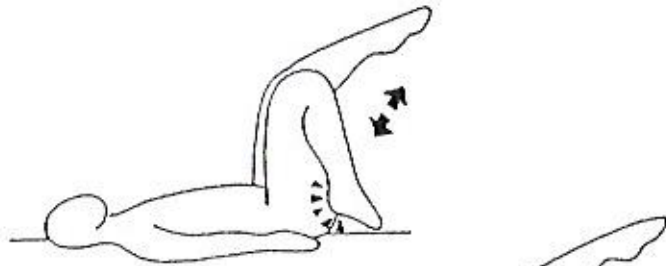


To Release Stored Pain and Refresh Yourself

February 27, 1985

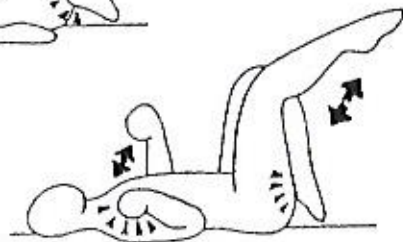
5' 1/2

1



2'

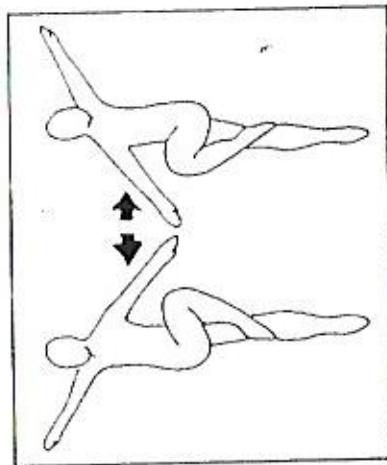
2



2' 30"

3

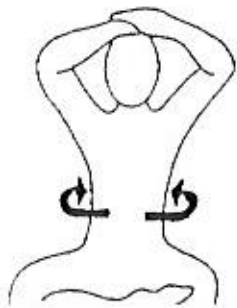
STRETCH



2'

4

Sx Dx



5 30"



1. Lie down flat on your back. Bend your knees and begin kicking your buttocks. Kick alternately with your left and right heels. 5 1/2 Minutes. During the last minute move as fast as you can. Move directly into exercise 2.

2. Continue alternately kicking your buttocks. Bend your arms at the elbows and alternately hit your shoulders with your fists, rhythmically coordinating the movements of arms and legs. Your hands do not hit the ground. 2 Minutes. Move fast.

3. Still lying on your back, Cat Stretch left and right, quickly alternating from side to side. 2 1/2 Minutes.

4. Sit up in Easy Pose and put your hands lightly on the top of your head. Twist your torso left and right, moving with force and speed. 2 Minutes.

5. Put your hands on your knees and rotate your head in a figure eight. Move quickly and powerfully. 30 Seconds.

6. Lie down on your back and relax. Concentrate on your pituitary gland at the brow point. Breathe through your nose slowly and deeply. 7 1/2 Minutes. Next move your concentration to your navel point. Mentally chant along with *Jaap Sahib, Last Four Lines*, by Kulwant Singh, pulling your navel point in with the beat. 9 Minutes.

This last part can be done by itself as a meditation. Lie down on your back and pull your navel in with the rhythm of this tape of *Jaap Sahib, Last Four Lines*. "One tape can do a miracle. Seven days a week can do it for your life."

Chattar Chakkar Vartee, Chattar Chakkar Bhugatay
Suyambhav Subhang, Sarab Daa Sarab Jugatay
Dukaalang Pranaasee, Dayaalang Saroopay
Sadaa Ang Sangay, Abhangang Bibhootay

"Either you have to please the moment or the Master. If you please the moment at the expense of the Master, you are a failure. If you please the Master, you are a success." YB

RELAX 3° scatio

6 7' 30"

POI OMBEUCO TIRA A RITMO 9'
JAAP SAHIB