

CIRCULATORY SYSTEMS AND MAGNETIC FIELD



1) Lie down flat on the back, arms straight along the thighs, heels and toes together. Press the toes forward. Press the toes deeper and deeper for 1 minute, then lift the heels 6 inches. Begin long deep breathing. Keep the head relaxed down on the ground and continue for 3 minutes.

2) Dead relaxation for 2 minutes.

65

3) Again press the toes forward with the hands straight along the thighs and toes pressed down maximumly. Hold for 1 minute. Now lift the heels up 3 inches only. Apply mul bhand. Relax.

4) Dead relaxation. Become disassociated from the body. Imagine that there are no legs, no arms, no trunk, no head. Continue for 2 minutes.

5) Sit in easy pose. Put hands on shoulders in a "U" with fingers in front, thumbs in back. Begin breathing long and deep for 3 minutes, then inhale and mentally circulate the pranic energy. Relax.

6) Make an antenna of the right hand with fingers straight up in the air and the thumb closing off the right nostril. Begin long deep breathing through the left nostril for 5 minutes. Inhale — hold for 30 seconds and let the energy circulate in the body. Exhale.

7) Lie on the back. Lift toes and head 12 inches from the ground. KEEP UP! Do normal breathing for 2 minutes and breath of fire for 1 more minute to relieve pain. Inhale — hold, and relax.

8) Deep relaxation to a gong or to the chanting of long "Sat Nam's" (see "Basic Breath Series"), or any beautiful divine version of the Ashtang Mantra can be done. Relax for 10 minutes. Then rotate the wrists and ankles and stretch the spine.

9) Lie with hands at sides and legs straight together. Begin bundle roll. Imagine the body is a bundle of logs tied together and roll over and over without using the arms or legs, like logs rolling downhill.

10) Without a rest, lie flat on the back, open the mouth, and laugh loudly. Release the energy through the lungs. Relax for 1 minute and laugh again. Relax.

COMMENTS:

Blood is the life supply line to your cells. Did you know that the blood cells act differently with different magnetic influences? Exercises 1-4 raise and lower the blood pressure and increase circulation to the limbs and head. Exercises 5-7 magnetize and charge the blood with pranic force. This is like getting a transfusion of fresh young blood. The last exercise allows the new energy to circulate and affect the entire body. With the bundle roll, you consolidate those effects for the rest of the day.



Breath of Ten Meditation to Become Disease-Free

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Sit in Easy Pose with a straight spine. Your elbows are bent and your forearms and hands are relaxed and in a clapping position. Your hands move in and out like you are clapping but they do not touch. Stop the inward motion when the hands are about six to eight inches apart. Move slowly and rhythmically. Concentrate on the energy that you can feel between the palms of your hands.

The breath is timed with the movement of the hands. Inhale in five strokes through the nose and exhale in five strokes through the mouth. Each stroke of the breath is one clapping motion. Do not break the rhythm of the movement and breath. 16 1/2 Minutes.

To finish: Inhale deeply, hold your breath for 20 seconds as you press your hands against your face as hard as you can. Exhale. Inhale deeply, hold your breath for 20 seconds as you strongly press your hands against your heart center. Exhale. Inhale deeply, hold your breath for 20 seconds as you press your hands hard against your navel point. Exhale and relax.

This is magnetic energy therapy. The energy connection between the hands must not be broken. This exercise triggers the command center to wake up the immune system.

Do this meditation every day for 11 minutes and it will put all the chakras in rhythm.

