

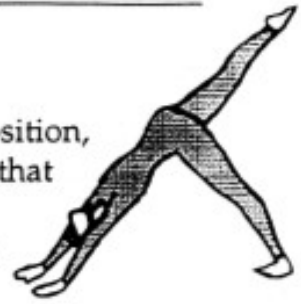
ELECTRO-MAGNETIC FIELD

SET A

part 1 of 3



1.) Start in a standing position, then bend forward so that the palms are on the ground: TRIANGLE POSE: weight is on



the balls of the feet and palms, the buttocks are up and the head is hanging, the arms and legs are straight. Now raise the right leg up, keeping the knee straight. (This is a good time to check your balance, be sure you are solid and won't tip). The left leg (the supporting leg remains straight), coordinate the breath with the movement. Exhale, and bend the arms and bring the head as close to the ground as possible. Inhale and straighten the arms. Continue this alternating posture with the breath for one and a half minutes. Switch legs and continue on the other side for another one and a half minutes.

SET A

part 2 of 3



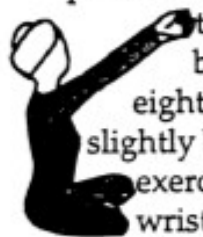
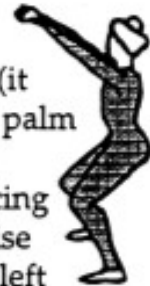
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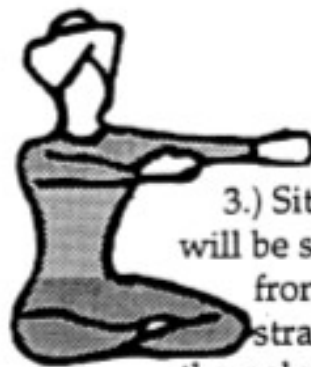
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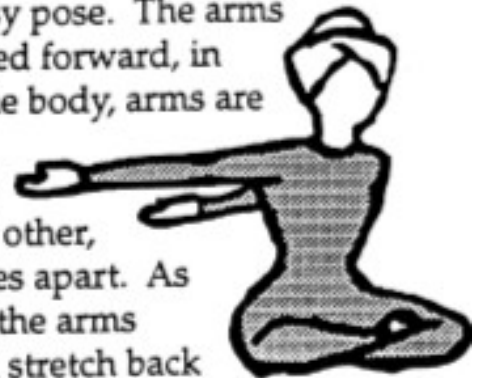
2.) Start in easy pose. Begin by reaching with the left hand, out in front of the body, (it helps to visualize grabbing a pole), the left palm will be facing to the right. The right hand will reach forward too, the palm will be facing down as it crosses under the left wrist. Raise the right hand up and over the back of the left hand so both palms now face in the same direction, toward the right. Now allow the fingers to lock in place over each other. You are now in the position to begin the exercise.



A variation may be tried, standing up. The feet will be about eighteen inches apart, and the knees will be slightly bent, the back is straight. During the entire exercise the arms, (including the elbows and wrists) will remain straight. The starting position for the arms is parallel to the floor. Coordinate the movement with the breath. Inhale and raise the arms up to a 60 degree angle. Exhale and return to the starting position. Breath deeply and continue with vigor for two more minutes.



3.) Sit in easy pose. The arms will be stretched forward, in front of the body, arms are straight, the palms will be facing each other, about six inches apart. As you inhale let the arms drop back and stretch back toward each other. Exhale and bring the arms forward to the original position. A variation of this exercise may be performed standing in place, the feet about eighteen inches apart, knees slightly bent, the back is straight. Continue coordinating the movement with the breath for three minutes.



SET B

part 1 of 8

1.) Easy Pose: Bear Grip Mudra: Place the left palm facing out from the chest with the thumb down. Place the palm of the right hand facing the chest. Bring the fingers together. Curl the fingers of both hands so that they form a fist. The arms are parallel to the ground. The eyes are closed and focused at the third eye point. Pull bear grip mudra with long deep breathing /or breath of fire for three minutes.

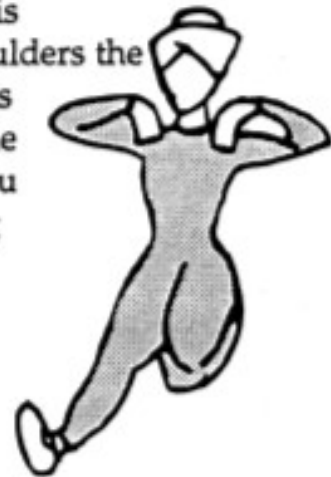


Bear Grip Mudra

SET B

part 2 of 8

2.) Sit on the left heel, the right leg is straight. The hands are on the shoulders the fingers are in front and the thumb is on the back. The arms are out to the side and parallel to the ground. You are now in position, hold with long deep breathing for three minutes.

**SET B**

part 3 of 8

3.) Easy pose. Arms are held up at the sides of the body, sixty degree angle. The finger tips are pressed on the palm mounds, and the thumbs are straight up, as if plugged into the ceiling. You are now in position. Continue with breath of fire for 1-5 minutes.



SET B

part 4 of 8

4.) Rock Pose: sit on the heels. The right arm is forward, the palm is facing up and is parallel to the floor. The left arm is backwards, the palm is facing up and as close to parallel to the floor as possible. All the fingers are spread wide with tension. You are now in position. Continue with breath of fire for 1-3 minutes.

**SET B**

part 5 of 8

5.) Easy Pose. The arms are straight, held out to the side parallel to the ground. The palms are facing out (as if to push the walls away from the body). Hold this position with great tension. Continue with breath of fire for 1-5 minutes.

**SET B**

part 6 of 8

6.) Easy pose, hands in gyan mudra, resting on the knees, arms are relaxed. Chant. (3-5 minutes)

SET B

part 7 of 8

7.) Rock pose. The right arm is forward and the left arm is back. Both arms will be parallel to the ground. Both palms will be cupped facing up towards the ceiling. Your focus will be on your finger tips. You are now in position continue with long deep breathing for 5 minutes. Alternate the arms and continue for 5 minutes. To conclude bring both palms to the chest with long deep breathing for one minute. Then chant. "God and me, me and God are one", for three minutes.

**SET B**

part 8 of 8

8.) Astral Exercise: Sit in easy pose. The arms are in front of the body, parallel to the ground. Your focus is on the tip of the nose. You are now in position. Inhale the arms down, exhale the arms back to a parallel position to the ground. Continue very rapidly for 3-5 minutes.

Variation: alternate the arms with the fingers spread wide.

