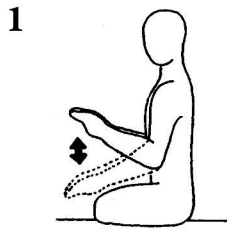
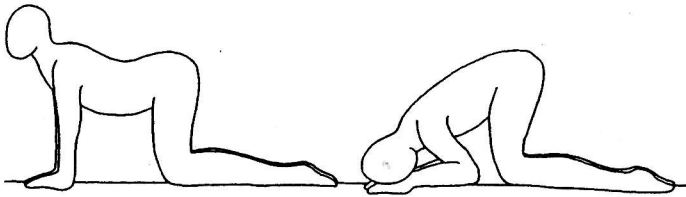


# Creating Internal Balance

June 5, 1984



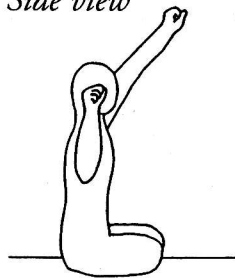
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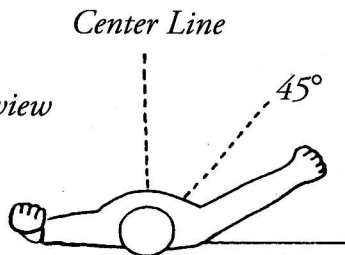
3 *Starting position*



3 *Side view*



3 *Top view*

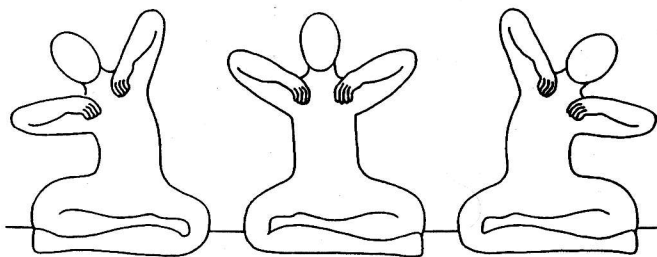


1. Sit in Easy Pose with your upper arms close to your sides. Your elbows are bent and your forearms extend forward, parallel to the floor. The palms are down. Begin moving your forearms up and down together, as if you are bouncing a ball. This movement is heavy, powerful, and rhythmic. The breath will automatically become a Breath of Fire in harmony with the strength of the movement. 4 Minutes.

2. Come on to your hands and knees in Cow Pose. Place your hands side by side on the floor so that they are centered under your chest. Bow down, touching your forehead to the backs of both hands. Rise back up into Cow Pose with your elbows straight. Continue this movement vigorously with a powerful breath. 4 Minutes. This exercise energizes the brain.

3. Sit in Easy Pose with your upper arms out to the sides and parallel to the floor. Your elbows are bent and your forearms extend upward. Make fists with your hands. Keeping the left arm in place, stretch the right arm up at a sixty degree angle and bring it back. Now keep the right arm in place as you stretch the left arm up at a sixty degree angle and bring it back. (Your arm should stretch diagonally forward as it goes up, so that, at its fullest extension, it forms a sixty degree angle to your body's center line as well as a sixty degree angle upward.) Make your fists heavy. Breathe heavily and move fast. The body will sway with the movement. The shoulders and ribcage will move. 3 1/2 Minutes.

4



4. Sit in Easy Pose with your elbows bent and your hands on your shoulders. The elbows are up and slightly forward. Alternately lean left and right. Sway the entire body to the same degree, do not bend your neck separately. Move powerfully. 2 Minutes.

5. Sit in Easy Pose with your fingers interlaced and your arms forming a hoop in front of your heart center. Your hands are about twelve inches from your chest. Find your own balance point. Move the navel without the breath. Inhale, vigorously pump your navel as long as you can. Then exhale, and vigorously pump your navel. Develop a pace and rhythm that will sustain you. 3 Minutes.

Close your eyes and concentrate at the brow point and continue pumping your navel. 4 Minutes.

Continue pumping your navel and begin to flex your spine like you are riding a horse. 2 1/2 Minutes.

For the next 1 1/2 Minutes chant "Har Har" with the tip of your tongue each time you pump your navel. Move the navel and chant as fast as you can. Try to chant "Har Har" eighty-four times during this time.

To finish: Inhale deeply, hold your breath for 30 seconds, and exhale. Repeat this sequence two more times.

Exercise can bring you emotional release and can tire you out so you can sleep. You exert yourself, sweat, and then deeply relax. This is very good, but, to achieve your total excellence, you must be able to control the chemistry of the blood. That is where Kundalini Yoga comes in. It is only through control of the chemistry of the blood, that one can sustain one's excellence over the long run. Glands are the guardians of your health and their secretions are vital to the strength and emotional balance needed in life.

*"If the glandular secretion and the blood chemistry are not right, it doesn't matter how powerful and wonderful you are, you are a handicapped person." YB*

5

