

## Become Intuitive 980309

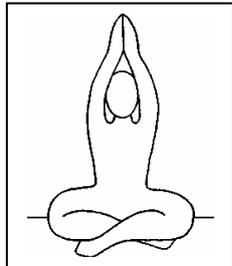
These exercises gently work on the pituitary. They are to recharge and enrich your energy and to counteract frustration, depression, and computer sicknesses.



1. Place your left hand over your heart center. Bend the right elbow, point the Jupiter (index) finger upward, with the thumb locking down the other three fingers. Consciously keep the spine very straight and pulled up, with no weight on the buttocks. The eyes are closed. Inhale slowly and deeply through the nose, hold your breath, and then exhale slowly with a whistle through the mouth. Imagine that something very pure and divine in you is calling. Reach out and make contact with your own Infinity. Create a feeling of being exalted by your own self. 7 Minutes. Inhale deeply and shift position.



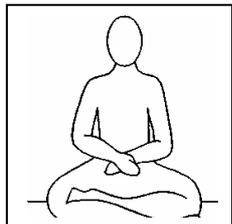
2. Put your right hand either slightly above or just touching your head. Bend the left elbow, point the Jupiter (index) finger of the left hand upward and lock down the other three fingers with the thumb. Keep the spine pulled up straight. This is very important for the grey matter of the brain. Close your eyes and continue the same breath as in exercise one. 4 Minutes.



3. Lock your hands in Prayer mudra with your fingers up straight. Stretch your arms over your head. Keep your spine straight and stretch up from the armpits. Continue the same breath. You are consciously re-circulating your energy to give your body new life. 2 1/2 Minutes.



4. Put your right hand over your left at the center of your chest. Sit and deeply relax. Meditate to Singh Kaur's Rakhe Rakhan Har tape. Listen, relax, breathe, and be. 3 1/2 Minutes.



5. Inhale deeply and press your hands against your navel point. Chant along with Simran Kaur's Tantric Har tape. Each time you chant "Har," press the navel forcefully with your hands. The eyes are closed. 3 Minutes.

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6. To finish: come into elbow lock position. The elbows are bent, with each hand grasping the the upper arm slightly above the opposite elbow. The arms are held parallel to the ground at shoulder height. Inhale, hold your breath 5-10 seconds, squeeze the spine, and tighten all the muscles of the body. Exhale. Repeat this sequence two more times.

*"Meditation is not for anything but to become intuitive. It is not emotional, it is not sentimental, it is not attached. It is a basic reality of life." YB*