

EMOTIONAL AND MENTAL BALANCE AND PREVENTION OF EARLY MENOPAUSE

July 21, 1977

1) In a standing position with knees and heels together, feet are flat on ground and angling out to sides for balance, arms are raised straight overhead close to the ears with the palms facing forward. (The thumbs can be locked together). Keeping the legs straight, bend back from the base of the spine 20° . The head, spine and arms form an unbroken curve with the arms remaining in a line with the ears (1). Hold the posture and keep the breath long, deep and gentle.

Time: 2 minutes.

This exercise is called "Miracle Bend." It doesn't bend the human being, it bends the negativity in the human being. It adjusts the navel point and helps bring an emotional and angry person to calmness. If the spine were bent to 90° and the breath was four times per minute, it would also totally calm a person, but that takes a very long time, whereas this exercise takes only a short while. There will be a strong and automatic tendency to shake in the posture.

2) From this position *very slowly* bend forward to the maximum extent keeping the arms straight and close to the ears (2). Inhale and with the breath held in as long as possible, pump the navel point then exhale and do the same on the held exhale. Continue this process.

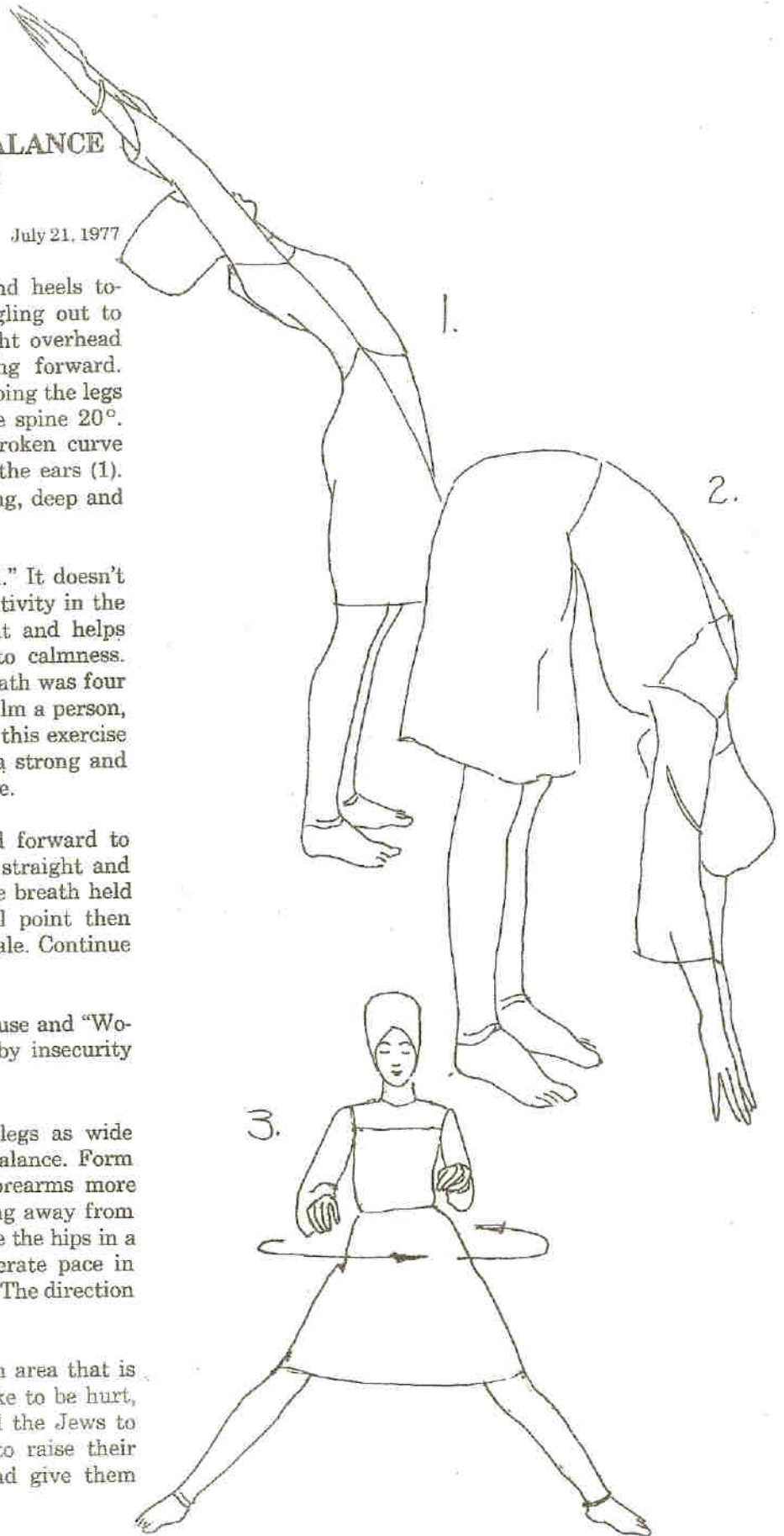
Time: 2 minutes.

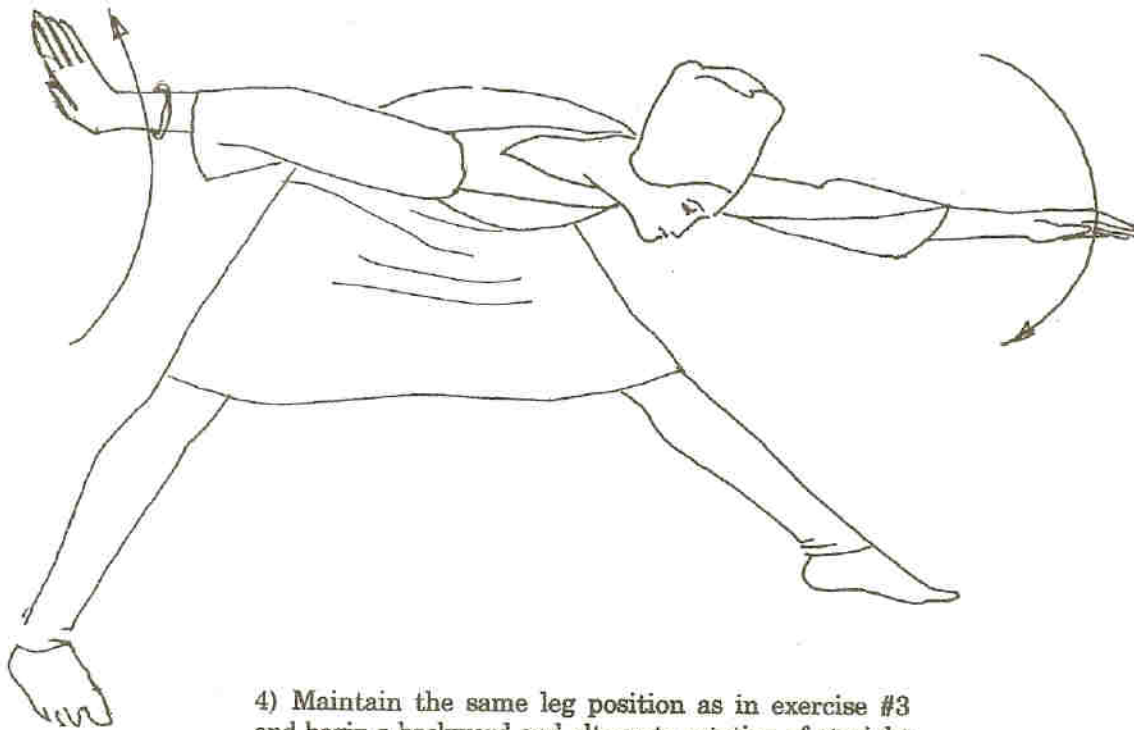
The above exercises prevent menopause and "Woman's Disease", which is characterized by insecurity and very emotional behavior.

3) In a standing position, spread the legs as wide apart as possible without losing one's balance. Form a 90° bend at the elbows, with the forearms more or less parallel to the floor and extending away from the chest (relaxed position) (3). Now rotate the hips in a plane parallel to the ground at a moderate pace in as complete and large a circle as possible. The direction can be either to the left or right.

Time: 2 minutes.

This exercise hurts and works on an area that is never massaged and where you don't like to be hurt, the back of the spine. Moses instructed the Jews to do this exercise before long journeys to raise their spirit, correct their slave mentality and give them the will to fight and not give in.





4) Maintain the same leg position as in exercise #3 and begin a backward and alternate rotation of straight arms, never bringing the arms more than 30° in toward the body. The rhythm is one rotation of the arm per second. While rotating the arms, bend forward from the waist half way, straighten up again, and then bend backward half way from the waist.
Rhythm: 15 seconds per complete cycle.

Time: 1½ minutes.

Relax: 10 minutes.

This exercise is for stamina, clear thinking and prevention of menopause.

