

Hemisphere Adjustment and Subconscious Memory Elimination

5-23-84

The brain has two hemispheres, the left and the right. These two sides must coordinate their activities at the same time to supplement and complement each other. There is another area, called the memory area, that must also coordinate with the two hemispheres of the brain. When this coordination is lacking, the person will be angry, frustrated, and self-destructive.

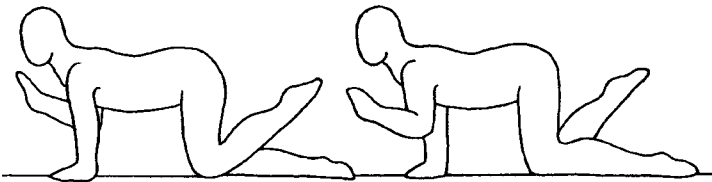
The things we usually rely on to help us, such as friends, money, youth, and beautiful possessions, are of little importance in life. The important thing is the coordination in action of our brain when we are confronted by the challenge of the times. That is the only friend we need. The rest comes later.

When you encounter a challenging situation and the left initial brain is asked to act, the right brain and the memory should coordinate so that the totality of you will direct the response and the response will be in harmony with who you are.

You may be the most genius person, intelligent, aware, competent, and honest. The whole packet may be perfect. But if the personality through the memory does not reflect the direction in the coordination of the brain hemispheres, you shall not act in full consciousness, in your full self. That is how important this interaction is.

1. Come on to your hands and knees in Cow Pose. Raise your right hand at the same time as you raise your left foot, keeping your left knee on the floor. (The left foot and shin move, but the knee stays on the floor.) Lower your right hand and left foot. Raise your left hand and right foot, keeping your knee on the floor. Continue alternately raising and lowering the opposite hands and feet. 6 Minutes.

Establish a rhythm for this movement and stay with that rhythm as you begin to sing some song you recall from memory. It doesn't matter how fast you go, just keep the rhythm constant. Yogi Bhanan had the class sing the "National Anthem." He suggested using the first pauri of *Jaap Sahib* (Namastang Akaalay) and said that when he learned this exercise, he used the shabd *Dayh Shiva*. Whatever you sing must be recited from memory while maintaining the rhythm of the movement. It is ideal that practice of this exercise is begun at three years of age.

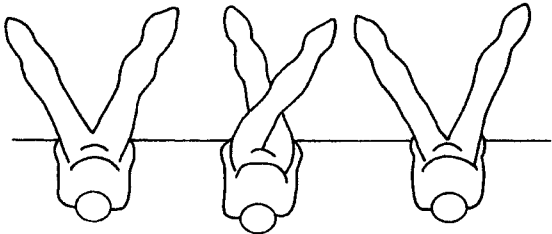


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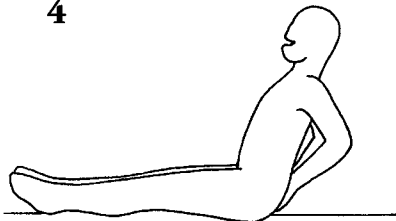
2. Lie on your back. Keep your right leg straight while you bend your left leg, bringing your left knee to your chest. Press your left leg to your chest with your hands for a second. Straighten your left leg and bring your right knee to your chest. By the time your hands press one knee, the other leg should be stretched out. Keep the extended leg out straight a few inches off the floor. Continue alternately pulling each knee to your chest. 4 Minutes.

3



3. Still lying on your back, bring your legs up to 90 degrees. Open your legs wide and begin criss-crossing them. After 1 Minute, as you continue to open and close your legs, begin a mental speech recounting incidents in your life that made you angry. Recall incidents that have upset you and talk them out mentally. Be sure to keep a steady rhythm in your movement. The exercise dismembers old memories. Continue for another 11-31 Minutes.

4



4. Remain on your back, place your hands under your lower back and raise your torso up sixty degrees from the floor. Hold the position and smile. Do not rest your weight on your hands or arms. 3 Minutes.

7



5. Lie down on your back and call someone (anyone) at the top of your lungs. 3 1/2 Minutes.

6. Remain on your back and laugh. 1/2 Minute.

7. Inhale and sit up in Easy Pose. Chant the Adi Shakti mantra “Ek Ong Kaar-a, Sa Ta Naa-ma, Siree Waa-ha, Hay Guroo” in the three and a half cycle Laya Yoga manner.

On “Ek” pull the navel point. The last syllable of “Kaar-a”, “Naa-ma”, and “Waa-ha”, is created by sharply pulling in and up on the diaphragm. On “Hay Guroo”, relax the lock. Visualize the sound spinning around the spine from its base to the top of the head. 11-31 Minutes.

To finish: Continue to mentally chant as you inhale 20 seconds, hold your breath for 20 seconds, exhale for 20 seconds. Repeat this breath sequence two more times. Raise your arms into the air and shake them vigorously. Shake the spine and the whole body.