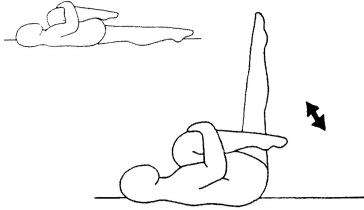


## Adjusting the Navel

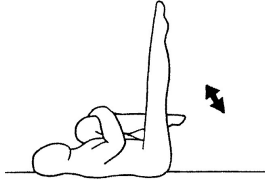
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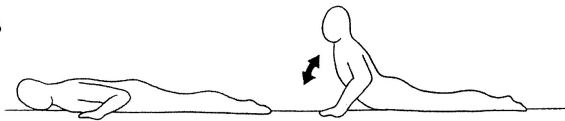
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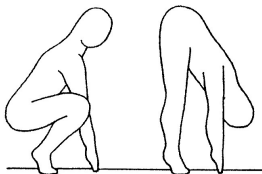
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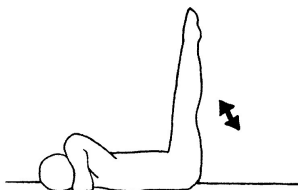
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Assess your own energy before you begin this set, so that you can re-assess your energy once you have completed it. This will help you to better appreciate and understand the effects of Kundalini Yoga.

1. Lie down flat on your back, bend your right knee, and use both arms to lock the right knee against your chest. Hold the right leg stable in this position and don't let it move.

Begin to raise and lower the left leg, with powerful long, deep breathing. Your breathing should be loud enough to hear. Move the left leg powerfully and quickly. One up and down movement of the leg should take only two seconds. Keep your face serene. This action will adjust your navel point, providing the bent leg is kept stable. 4 Minutes.

2. Switch sides and continue the exercise. 1 1/2 Minutes.

3. Lie down flat on your stomach with your chin touching the ground. Place your hands under your ribcage. Press your palms against the ground, arching up to raise your ribcage and head off the ground. Then lower your body down, bringing your chin (the moon center) back to the ground. Move quickly between these two positions. The chin touches the ground each time you come down. The pace is one lift and return cycle per second. Continue for 2 1/2 Minutes. This exercise automatically adjusts the neck and the ribcage.

4. Lie on your stomach. Balance yourself on your chest and chin. Bend your knees and raise your buttocks up into the air. Reach back and grab the backs of your knees with your hands. Bend your lower back. Don't allow it to arch upward. Find a position that is balanced with no strain on any part of your body. Let your body relax to its own adjustment. 2 Minutes. This posture is to remove wind that is locked inside, poisoning your system.

5. Lie down on your stomach and grab the upper part of your feet near the toes. Press your feet away from your body, lifting up into Bow Pose. Then relax down and lift up again. The pace is one up and down cycle per second. Continue this up and down motion for 2 Minutes. This exercise can take away inches from the sides, removing "love handles."

6. Still lying on your stomach, begin kicking your buttocks with alternate heels. Kick hard. Keep your chin on the ground. 1 Minute.

7. Come squatting on your heels in Frog Pose. Inhale and straighten your legs, keeping the fingertips touching the ground between your knees. Exhale and come back to the squatting position. Keep your heels together as you move up and down. The pace is fast, one second per up and down movement. Do 52 Frogs.

8. Lie on your back with your hands under your head. Lock your elbows up by your ears. Keep your heels together. Raise both legs up to ninety degrees and lower them back to the floor. The pace is one second to raise the legs up and one second to lower them down. Continue for 1 1/2 Minutes.

9. Lie flat on your back. Relax your body with your arms by your sides. Use your tongue to make a rapid ululation: La-la-la-la-la-la-la-la-la-la-la. 1 Minute. (Mostly our tongues are stiff. Flexibility of the tongue is important for getting maximum benefit from chanting.)

*"The beauty of Kundalini Yoga is that if one set is done A to Z for plus or minus three minutes, it totally re-invigorates your whole system. It brings to you all energy and all balance to prana and apana. There are twenty-two forms of yoga and they all lead to one thing: raising the Kundalini. Purpose of raising the Kundalini is not that we start flying in the air and all those gimmicks. When the Kundalini is raised, a person is super alert to everything."*

*"One becomes an acknowledged human being in every field of life one touches. It is for the householder. It allows us to marry and have children. You can take your life pressure absolutely nicely and still be young, beautiful, healthy, and able to keep going. That is the purpose... It is a very day to day, living experience. With all our mistakes and with all our weaknesses, still we can make ourselves healthy, happy, and holy. That is the purpose."*

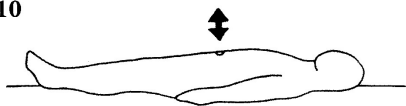
YB

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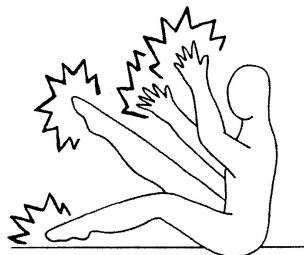
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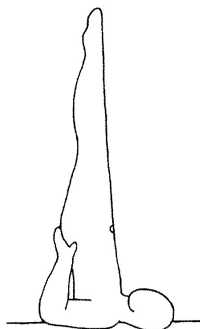
11A



11B



12



13



10. Remain lying on your back. Rest your hands by your sides. Begin to pump the navel in and out. 10 Seconds. Then continue to pump the navel and use the tongue to continuously chant "Har, Har, Har, Har, Har, Har." The pace is two Har's per second. Connect the action of the tip of the tongue with the action of the navel point. Move the navel powerfully. Keep the body lying flat on the floor; have no tension in any part of your body other than the navel. 3 Minutes.

*This exercise, practiced correctly, can give you long life, new energy, and the return of youth. It renews the cells and is the best facial you can give yourself. If you regularly practice it for ten to fifteen minutes a day, you will stay youthful and can avoid many health problems.*

11. Sit in easy pose and raise your arms up over your head.

A. Begin shaking and moving your whole body from the waist up. Create a very relaxed, very active movement. Let yourself go, make every movement unfamiliar and unique. Do not repeat patterns of movement. This totally relaxed, free style movement is called a "sitting dance." Continue for 1 Minute.

B. Now remain sitting, keep moving the upper body, and add the legs to the sitting dance. Everything should move in your own unique rhythm but you must remain sitting. Be very relaxed. 1 Minute.

12. Come into Shoulder Stand. Keep your legs very straight, Chant: "Hari Raam, Hari Raam, Hari Raam, Haray, Haray," This is a navel point mantra. Each repetition takes approximately five seconds. Hold the position and chant for 1 1/2 Minutes.

13. Sit comfortably and meditate like a yogi. Pretend to be nice and become thoughtless. Say "no" to every thought. Let no thought pass through you. Create the thought form that "you have no thought." 3 Minutes.

Begin chanting long Sat Naam's. The ratio of this chant is eight beats of "Sat" to one beat of "Naam." In other words, the length of time you chant "Sat" is eight times longer than the length of time you chant "Naam." 1 Minute. (This is approximately 20 seconds per repetition of the mantra.)

14. Relax. Feel yourself. Assess how differently you feel now from how you felt before you started this set.