

TECHNIQUE OF ENERGIZATION

The technique of Energization enables one to draw energy consciously into the body from the Cosmic Source. This technique of life-energy control purifies and strengthens the body and prepares it for everyday occupation and meditation, making it easier to direct the energy inward in order to reach higher states of consciousness. Regular practice also promotes mental and physical relaxation and develops dynamic will power

The primary purpose of these exercises is to recharge the body battery with cosmic energy. This exercises the body, strengthens the muscles, and purifies the bloodstream..

To obtain maximum results, each exercise should be perform with deepest attention and will power. Keep the eyes closed and focused upward at the point between the eyebrows. This center is the polar opposie of the medulla center at the base of the brain. The point between the eyebrows is the center of will in man. The medulla is the principal point of entry of the cosmic energy into the body. Will is the power that operates the floodgate of the medulla. By keeping the eyes focused at the point between the eyebrows, and visualizing the cosmic energy flowing into the body through the medulla, a direct connection is maintained between the will and the flow of life energy.

The Energization Exercises

These Exercises should be practiced every morning and night, preferably just before your meditation period.

Any of these exercises may be practiced more than the number of times specified. In increasing the number of practices, however, take care not to lapse into hurried performance. You may also practice any or all the exercises more than twice a day, if desired, to help relieve fatigue or other bodily in harmonies.

Once you have memorized the routine, it should not take more than fifteen minutes to perform all thirty-eight exercises, allowing the suggested number of practices of each one. By this timing you will know if you are performing them too fast or too slow.

In tensing a body part, always remember to start with a low degree of tension, progressing to medium, and finally to high tension; relax from high to medium to low.

Never tense with a quick or jerk motion.

Never exert tension to the point of strain or discomfort.

It is not necessary to hold “high” tension longer than three seconds at a time. Use only low tension on any diseased or weak body part.

Any instruction to “inhale twice” signifies inhalation, through the nostrils, of one short and one long breath. Instruction to “exhale twice” signifies exhalation, through the mouth, of one short and one long breath, thus: “hu, huhhhhh.” “Huh” is not a spoken word but an aspirate sound, like a sigh but with more force. The expression “double breathing” means to inhale and exhale continuously in the manner just described.

Where no special instruction is given for breathing, one should breathe calmly and naturally, without any attempt to synchronize the breathing with the tension and relaxation.

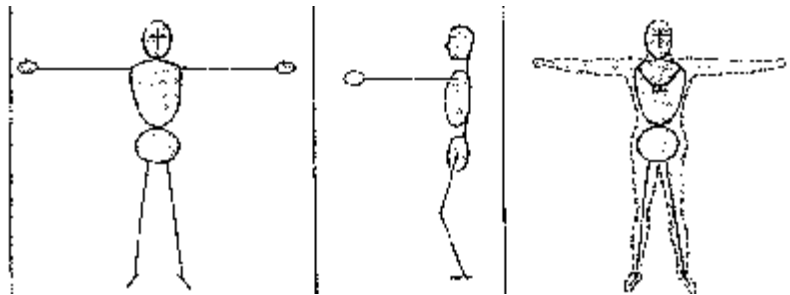
It is recommended that, starting with Exercise 1 and proceeding in the order given, you learn and practice as many exercises as you can within fifteen to twenty minutes. Each day add one or a few new exercises to those already learned (keeping the period of study and practice to fifteen or

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twenty minutes) until all exercises have been learned and included in your morning and evening routine.

SPECIAL NOTE: *If for any reason you cannot perform the actual movements of an exercise, you should, nevertheless, with closed eyes, mentally practice the exercise. Feel that you are sending the energy to that body part just as though you were actually going through the physical motions of doing so.*

1. Double-breathing exercise (with tension) (repeat 3-5 times)



Stand erect. Raise arms until they are stretched out horizontally at the sides, parallel to the ground, Keeping arms straight and shoulder height, bring them forward in an arc until the palms touch in front of you. During this forward motion of the arms, exhale the breath twice through the mouth (“huh, huhhhh”) in a slow, relaxed manner, and slightly bend the knees. The body should feel relaxed.

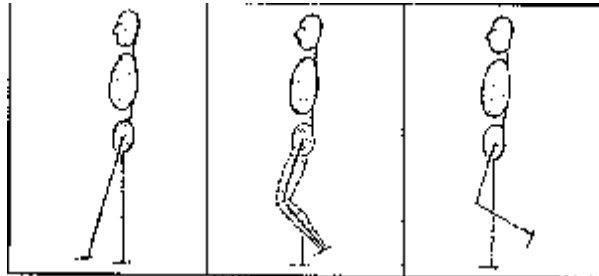
Now close the fists and inhale twice while slowly drawing the raised arms out to the sides as in the beginning position. Simultaneously with the opening out of the arms, tense consecutively these body parts: feet, calves, thighs, buttocks, lower abdomen, upper abdomen and stomach, arms, chest, neck, and head, in a continuous upward wave of tension, until the inhalation is complete, the arms are fully extended sideways, and the entire body is tensed. Hold to the count of three.

Sweep arms forward until the palms touch, exhaling twice as before, relaxing all tensed body parts in reverse order from head to feet, and bending the knees slightly.

SPECIAL NOTE: In this exercise, tense and relax body parts on both left and right sides together, as both feet, both calves, and so forth. Do not bend the elbows; keep the arms straight.

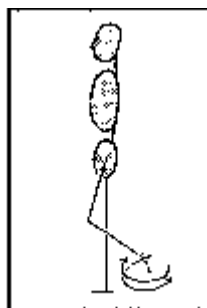
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2. Leg Recharging (repeat 3-5 times with each leg)



Balance the weight on the right foot. Bend left knee so that left foot is raised off the floor. Tense the left leg, concentrating tension particularly in the calf. Then swing leg (from knee down only) slowly forward backward. Relax the muscle tension momentarily at the forward and backward end of each swing, retaining only enough tension in the backward swing to hold the leg up After practicing to three to five times, practice the succeeding exercise (Ankle, Rotation). Then with the right leg repeat the leg recharging Exercise, followed by ankle rotation.

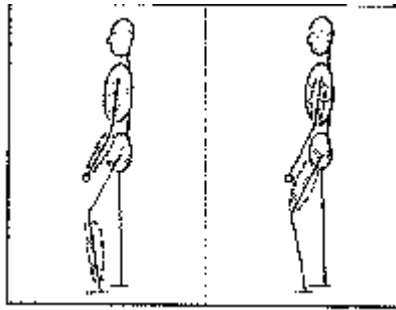
3. Ankle Rotation (rotate in each direction)



Balancing the weight on the right foot, tense the left ankle and rotate that foot slowly in a circular motion, five times in one direction, then five times in the other. Do the same with the right ankle after practicing Exercise 2 with that leg.

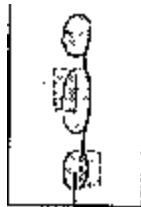
4. Calf and Forearm, Thigh and Upper Arm Recharging (3 times with left arm and leg; with both arms and legs)

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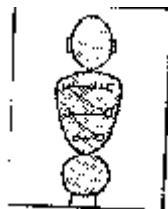
Place the weight of the body on the right foot with the left foot lightly resting on the floor, extended a little forward and to the left. Tense the left forearm and the left calf together, then relax. Tense the left thigh and the upper arm together; then relax. This counts one practice. After three practices, shift the weight to the left foot and tense the right calf and the forearm; relax. Tense the right and the upper arm; relax. Repeat three times. Then tense both calves and both forearms simultaneously; relax. Repeat three times.

5. Chest and Buttock Recharging (repeat 3 times, each side)



Tense the left chest and the left buttock together; relax. Tense the right chest and the right buttock together; relax. Continue, alternating right and left sides, until you have practiced three times on each side.

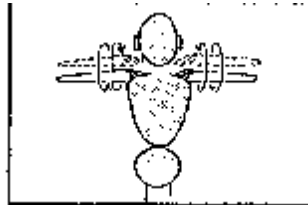
6. Three-part Back Recharging (repeat 3-5 times)



Tense and relax the muscles of the back along the spine; first of the lumbar region, opposite the navel; then those between the shoulder blades; then those on top of the shoulders. In this consecutive order, tense and relax first the left, then the right side of each set of muscles. To do this you may have to move the body and shoulders slightly to isolate the muscles on each side of the spine.

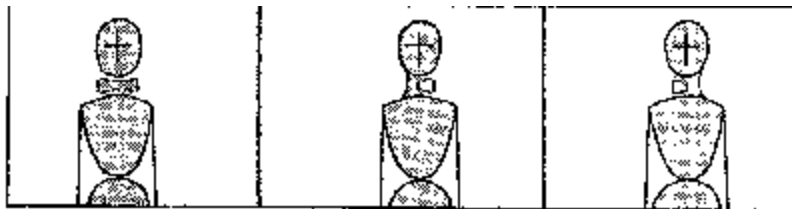
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7. Shoulder Rotation (3-5 times to each direction)



Place the fingers of the left hand on the left shoulder, right fingers on the right shoulder, elbows extended out to the sides. Starting from this position, simultaneously move arms, shoulders, and shoulder blades upward, forward, and around in as wide a circle as possible, three to five times forward and three to five times backward.

8. Throat Recharging (repeat 3 times)



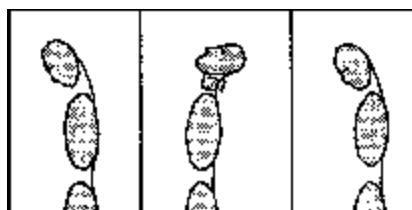
Without raising the chin, tense simultaneously all the muscles of the throat: the front, the left and right sides; relax.

Tense simultaneously the left-front and the left-side muscles of the throat; relax.

Tense simultaneously the right-front and the right-side muscles; relax.

Repeat in this consecutive order until you have performed each phase of the exercise three times. Conclude with an additional performance of phase one.

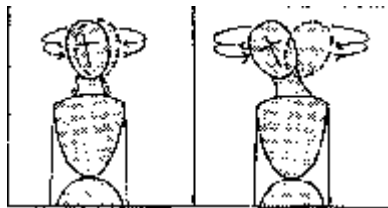
9. Neck Recharging (repeat 3-5 times)



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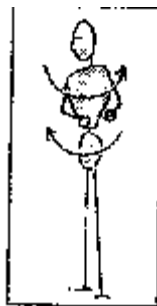
Lower the head so that the chin rests on the chest. Then, tensing neck and throat muscles, pull the chin upward against the tension until the head is tilted back. Completely relax the tension so that the head falls forward of its own weight and the chin drops quickly back to the chest. The falling motion of the head will culminate in a slight jerk as the neck reaches maximum forward position.

10. Neck Adjustment (rotate 3-5 times each way)



Exert low tension in the muscles of the throat and neck. While maintaining this tension, slowly rotate the head on the neck three to five times in one direction, then three to five times in the other. Relax the tension and rotate the head a couple of times in each direction.

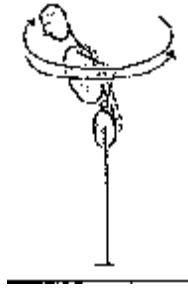
11. Spinal Adjustment (6-8 times)



Bend the elbows so forearms are almost parallel to the ground, keeping the upper arms close to the body. With a quick jerk, twist the upper part of the body to the left and the hips to the right. Then twist the upper trunk to the right, hips to the left. (A twist in one direction counts as one time.)

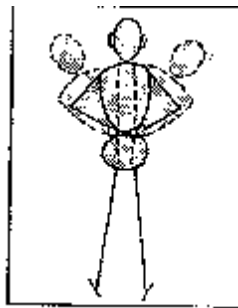
12. Spinal Rotation (5 times in each direction)

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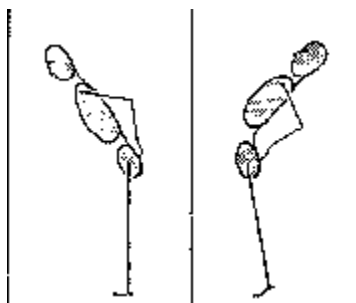
Stand with the legs slightly tensed and the feet twelve to fourteen inches apart. Place the hands at the waist. Concentrate on tensing the muscles of the back along the spine. Now bend the trunk slightly forward, maintaining the tension along the spine, and rotate the torso above the waist five times in one direction, five times in the other. Do not move hips; rotate spine from the waist up only; keep the spine above the waist straight.

13. Spinal Stretching (side to side) (3-5 times)



In the same position as the Spinal Rotation Exercise, with muscles along the spine tensed, hands at waist, slowly sway the torso above the waist, first to one side then to the other side. Bend the spine as far as you can without moving the hips.

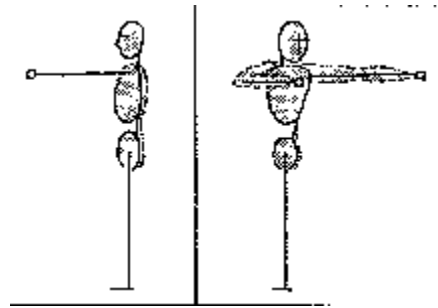
14. Spinal Adjustment (Forward and Backward)



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Stand with the feet slightly apart. With the fingers of the left hand placed on the left side of the spine near the base or coccyx, and the fingers of the right hand similarly placed on the right side, incline the trunk forward slightly. Now bend the trunk gently backward, simultaneously pushing the lower spine forward with the fingers, arching the back and rising slightly off the heels. Repeat, moving the fingers a little higher up the back. Continue until you have gone as far up the spine as you can reach.

15. Spinal Twisting (6-8 times)

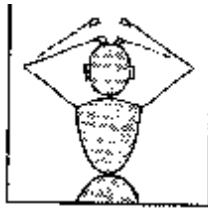


Stand with feet apart, legs straight, and spine tensed. Raise the arms forward to the shoulder level. Clench the fists; tense the arms; and slowly swing them first to the left and then to the right, pivoting at the waist, so that you twist the trunk above the waist only. The movement should be smooth and rhythmical, not jerky. Palms of the fists face downward throughout this exercise.

As the left arm sweeps backward, the right arm should follow the arc, bending at the elbow so that the right fist touches the left shoulder when the left arm reaches the end of its backward swing. Relax tension momentarily; then tense and twist to the right, the left fist touching the right shoulder. Relax again momentarily. The head should turn, following the arc of the outstretched arm in its backward sweep. (A twist in one direction counts as one time).

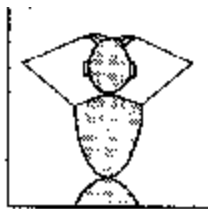
16. Memory Stimulating Exercise (several times)

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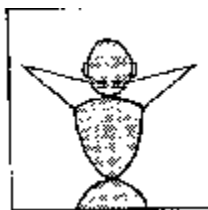
Briskly rap the entire skull with the knuckles. Concentrate deeply on each rap and feel that it is stimulating and awakening the brain cells. Excellent for improving the mental and nerve responses.

17. Scalp Massaging



Holding the fingertips firmly on the scalp so that the fingers do not slip on the hair, move the scalp with a rotary motion. Do this over the entire scalp. This exercise will loosen muscular tension in the scalp and stimulate blood circulation there.

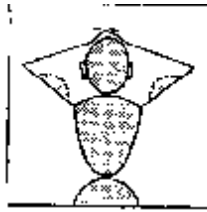
18. Medulla Oblongata Massaging (repeat 2-3 times)



Place the first three fingers of each hand on the medulla oblongata, at the base of the skull. Pressing firmly against the medulla, move the fingers in small circles, three times in one direction, then three times in the opposite direction. With the throat and head tensed as in the Neck Recharging Exercise, draw the head backward. Then relax and push the head forward with the fingers so that the chin drops quickly (but gently) to the chest.

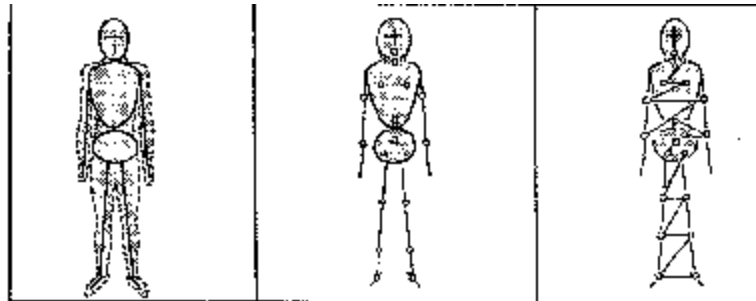
19. Biceps Recharging (each arm, alternately, 3 times)

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Claps the hands over the head – you may let them rest on top of the head if you wish – and alternately tense and relax the biceps in each arm.

20. Four-Part Body Recharging (all four steps 1 or 2 times)



- 1) Inhale deeply one short and one long breath, and simultaneously and slowly exert tension from low to high degree in all body parts. Vibrate with energy for three second. Throw the breath out in one short and one long exhalation and simultaneously and slowly relax. Feel the energy coursing through the entire body.
- 2) Tense and relax each of the twenty body parts individually. Take about four second to tense and relax each individual part, in the following order:
 - 1,2 – left foot, right foot
 - 3,4 – left calf, right calf
 - 5,6 – left thigh, right thigh
 - 7,8 – left buttock, right buttock
 - 9,10 – lower abdomen , upper abdomen and stomach
 - 11,12 – left forearm, right arm forearm
 - 13,14 – left upper arm, right upper arm
 - 15,16 – left chest, right chest
 - 17,18 – left side of neck, right side of neck
 - 19,20 – front of neck, back of neck
- 3) Tense consecutively each of the twenty body parts (from number 1 to 20), holding the tension in each one as you progress, until the whole body is tensed. (This should take about ten seconds.) As you begin the tension, simultaneously begin a slow inhalation. If you have not taken

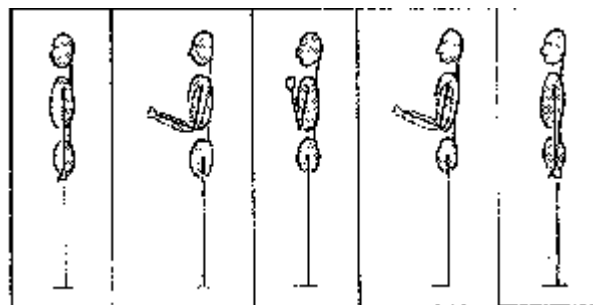
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in all the air your lungs can hold, without undue strain, by the time all parts are tensed, continue to inhale to capacity. The body should be tensed so that it literally vibrates with energy. Hold tension and breath, and vibrate for three seconds. Proceed at once to step four.

- 4) Exhale the breath quickly, and simultaneously relax the four parts of the neck and drop the chin to the chest. But continue to maintain tension throughout the rest of the body. Then relax the other body parts individually, in reverse sequence (from 16 to 1), until the whole body is relaxed. Remember to relax one part at a time/ Maintain the tension in each body part until its “turn” to be relaxed. If, while relaxing the parts above the waist, you find that you have also unintentionally relaxed the parts below the waist, then simultaneously tense these parts again, and then relax them one by one. The entire relaxation should be complete in ten seconds. After the upper body parts have been relaxed, the head may be slowly lifted to normal upright position as the lower body parts are relaxed.

(Additional note: This exercise can be practiced any additional number of times throughout the day, in a sitting, reclining, or standing position. When standing, of course, you have to keep certain muscles of the feet, calves, thighs, spine, and neck engaged and tensed in order to hold the body upright. Therefore, it is also good to practice this exercise at least once before rising in the morning, as the tensing of the parts while in a supine position is accomplished entirely as conscious act of will. This the best way to awaken your body in the morning and set it in “gear” for the day's activity.

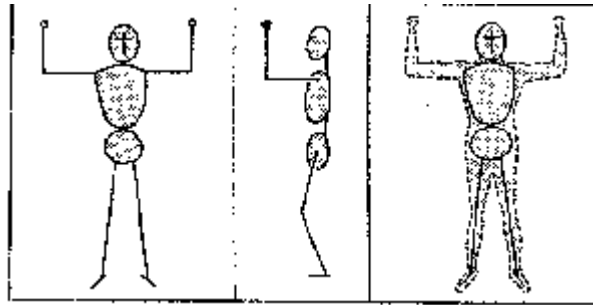
21. Arm Recharging (Up and Down) (3-5 times)



Keeping elbows at sides, raise both forearms with tension as though lifting weights, until fists are at shoulder level. Relax momentarily; tense again; and let the imaginary weights down. Relax and repeat. The exercise is performed as though rhythmically lifting and lowering weights. Palms of fists

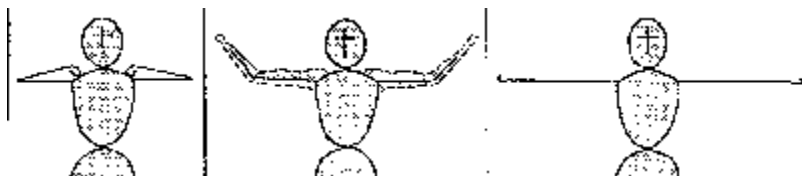
should face each other.

22. Double-Breathing Exercise (Elbows Touching) (3-5 times)



With arms outstretched sideways at shoulder level, and with elbows bent so that the forearms are perpendicular to the ground, bring arms forward with a sweeping motion so that elbows, forearms, and fists meet. At the same time, exhale twice, relaxing the body and slightly bending the knees. Hold to the count of three. Inhale twice and tense the twenty body parts in upward order (as in Exercise I), at the same time bringing the bent arms to the starting position. Hold to the count of three. Exhale twice and relax the twenty body parts in reverse order while bringing forearms together in the front again, and slightly bending the knees. Hold to the count of three. Remember to keep the spine straight, the elbows at shoulder level, and the forearms perpendicular to the floor at all times during this exercise. Palms of fists are toward sides of head in tensing position of this exercise. Palms of fists face forehead when in the relaxing position.

23. Arm Recharging (from Shoulders) (3-5 times)

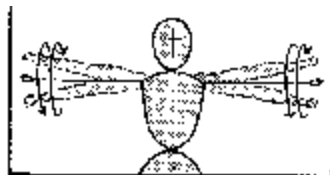


From a starting position in which the arms are extended sideways at shoulder level, with the elbows bent so that the fists are at either side of the head, extend the forearms outward to the side, with tension, keeping the upper arm at shoulder level. Relax tension momentarily. Then tense arms and draw them back to starting position; relax tension. This exercise should be done as though the arms were alternately pulling and pushing heavy weights toward and away from the sides of the head. Palms of fists face upward in the

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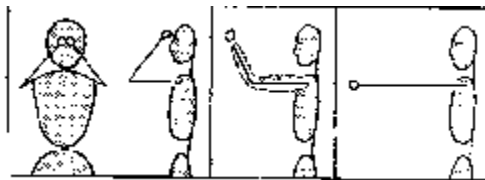
extended position, and downward when at the sides of the head.

24. Arm Rotation (Small Circles) (several times in each direction)



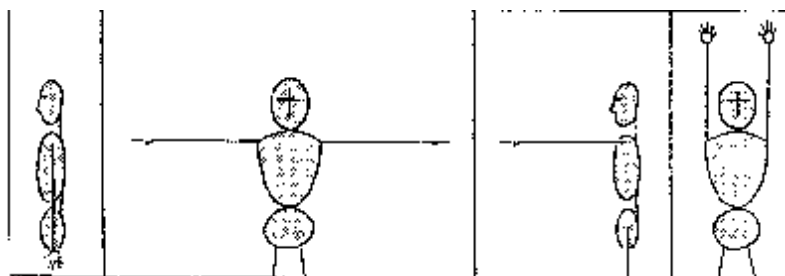
Extend the arms fully to the sides at shoulder level. Clench the fists tightly, and tense the whole arm. Fists should be turned so that the palms are upward. Continuously add to this tension as you rotate the arms from the shoulder in small circles several times. Relax tension momentarily. Then rotate in the opposite direction several time, with increasing tension.

25. Arm Recharging (From Forehead) (3-5 times)



With the upper arms outstretched in front of the body at shoulder level, and elbows bent so that the fists are lightly touching the forehead, tense the arms and extend them forward. Relax momentarily; then repeat. This is done as though alternately pulling and pushing a heavy weight to and from the forehead. Palms of fists should be facing each other throughout this exercise.

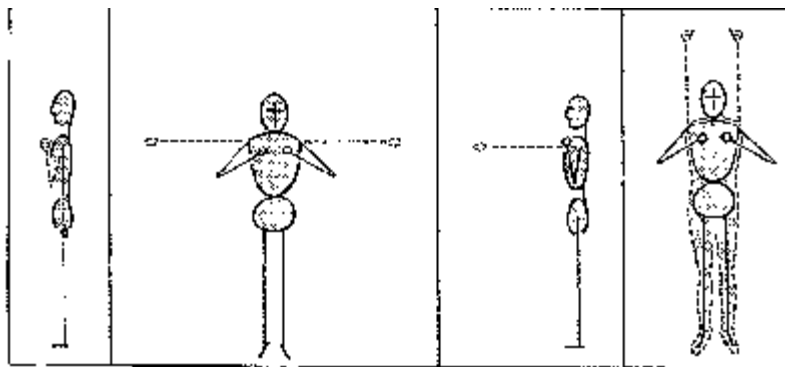
26. Four-Part Finger Recharging (several times in each position)



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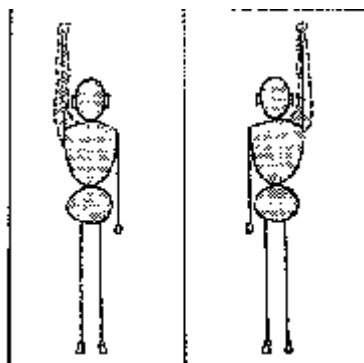
With arms straight down at sides, tense the fingers and, keeping the tension, rapidly open and close the fists. Repeat same with arms extended to the sides at shoulder level, palms turned downward. Repeat with arms straight out in front at shoulder level, palms turned downward. Repeat with arms raised above the head, palms facing forward.

27. Four-Part Arm Recharging (3-5 times)



Start with arms down at sides. With tension in the arms, bend at elbows so that fists come up to the chest; reduce tension; then increase again, extending arms to the side at shoulder height; reduce tension; exert tension again to draw fists back to the chest; reduce tension; exert tension again as you bring fists back to the chest, and reduce tension; finally, extend the arms upward over the head, stretching up on the toes and tensing the whole body, and simultaneously inhaling twice. Relax tension and exhale twice as fists are lowered first to chest and then to starting position at the sides. Palms of fists face downward when arms extended from sides and in front, forward when arms extended over head.

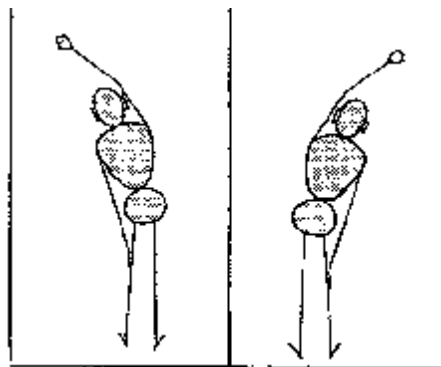
28. Arm raising with Double Breathing (3-5 times each arm, alternately)



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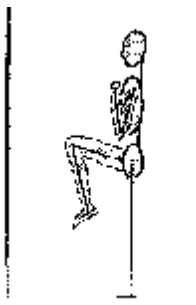
Without bending the elbows, tense the arm and swing it forward and up until perpendicular to the floor, inhaling twice and rising on the toes at the same time. Exhale in an double exhalation and put heels back on floor as arm is relaxed and brought down in a forward motion. Alternate with the left and the right arm.

29. Lateral Stretching (3-5 times each side, alternately)



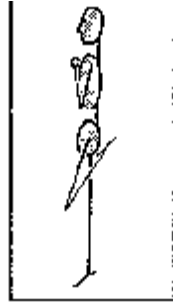
Stretch trunk to the left as far as possible, bringing right arm straight up to the side of the head and stretching left arm down as far as possible at the side of the left knee as you bend in that direction. Then stretch to the right side in the same manner, with the left arm up by the head and the right hand down by the right knee. Alternate the left and right stretch.

30. Walking-in-Place (repeat 25-50 times)



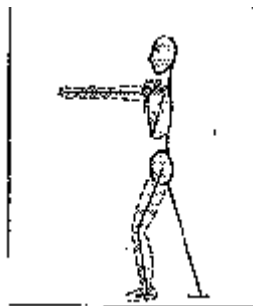
Lift the feet alternately, as in marching (only greatly exaggerated), tensing the whole leg, including the thigh muscles in back. At the same time, tense the arm on the opposite side and bring the fist up to the chest. Then extend the arm straight down and relax as the leg is relaxed and set down again. This exercise is to be done in one place, as in “marking time.”

31. Running-in-Place (repeat 25-50 times)



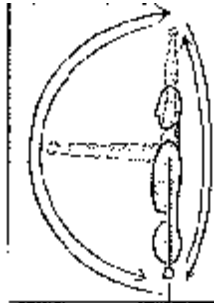
Run in place with a light, springy step but exaggerate the motion by bringing the heels up in back so as to strike the buttocks. Run on the balls of the feet so as to avoid jarring the body. Try to maintain a natural rhythm. Arms, with elbows bent, should remain in stationary position.

32. Fencing Exercise (3-5 times each side, alternately)



Bend arms at the elbows so fists are on the chest. Tense left leg and step forward with it about ten to fourteen inches ahead of the right foot; the left knee should be slightly bent. Keep the right leg straight and tensed with the heel flat on the floor. Simultaneously, clench the fist of the right hand and tense the right arm and extend the arm straight out from the chest, exhaling twice. There should also be a great amount of tension in the chest. Slowly relax tension as the foot and arm are brought back to the starting position, and inhale twice. Repeat alternately with the opposite foot and arm. At all times during this exercise the spine and head should be erect, perpendicular to the floor. When the arm is thrust forward, the wrist and arm should be in a straight line, not bent; and the palm of the right fist should be turned toward the left, and the palm of the left fist toward the right. In other words, the fist should be turned neither up or down.

33. Arm Rotation (Large Circles) (3 times in each direction)



With arms hanging straight down at the sides, clench fists, tense arms, and rotate arms in a circular motion. First bring them forward and up, as if making the first part of a large circle, increasing the tension till they are directly overhead. Then begin to relax them slowly as they are brought down as far behind the trunk as possible, completing the circle. After three times, rotate in the opposite direction.

34. Stomach Exercise (5-10 times)



This exercise offers aid in stomach troubles of a general nature, such as indigestion and constipation. Place feet about ten inches apart. Incline the trunk forward, keeping the spine straight but an angle. Bend the knees slightly. Place most of the weight of the torso on the hands, which should be resting with the palms flat on the thighs, at or a little below the junction of the thigh and abdomen. Exhale breath twice and, without inhaling, draw the abdomen and stomach in and upward (this motion is assisted by the partial vacuum in the chest cavity). Force the abdomen and stomach out gently and slowly. Draw in and force out again. Take another breath; exhale and repeat. With practice, you may increase from two to ten the number of times the abdomen and stomach are drawn slowly in and pushed out without taking another breath. But do not hold the breath to the point of discomfort!

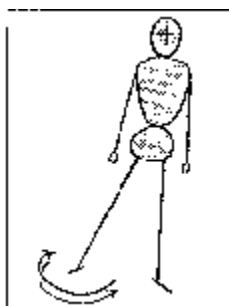
The Energization Exercises

Never practice this exercise with a full stomach. Always wait two hours or more after eating, or practice before eating. Women should not practice this exercise during pregnancy.

35. Repeat Exercise One: Double-Breathing Exercise (With Tension) (3-5 times)

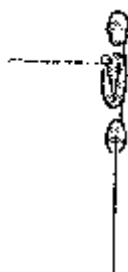
36. Repeat Exercise Two and Three; Leg Recharging and Ankle Rotation (3-5 times)

37. Leg Rotation (3-5 times in each direction with each leg)



Stand with the weight on the right foot. Keeping the left leg straight, swing it out in front, to the left, to the rear, and back to the starting position, in a counterclockwise circle, three to five times. Then rotate the same leg three to five times in a large clockwise circle. Shift the weight to the left foot. Holding the right leg straight, swing it in a large clockwise circle; then reverse direction to counterclockwise rotation.

38. Double-Breathing Exercise (Without Tension) (3-5 times)



Exhaling twice to expel all the breath, extend the arms (without tension)

The Energization Exercises

straight forward from shoulders, hands open and fingers extended. Hold the breath out to the count of twelve, or for as long as is comfortable. Concentrate the mind on calmness and on freedom from breath. Then inhale twice, taking in all the breath you can hold without straining; simultaneously, bend arms at the elbows to bring hands back to the shoulders. Hold again to the count of twelve, or for as long as is comfortable, again feeling the great calmness that comes with cessation of breath. Neither the torso nor the limbs should be tensed in this exercise, except insofar as it is necessary to maintain an erect posture with the arms extended.



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