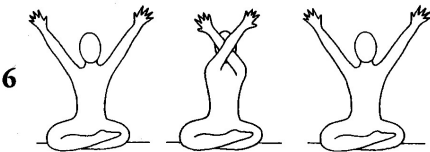
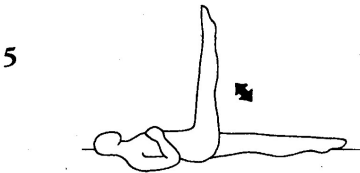
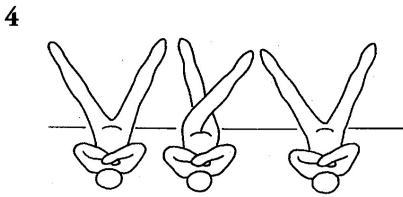
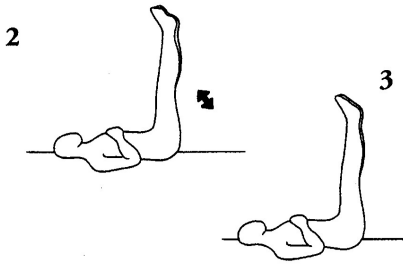
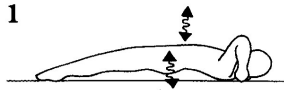


Exercises to Create a Disease-Free Body

June 18, 1984



1. Lie down flat on your back with your legs straight and your heels touching. Your hands are under your neck, touching the skin. Move your hips left and right and up and down like a jumping bean. Move vigorously. After 2 1/2 Minutes begin Breath of Fire and continue the movement for an additional 1 Minute.

This movement stimulates the nervous system which ultimately is the base power. If the base power is well stimulated, human effectiveness is greater than otherwise.

2. Remain on your back with your legs straight and your heels touching. Cross your hands over your heart center. Inhale through your nose and raise your legs up to 90 degrees. Exhale through your mouth as you lower your legs. Continue these leg lifts for 5 Minutes. Hand over hand at the heart center is the most neutral energy posture possible.

3. Keep your hands in the same position and lift your legs up to 90 degrees. Hold this position. Listen to Kulwant Singh's *Jaap Sahib: Last Four Lines* as you inhale through the nose and exhale through the mouth for 2 Minutes. Hold the position and begin to sing along with the tape for an additional 3 Minutes. Sing from the rib cage. Sing from the heart.

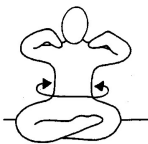
4. Keeping your legs up at 90 degrees and your hands crossed over your heart, criss-cross your legs. Continue singing. 7 Minutes.

5. Keep your hands in the same position and raise each leg alternately to 90 degrees. As one leg goes up, the other leg goes down. Bring the legs all the way to the ground. Keep the knees straight. Continue singing. 4 Minutes.

6. Sit in easy pose with your arms up in the air with your palms facing forward. Begin opening and closing your arms, criss-crossing them over your head. Keep the elbows straight. Continue singing with the tape. 7 minutes. Continue the movement but, instead of singing, inhale through the nose and exhale through the mouth. 2 Minutes.

"Stimulate the lymph glands to get the poison out. It is a prayer. Move your hands to create a vacuum pressure to move the Kundalini Shakti up. Do it with sacredness."

7



7. Sit in easy pose with your hands on your shoulders. Twist left and right, moving from the hips. Vigorously move the rib cage. Inhale through the nose, exhale through the mouth for 2 1/2 Minutes. Then begin singing for the last 1 1/2 Minutes.

8



8. Lie on your back, bend your legs, bring your knees to your chest. Extend the legs straight out allowing the heels to touch the ground. When the feet touch the ground, bring the knees back to the chest. Continue the movement for 3 Minutes. This exercise can help to relieve gas. If your knees don't obey you, you can use your hands to press your knees to your chest.

"Spirit is stronger than the physical body."

YB

10



9. Relax every part of your body. Meditatively move through your body, relaxing each part. Remain relaxed and motionless, allowing your body to recuperate. Fly away from your body. Meditate on the heavens, beauty, and excellence. Don't move for any reason. 8 1/2 Minutes.

During this layout Yogi Bhajan played Kulwant Singh's *Jaap Sahib: Last Four Lines* for 5 Minutes and then 3 1/2 Minutes of Singh Kaur's "Beloved God" from the *Peace Lagoon* tape.

10. Remain on your back and rotate your wrists and your ankles. 2 Minutes.

11



11. Remain on your back and raise your arms straight up to 90 degrees with the fingers wide open. Your feet are relaxed, resting on the floor. 30 Seconds. Move your arms in circles with no bend in the elbows. 1 Minute.

12. Relax.

"When your circulation is strong, disease doesn't like to visit you. This set moves your blood, lymph, and prana. It activates the nervous system from the navel center, distributing energy so you can relax and live fear-free and full of health." GCSK