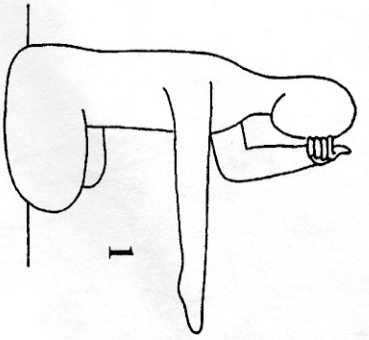
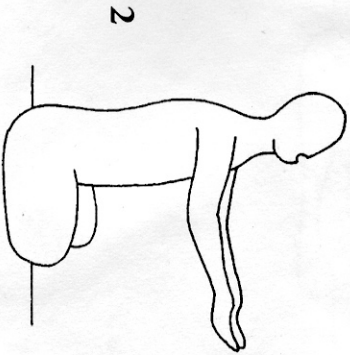


COMMANDING THE COMMAND CENTER OF THE GLANDULAR SYSTEM

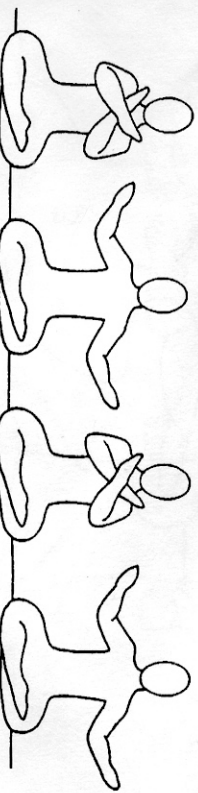
May 19, 1993



1



2



3

1. Sit in easy pose with a straight spine. The right arm is held at shoulder level and extends out straight from the body with the palm down. The left elbow is bent and the fingertips of the left hand rest on the center of the forehead in a vertical line between the hairline and the root of the nose. The thumb points straight up. Close your eyes and pump your navel as fast as you can. Your whole body must shake with the power of the navel movement. You may do this with or without breath of fire. This exercise powerfully cleans out the subconscious mind. 3 Minutes.
To finish: Take three full, deep breaths. Inhale deeply, exhale, hold the breath out for 10 seconds, squeeze all the muscles of the body and inhale. Repeat this sequence two more times and relax.

2. Extend your arms out straight in front with the elbows slightly bent and the palms facing upward. The hands are slightly cupped. Find your own balance. (This posture puts a pressure on the third and fourth vertebrae. The hands will become heavier and heavier in a few seconds.) Open your mouth, tilt your head back a little, relaxing lips, teeth and tongue. Pump your navel vigorously. 3 Minutes.
Practicing this kriya every day can give you the spirit to conquer death.
To finish: Inhale, while holding the breath 20 seconds, lock your back molars and tighten your jaw. Exhale and repeat the sequence two more times. Relax.

3. Open your arms and extend them out from the body as if welcoming a hug. Inhale and, holding the breath as long as you can, criss-cross the hands rapidly in front of the chest. Each hand alternately passes above and below the other hand, so that the complete motion is an over-under, criss-cross. Exhale, inhale, hold and begin the criss-cross again. 3 Minutes. Relax, lie down and sleep. Relax every part of the body and let it recuperate. Experience how quickly neurosis can leave you. This meditation cleans the subconscious mind through stimulating the pituitary gland. The pituitary gland, the 6th chakra, is responsible for intuition and projection. It is connected to the seventh layer of the neurons of the brain.

*In the Age of
Aquarius, the
depression and
stress on mankind
will tear up people
who do not have
the technical
knowledge of self-
YB*

*We are in the
great transition of
the Age. Its turbu-
lence will make
the old ways of
coping ineffective.
This set finds the
center of the hur-
ricane, the calm-
ness that gives
clarity and confi-
dence in the midst
of chaos. Practice
this set to joyfully
ride the waves of
time and to sense
when to act and
when to relax.
GSK*