**Awaken the Diaphragm – from “Self Experience”**

September 26, 1984

1. Left Cham Kamal Mudra: Lie flat on your back and raise your left leg up to

ninety degrees. Reach up and grab the toes of your left foot with both hands. Keep

both legs straight. Do not bend your knees. Chant "Har" rhythmically, continuously,

and powerfully from your diaphragm. 6 Minutes.

2. Right Cham Kamal Mudra: Still lying on your back, raise your right leg to ninety

degrees and continue to chant as in exercise one. Pump your diaphragm strongly

as you create the sound "Har." 5 Minutes.

3. Kamal Prakash Mudra: Sit up and stretch your legs out straight in front of you.

Grab your toes while keeping your spine straight. Move your torso down and up,

bending from the hips, not from the neck or spine. Start out moving two to three

inches and slowly and gradually bend forward more and more. Chant "Har" rhythmically

and continuously from your diaphragm. 2 1/2 Minutes.

4. Lie down on your back and relax. 6 1/2 Minutes.

5. Shake your neck, shake your upper body, and then shake your whole body.

In exercises 1 and 2, you grasp the feet (Cham) and chant "Har" to stimulate your

diaphragm and the lotus (Kamal) of the navel. Exercise 3 is a variation of Maha

Mudra in which movement and chanting are employed to awaken the diaphragm.

If you experience an inability to keep your legs straight or a lot of shaking in exercises

one and two, it indicates that the organs below the diaphragm are not being

properly served. The digestive system and the metabolism need work and fat is not

being proportionately regulated. Your strength and stamina are about half of what

they could be.

For a really powerful experience, do each of the exercises for 11 minutes. In about

three days you'll experience "something you cannot explain or imagine." 11 minutes

of exercise one and two can create a deep state of relaxation which cannot be

reached by any other means.

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*"You have to conquer your laziness and ego. Insincere effort is a treachery with*

*your own self because you are not trying to reach an experience.*" *YB*