



Posture: Sit in Easy Pose with a straight spine.

Mudra: Right arm is up with the right elbow and forearm on the same plane as the shoulder. The right arm makes a perfect 90 degree angle and the palm faces down toward the Earth. The left hand is parallel to the right with the palm facing the sky. Keep the fingers together and very stiff and tight throughout.

Eyes: Eyes are at the tip of the nose.

a) Long Deep Breath. Breathe mechanically, not automatically. 9 minutes.

b Begin squeezing your entire body as you breathe. Continue breathing very mechanically, rhythmically. It will stimulate your psyche. 1-1/2 minutes.

c. Lion's Breath. Stick your tongue out and breathe through your mouth, mechanically breathing. Continue holding the mudra and squeezing the entire body. 2 minutes.

d. Put your hands in your lap and sit straight and breathe very calmly. Meditate deeply. Go into thoughtlessness. Har Singh Nar Singh by Nirinjan Kaur is played. 6-1/2 minutes. If you want any achievement in your life, go into thoughtlessness so that you can be you. There is no other way. Right now, denounce the thought.

e. Sat Nam Wahe Guru is played [Indian female singer version]. Pump the navel with the mantra, breathing voluntarily, mechanically, not allowing the posture to change. Pump the navel fairly quickly with the beat. Breath should be absolutely mechanical. Exhaling with each pump of the navel. Let your navel dance. 4 minutes.

To End: Inhale deep. Cannon Fire exhale. 3 times. On the third repetition, squeeze the body and hold the breath a little longer and then Cannon Fire out. Be seated for a while and don't try to get up.

