

SKULL & PELVIC BONE ADJUSTMENT

January 1, 1982

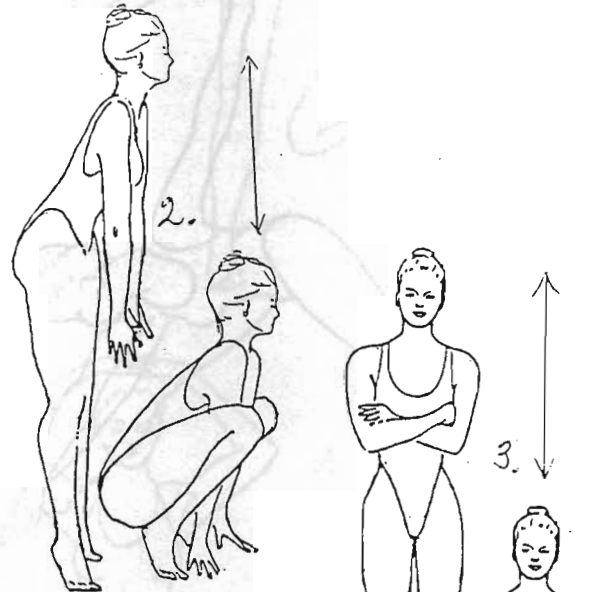
These challenging sets adjust all the skull bones through the pelvic bone system, where the breath of life is triggered anywhere the breathing power of the pranic body is located. The lungs are cleansing processors, the diaphragm is a help and it is through the spinal column that energy flows.

Set One

1. On stomach, place hands beneath shoulders and push up into Cobra Pose with arms straight, spine fully arched, and head dropped back. Kick the buttocks with alternate heels even faster than you think you can for 1 minute. Relax for 1 minute.

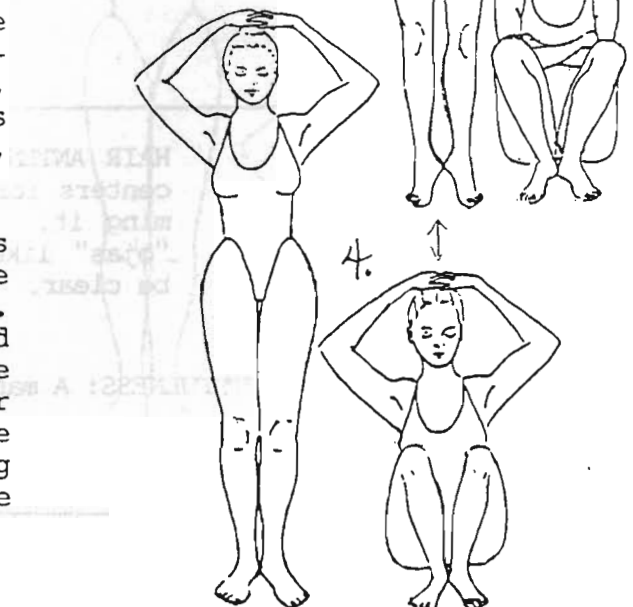


2. Squat into Frog Pose, heels raised and touching each other, arms between legs directly under shoulders, fingertips on floor. Do not alter position of arms during exercise. Inhale into standing position, hands coming off the floor, the straight, tight arms maintaining the same angle with the body, and exhale as you squat down. Continue at a constant constant, strong pace for 2-3 minutes and proceed immediately to next exercise. (For digestion

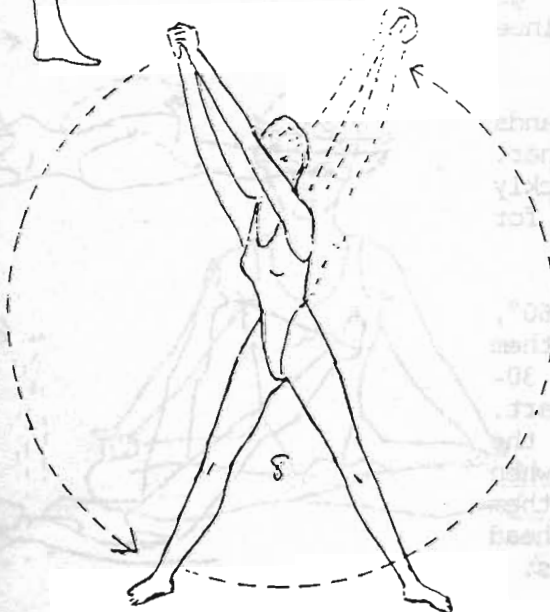
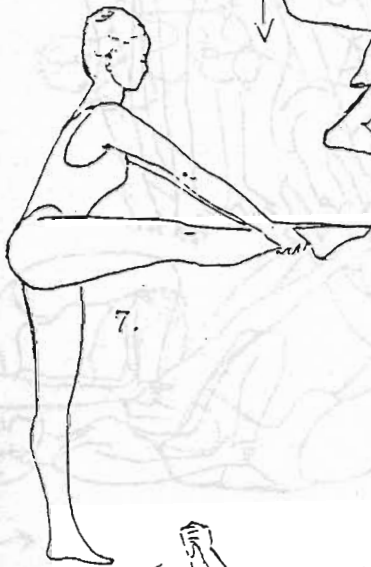
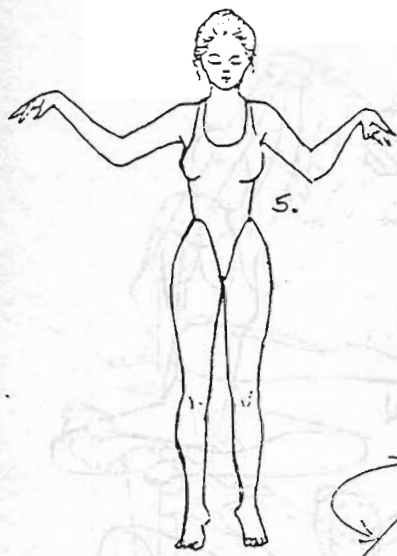


3. Continue as in #2 but with the arms crossed over the chest, Indian Chief style, for 2-3 minutes (for sexual energy), and proceed immediately to the next exercise.

4. Continue as above, but with the hands in Venus Lock (fingers interlocked, palms facing down) on top of head, for 2-3 more minutes (for the nervous system) and proceed, without pause, to the next exercise.



5. Standing straight, feet a few inches apart, extend both arms out to the sides and angled slightly forward. The left hand is held just below shoulder level and the right is just above shoulder level and a little farther from the body than the left. Relax the hands and let the balance come, feeling poised and strong. Raise onto the



balls of the feet and keeping them in place, pivot $1/5$ turn to the right (twisting from the waist) and lower heels to floor. Repeat 4 more times to face front again. Reverse the twist/pivot 5 times to the left to face original position again and continue making another circuit in the same direction. Repeat from beginning keeping the magnetic balance of the hands, moving slowly with control and a meditative mind as a worship that becomes a dance, going from side to side with the eyes closed for 4-5 minutes.

6. Squat with feet 2-3 feet apart, so that thighs are about parallel to the ground, as if you are seated in a chair. Bending forward from the waist slightly, extend arms down and out at the same angle as the legs, elbows above knees, forearms 120° to upper arms, with palms facing down. Begin bouncing up and down from the knees as you twist from the waist, side to side, taking several bounces to twist to each side, arms moving along with upper body, with eyes focused at 3rd eye for 2-3 minutes. It is like blessing the earth, a basic movement of an Indian dance.

7. Stand on left foot, without bending either knee, extend the right leg straight out in front, parallel to the floor, holding on to the right ankle with both hands by bending forward a little from the waist, but keeping the spine straight, and try to hold it for 2-3 minutes concentrating at the 3rd Eye point. This is called Kundalini Praan Dandh.

8. Feet 3 feet apart, clasp hands in Venus Lock, stretch arms up to the right and swing them down powerfully as if swinging an ax, and follow thru stretching the arms up to the left and down. Continue swinging and striking with force on alternate sides for 2-3 minutes. Then relax 10-15 minutes in Corpse Pose or Easy Pose.