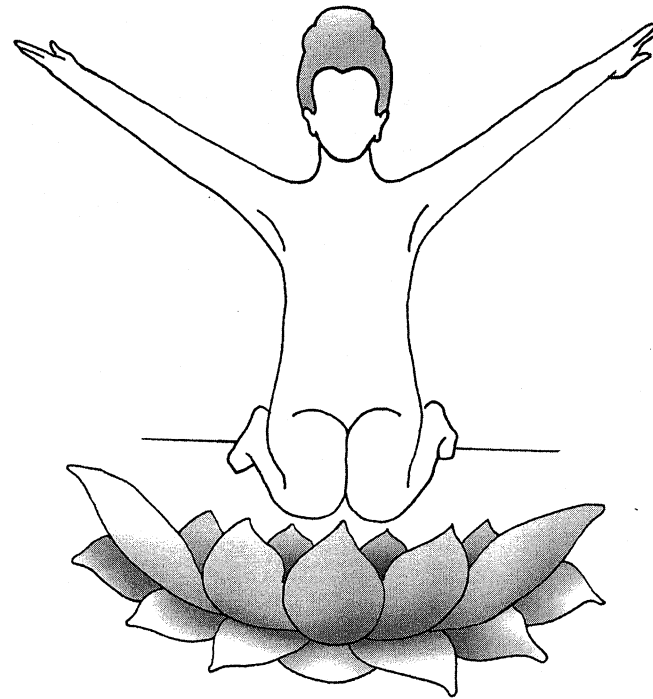


Relaxing Inside and Out

July 23, 1997



First, sit on your heels and then spread your heels apart so that your buttocks rest on the ground between your calves (Celibate Pose). Raise your arms out to the sides and up at a forty-degree angle. The left palm faces downward and the right palm faces upward. Make sure the angle of your arms is correct. The angle of the arms is not sixty-degrees, it is only forty-degrees up. Whistle along with the tape *Ardas Bhaee Instrumental Version (Healing Sounds of the Ancients #5)*. 31 Minutes.

To Finish: Inhale and hold the breath for 10-20 seconds as you stretch your arms outward. Exhale. Repeat this sequence one more time. Then inhale, interlock your hands over your head and stretch them up as high as you can while you hold the breath for 10-20 seconds. Exhale and relax.

(After this exercise, you should always go to the bathroom. It is very cleansing and you will need to urinate.)

“Whistling is a breath and music combined. This is what is called *naad swaras**. You know, it is music and breath, and you work with the lips. It is very powerful. I remember that when soldiers walk, they start whistling and singing. It relaxes a person inside and out. It creates a balance.”

* Commentary/ HJK: *Swaras* is the knowledge of *praanic* body rhythms which reveals how we can diagnose and control the movement of *praana* by using the breath. In this kriya it is done by creating the *Ardas Bhaee* sound current with the breath and the movement of the lips. So it is *naad* (sound current) *swaras*.