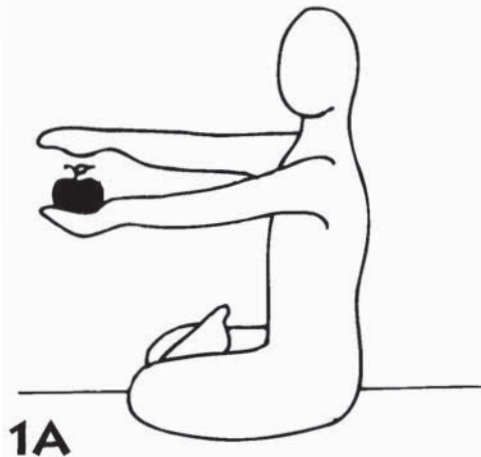


SELF HEALING

DECEMBER 11, 1985



You'll need either an apple or a banana for this set.

1. Sit in easy pose with your arms stretched straight out in front. Put your fruit in your right hand (if you are male) or your left hand (if you are female). With the opposite hand cover the fruit, keeping your hand about 4" to 6" above it. Keep your arms straight with no bend in the elbows. Close your eyes, go inward, and concentrate. Create a connection between the navel and the fruit so that you gather the energy of the navel and project it in blessing into the fruit. This is for self-healing. The praan, the life force energy, lives in the navel point. You are taking that life force and blessing the fruit. With the hand above, you bless the fruit below.

There will be a lot of obstructions in doing this: body won't participate, mind won't concentrate, and you won't like it. Between the three, bring out a balance.

To add strength to yourself (it is not absolutely necessary), play Ragi Sat Nam Singh's tape of "Jaap Sahib".

After 9 Minutes, hold your fruit between both hands and place it at your navel point. Breathe as long and as deeply as you can in this position for 2 Minutes.

2. With the fruit still at your navel, inhale as deeply as you can, hold the breath as long as you can, exhale long and deep, and hold your breath out as long as you can. Give a conscious rhythm to your breath. 7 Minutes.

To finish: Inhale, press your fruit against your navel (If you have a banana, be careful not to squash it) and press your tongue hard against your upper palate. Exhale and eat your fruit. To maximize the self-healing benefits of this set, do it for 90 days as your breakfast. Eat only this fruit and a cup or glass of yogi tea with a moderate amount of milk but no honey. Then do not eat anything else until 12 noon.



Fruit is often used as a kind of psychic storage device. Fruit is etheric and grows well above the earth. It has a subtle quality that lets it easily absorb pranic energy and become a useful tool in healing exercises.

GSK