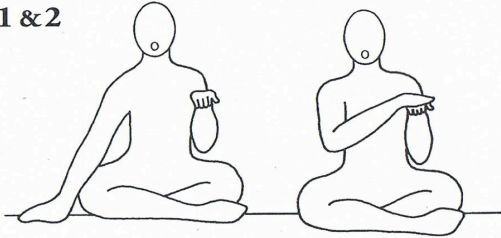


Renew Your Nervous System and Build Stamina

January 24, 1996

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1 & 2



1. Sit in Easy Pose with a straight spine. Your left elbow is bent and rests close to the rib cage. The left palm faces upward, with the fingers pointing straight ahead. Make an "O" of your mouth and breathe through your mouth in the following manner. Inhale in three strokes as you touch the floor by your right side with the palm of your right hand and bring your right hand back toward your left palm. As the right palm touches the left palm, exhale in one stroke through the mouth. Time the motion of your right hand so you touch the floor and return within the three strokes of your inhale. You exhale in one stroke only as the right palm touches the left palm. Continue in this manner, breathing powerfully from the diaphragm. 4 Minutes.

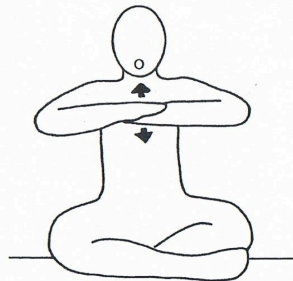
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2. Close your eyes and continue exercise #1, but move faster. This exercise can give you totally new nerves and stamina. It will break up blockages in the lungs. It can relax the body, take away muscle fatigue, and make you steady. 3 1/2 Minutes.

3. Inhale and exhale through the "O"-shaped mouth as you begin moving your arms in outward circles in front of your chest. The motion is something like scooping water up out of your lap, dashing it on your face, and circling your arms back to your lap. Move vigorously to open up your chest and to exercise the muscles of your shoulder blades. 3 1/2 Minutes.

4



4. Rest your right hand on your left at the center of your chest about level with your shoulders. The palms face down. Keep the hands touching as you move them four to six inches up and down. Move rapidly. Breathe through the "O"-shaped mouth in time with the movement. 1 1/2 Minutes. This exercise sends new serum to the brain and can help relieve depression.

"We live by the beat of the heart, not by the thoughts of the head... Man who lives by the beat of the heart, continuously meditating on the name of God, shall find heavens here and hereafter."

YB

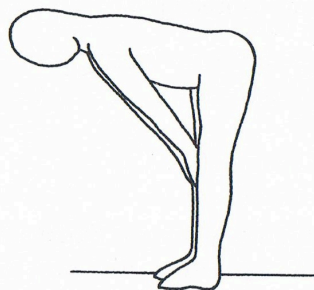
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5. Stand up and dance, shaking the entire body to the rhythmic beat of Bangara music. Lift your arms in the air, loosen your shoulders, spine, and hips. Break up your body blocks with rhythmic movement. Move vigorously and make yourself sweat. This is good for your circulation. 11 Minutes. After opening the diaphragm in the preceding exercises, this dance process is necessary.

6. Spread your legs shoulder width apart, keeping your knees straight. Lean over so that your torso is parallel with the ground. Rest your hands on your knees to support your torso. Let your lower back stretch out, allow it to open up. 1 Minute. Move directly into the next position.

6



7. Stay in the same position, but relax your arms and allow your body to hang forward. Bounce slowly and gently, allowing the weight of your body to stretch the spine and the muscles in the back of the legs. 30 Seconds. Inhale and gently rise up straight.

To finish: move in a relaxed and relaxing manner from one position to the other in the following manner. Inhale as you relax forward. Exhale as you rise up straight. Continue inhaling forward and exhaling as you straighten up four more times.

If a person's shoulders get tight, that person feels old and lifeless. You cannot be sick if you neither allow crystals to form in your feet nor allow your shoulders to get tight.

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