinated, begin lifting the left knee up as you twist to the left and bring the right fist up. As you twist to the right, bring the right knee up as the left fist comes up. This is to be aerobic movement so move quickly. 3 Minutes.

10



11. Long Deep Relaxation in Corpse Pose, lying down flat on your back. Make your breath long and go to sleep. 7 Minutes.

Yogi Bhajan played the gong for the first two and a half minutes of this layout, then he instructed the class to nap at their own command for the last four and a half minutes. "Learning to nap yourself for three minutes is one of the greatest relaxations you can give to your system."