



To Know and Experience the Unknown

June 10, 1987

1. Sit in Easy Pose with the spine straight. Place your hands in Gyan Mudra, elbows bent, and resting on the side ribs. The wrists are bent and the palms face upward. Keep the hands tight. Breathe at a rate of 1 second per complete breath.



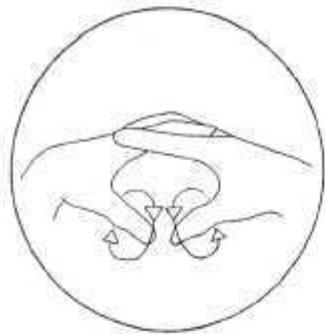
Inhale through the left nostril as you press your right arm against your ribs and raise your left hand up. Exhale through your left nostril as you lower your left hand back to the starting position.



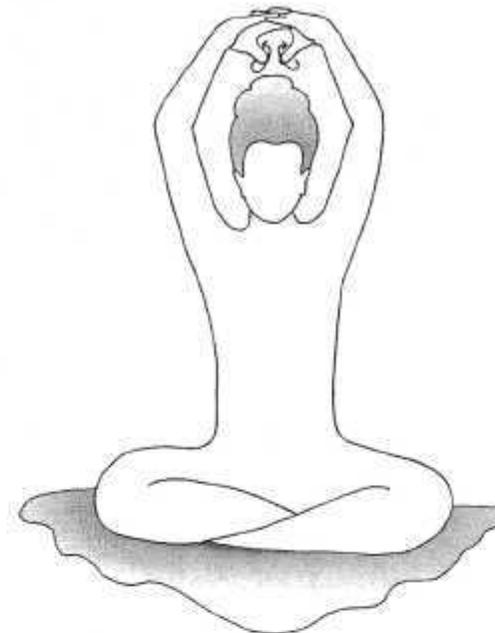
Inhale through the right nostril as you press your left arm against your ribs and raise your right hand up. Exhale through your right nostril as you lower your right hand back to the starting position.

Continue alternating the nostrils with the movement for 5 Minutes.

(The left nostril is controlled by *Ida naadi* and the right nostril is controlled by *Pingala naadi*. *Ida* and *Pingala* can be governed at your command if you put pressure on your seventh rib. Pressure on the right side of the rib cage opens up the left nostril and pressure on the left side of the rib cage opens up the right nostril.)



2. Interlace your fingers and place them about 4-6 inches above your head, like a halo. Extend the thumbs and begin making circles with them, moving them both in the same direction -without letting them touch your head or each other. (The thumbs can move in either forward circles or back-ward circles.)



Continue to alternate the breath between the left and right nostrils. Each complete rotation of the thumbs is one breath and you switch nostrils with each breath. Each breath takes about 1-2 Seconds. So you will be switching nostrils every 1-2 seconds as the thumbs complete one full circle. Breathe powerfully so that the lower lungs are filled and let the rib cage open up. Continue 8 Minutes.



To Finish: Inhale, hold your breath 30-35 seconds as you stretch your arms up over your head, bending at the wrists so that the palms face the sky. Make the arms like steel and keep your elbows straight. Put pressure at the inside of the -wrist, leading the stretch from the wrist, while lifting from the rib cage to stretch the spine. Exhale and repeat this breath sequence two more times.