

### PITUITARY SET #3

1. Yogi Walk on toes: Raising knees as high as possible, walk on tip toes with powerful breathing for 3-5 minutes.

2. Pituitary Bow Series:

a) Bow Pose with hands clasping opposite ankles. Inhale up, hold for 10 seconds, and exhale down.

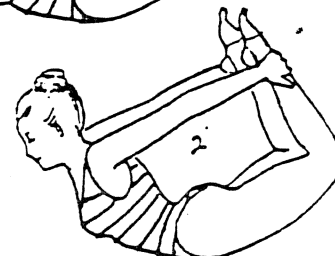
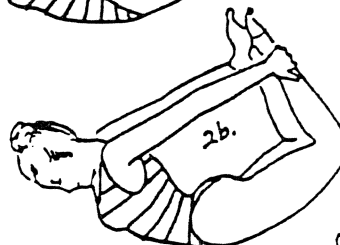
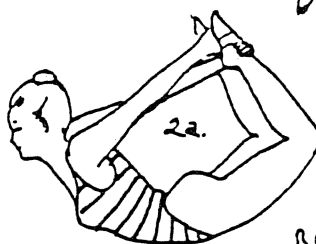
b) Bow Pose clasping corresponding ankles, chin tucked into sternum, inhale up, hold 10 seconds and exhale down.

c) Regular Bow - inhale up, hold 10 seconds and exhale down.

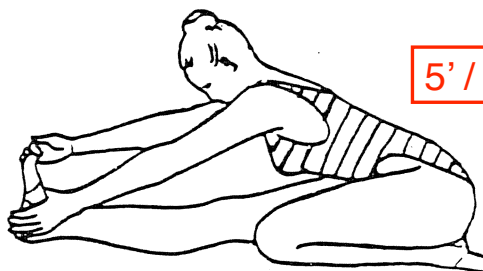
d) Locust Pose - on stomach place hands (or fists) under pelvis, chin on ground, and raise straight legs as high as possible and hold with Breath of Fire for 1 minute. This series is also for the Moon Center on the chin.)

3. Maha Mudra: ("The Great Seal of Yoga") Sit on left heel, and stretch the right leg forward, grabbing the big toe with the right hand. Pulling back on the toe, grasp the heel with the left hand. Tuck chin into chest and fix the eyes on the big toe. Inhale deeply, exhale and holding the breath out for 8 seconds, tightly pull Mulband and Diaphragm Lock. Inhale, repeat and continue for 7½ minutes. Switch legs and repeat for 7½ minutes.

3' / 4' / 5'



5' / 6' / 7' (x 2)



PEACE: You relate to symbols. When born of a woman, with respect to a woman, there will be peace on earth.

August 7, 1970

## PITUITARY SET #4

4. Focussed at 3rd Eye, deeply inhale and exhale 4 times. On the 5th inhale, focus eyes left and hold the breath for 15-30 seconds. Then, focussing eyes right, exhale and hold the breath out for 15-30 seconds. Repeat and continue for 1-5 minutes.

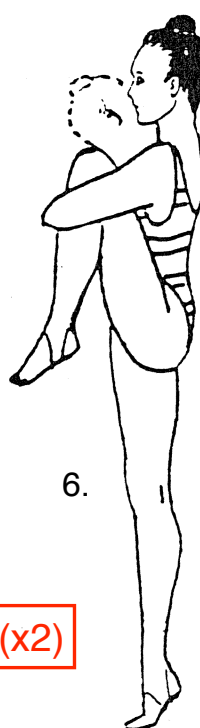


3' / 4' / 5'

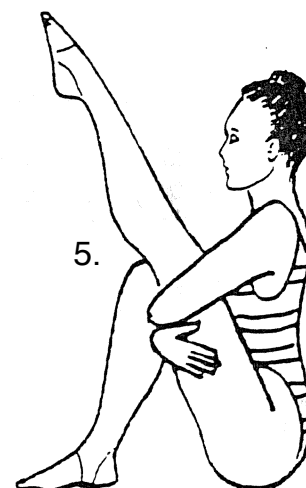
4.



5. Sit with legs drawn up to chest clasped by arms. Raise and lower one foot 50 times, inhaling up and exhaling down. Switch legs and repeat 50 times.



6.



5.

1'30 / 2' / 2'30 (x2)

1' / 1'30 / 2' (x2)



EXPERIMENT: For one week, whenever you do anything, just imagine God is hearing you, seeing you. Just imagine God is examining you. From Friday to Friday, make an image of God and keep it with you.

November 7, 1985