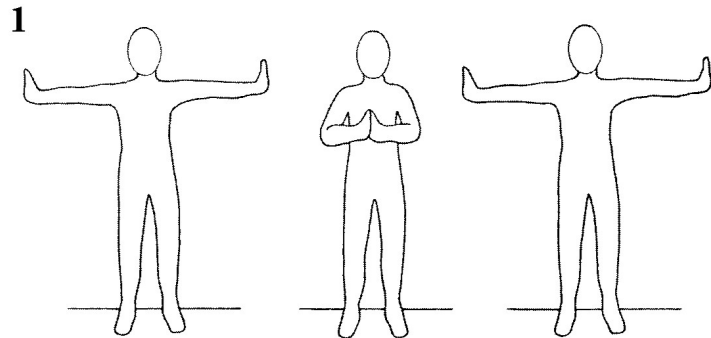


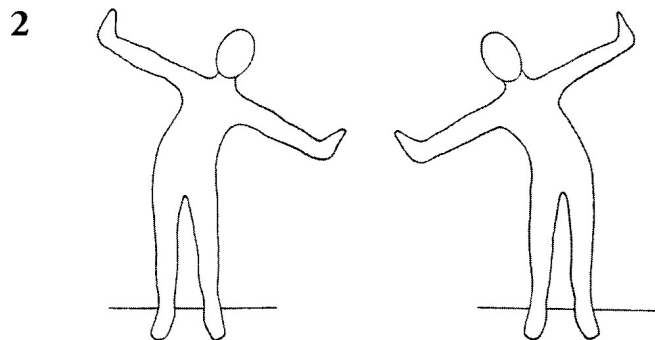
## Folding and Unfolding of the Energy Working in the Third Chakra, the Navel Point

February 8, 1984



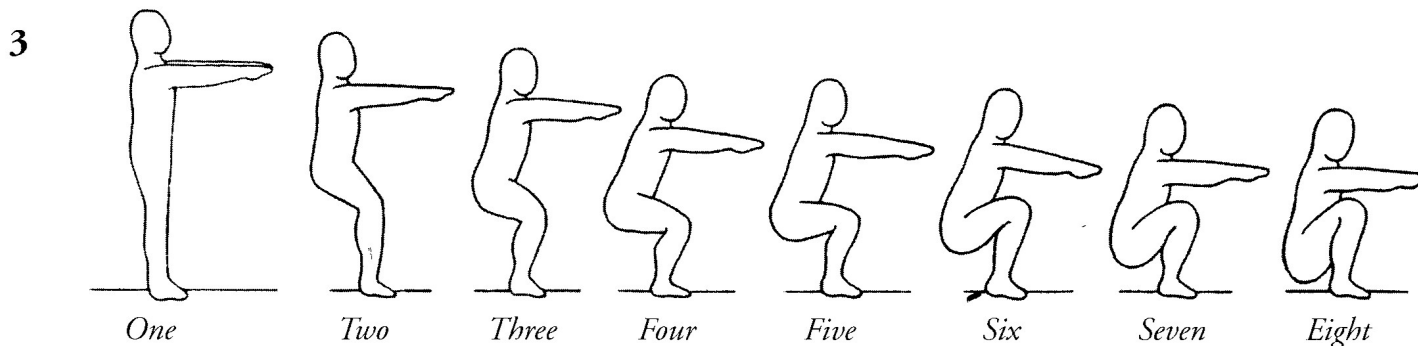
1. Stand straight with your feet a comfortable distance apart. Stretch your arms out to the sides, parallel to the floor, wrists bent, fingers pointing upward. Slowly and gracefully move your hands from this position to Prayer Pose at the center of your chest and then return your hands back to the starting position. 1 Minute.

Continue moving your hands this way and pull in on the navel point when your hands are in Prayer Pose. Release the navel pull when your hands stretch back out to the sides. Move slowly and systematically. Your breath will automatically adjust to the movement. Continue 2 1/2 Minutes.



2. Stand straight with your feet a comfortable distance apart. Stretch your arms out to the sides, parallel to the floor, wrists bent, fingers pointing upward. Keep your spine straight as you bend to the left side, come back to the center, and then bend to the right side and come back to the center. Continue 3 1/2 Minutes.

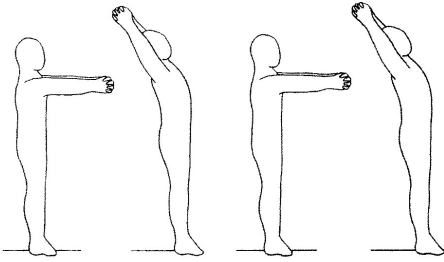
3. Stand straight with your arms stretched straight out in front of you. Lower your body into a squatting position in eight movements while counting the movements out loud. Move deeper into the squat with each count. At the count of "one" you are standing straight up and at the count of "eight" you are in Crow Pose. Then rise back up in one motion and begin the count again. 3 Minutes.



*"Education is not what you learn from time. Education is what you learn from your intuition and apply to time."*

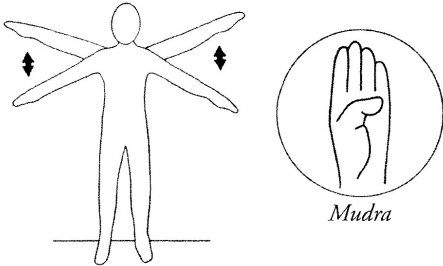
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4. Stand straight, interlace your fingers, and stretch your arms out in front of you. Keep the elbows straight. Lift your chest, and arch backward as you raise your arms up over your head. Return to the starting position. Continue this movement for 1 Minute.

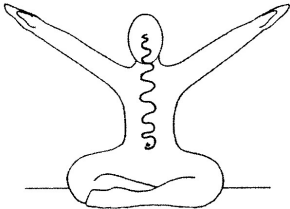
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5. Stand straight with your arms stretched out to the sides, palms down. Move your arms up and down as if you are flying. Move quickly. 1 1/2 Minutes.

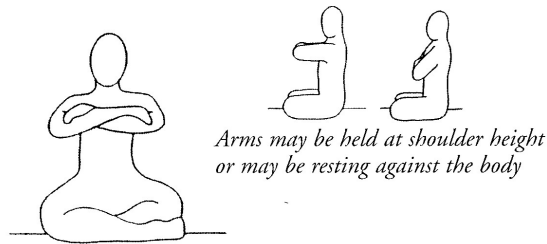
Touch your thumbs to the Mound of Mercury (the mound at the base of the little finger) and continue moving your arms up and down with your hands in this mudra. 1 1/2 Minutes.

6



6. Sit down in Easy Pose with your arms up and spread in an open "v". Tilt your palms forward at a sixty-degree angle. (The palms are neither facing straight forward nor facing downward. They are angled in between, at sixty degrees.) Hold this position and meditate. Mentally chant any mantra you choose as you gently pump your navel point. Use the navel to vibrate your mantra from your navel up to your third eye. 2 1/2 Minutes.

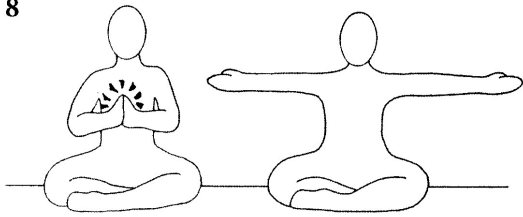
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*Arms may be held at shoulder height or may be resting against the body*

#7 Alternative position

8



8. Still in Easy Pose, clap your hands in front of your chest as you chant “Sat” and move your arms out to the sides, parallel to the ground, with the elbows straight and the palms facing forward as you chant “Naam.” 2 1/2 Minutes.

9. Relax.

These are simple exercises that stimulate the psyche, the sciatic nerve, the energy, and the main meridian in the brain (the vagus nerve). You have only to follow the directions for the set. Slowly and gradually extend the length of practice time for each exercise to 5-7 minutes. You will feel light. It will make you feel good.