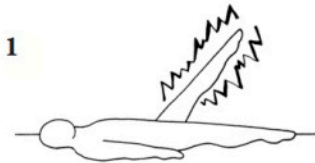


A Very Subtle Exercise Getting to the Root of Sub-conscious Depression

February 20, 1985



1. Lie down flat on your back, with your arms by your sides, and raise your left leg up to sixty degrees. Shake your left leg vigorously while simultaneously relaxing the rest of your body. Keep your knee straight and shake your leg really hard. 3 Minutes. You are totally reorganizing the stimulation of every gland in the body.

2. Lie down flat on your back and raise your right leg up to sixty degrees. Shake your right leg vigorously while simultaneously relaxing the rest of your body. Do not let the knees bend, keep both legs straight. You must shake your right leg physically harder than you shook your left leg. The shaking of the right side must be very intense. 3 Minutes.

3. Lie down flat on your back, with your arms by your sides, and raise both legs up to sixty degrees. Vigorously shake them both at the same time, but keep your knees straight. 3 Minutes.

4. Sit in Easy Pose, raise both arms straight up, and vigorously shake your hands moving from the wrists. The wrists and the hands both move. The elbows are kept straight. Close your eyes and concentrate on the pineal gland by focusing your internal gaze at the top center of your head. Meditate deeply, listening to the tape *You Are My Lover, Lord* (Available from Ancient Healing Ways AHW#16386). Listen from your ears to your pineal gland. 7 1/2 Minutes.

5. Put your hands in your lap and continue to meditatively listen to the tape. Breathe long and slow and deep with your eyes closed. Continue to the end of the tape (approximately 9 Minutes more). Inhale, sit straight, and meditate, as you hold your breath for one minute (or the maximum time you can hold your breath up to one minute). Don't over-pressure yourself while holding the breath. Exhale like cannon fire and hold the breath out for 30 seconds (or to your maximum up to 30 seconds) while you powerfully and continuously pull in on the navel. Inhale and relax.

To make long-term positive changes in your life, do this kriya every morning for one week. During this one week, a feeling of rhythm in the sciatica will develop...it will become heavier and heavier and more positive. You will sweat. In the morning, after you do this exercise, write down the time of day and how you feel. In the evening write down the time of day and your assessment of how your day went. Write down how you feel you are being changed by this meditation practice. Keep this record and assess it after the week is over.

"Life starts from that day when you realize who you are. From that day onward, you want to build who you should be. When you have built to the extent that you are who you should be, from then onward, you have the right to overflow, to share... First there has to be a glass. Second it has to be filled. Third, then it can overflow. These are the three known stages."

YB

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