

GLANDULAR BALANCE AND GAIN IN ENERGY

July 23, 1977

1) Sit up straight with the legs straight and spread as wide as possible. Place the arms directly over the legs, parallel to the ground, level with the shoulders, palms up (a). In this position, inhale and begin bending forward at the waist slowly chanting one complete cycle of the Mul Mantra:

metronome setting - 120

EK ONG KAAR SAT NAAM KAR-TAA PUR-AKHI NIR-BHAKO NIR-VXTR
A-KAAL MOOR-AT A-TOO-NHE SAI-BHANG GUR PRA-SAAD JAPI
AAD SACH JU-GAAD SACH HAI-BHEE SACH NAA-NAK HO-SEE BHEE SACH

Rhythm: 30 seconds per cycle.

When the mantra is finished, the forehead should be touching the ground and the backs of the hands should be touching the toes. Hold this position always maintaining a straight spine. Now begin bending backward, repeating the mantra, until the torso is lying flat on the ground (b). The torso reaches the ground at the completion of the mantra. The arms are at the sides and the body is in a totally relaxed position. Hold this position for 5 seconds. Inhale and slowly come back up to the erect posture while repeating the mantra. While coming up from the relaxed position, the arms are extended forward so that when the torso is again in the erect posture, the arms are parallel to the ground and directly over the legs as in (a). Continue in this manner once again lowering the forehead to the ground.

Continue with the same rhythm of chanting but move more slowly so that the torso is brought to an erect posture, the Mul Mantra has been recited only up to Jap (instead of the complete mantra as before). At Jap the torso should be in an erect posture. Continue the mantra while bending backward. The mantra ends just as the back relaxes to the ground. Relax 5 seconds and raise the torso to the erect posture while repeating the mantra up to Jap. Continue the mantra while bringing the forehead to the ground.

Rhythm: one complete cycle of the Mul Mantra takes 1 minute (i.e. 30 seconds for each half).

Time: 11 minutes.

In this exercise, there is a tremendous pressure put on the liver and the navel point. All the glands secrete and are balanced. The body becomes flexible, beautiful and totally energized. In position (a), which is called paralleling the energy, one can experience a very calm state. The parallel bend posture (forward position) is an example of the ability of the physical body to control the flight of the mind. One cannot think any wrong thoughts when this posture is done perfectly. A woman who completes 108 rounds of this mantra, as in Number 2 using the slower movement, will never grow old or sick.

