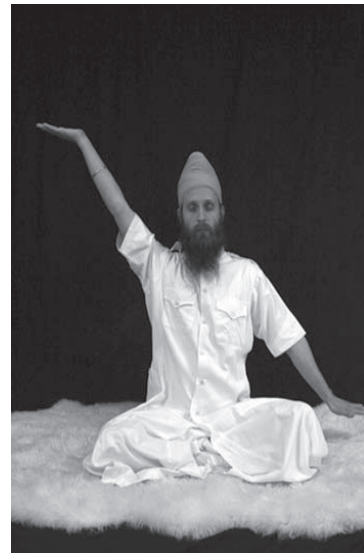




Have an orange ready to eat after completing the set. Sit in Easy Pose. Look at the tip of your nose.

1. Split your Mercury Finger and your Ego (thumb) keeping the three middle fingers together. Place your hands on each side of the head, palms facing forward. Make tiny circles with your hands. Your right hand moves to the right and your left to the left. 26 minutes. After six minutes, play Har Har Har Mukanday by Nirinjan Kaur. Continue the meditation while listening to the mantra. This music manufactures prosperity. This mantra is a money-making machine. Now you are entering a twilight zone in this exercise that you will not like; you may become insensitive to the movement; or you will be uncomfortable. The more powerfully you move, the more your breath will change and it will help. Naturally you are beautiful; by self-denial you become the victim of your own ugliness. Naturally you are wise; by self-denial you become insane. By nature God must provide, through the law of prosperity, anything you need; by your self-denial you create insecurity and you become poor. This exercise is going to change you inside out. You must do it sincerely. Win! Win! Win! Defeat the defeatism; depress the depression. You must claim the energy from within you; nobody is going to give you an injection from the outside. Change your magnetic field. Do it for your own sake! You want to be healthy, is that true? You want to have strength; you want to have intuition; you want to have tomorrow, don't give up. Push through these last few minutes. Push! Decide how much you love yourself now . . . give yourself a chance. I need your strength for tomorrow.



2. Put your right arm up at 60 degrees with the palm up, flat and parallel to the sky (wrist is extended) and the left arm 60 degrees down toward the earth, palm down and parallel to the earth (wrist extended). Together they create a diagonal line across the body. Straight arms; no bend in the elbow. 11 minutes. If you ate sattvic food, this wouldn't hurt you. But your two meals a day and your goodies, they are hurting you now.



Note: Clap your hands for a few seconds to transition to the next exercise.

3. Reach your arms directly out in front of you, from the shoulders, with the palms up. Palms are flat and the arms are straight. Look at the tip of the nose. 6 minutes. Pray to Almighty God that he should come into the palm of your hand. Tell God to dance in the palm of your hand.

4. Place your hands in your lap. Sit straight like a Sage. Do the self-hypnosis that you are a sage: A saint, a sage, a prophet. Don't worry what you are, or what you think you are, or what someone else thinks you are, think only, "I am the saint of the saint, the sage of the sage. I am the sage of the age. I am I am." Go deep into the center of the earth. Drop deep into the center of the planet earth. Sit like a powerhouse and personify as a Sage of this Age. [Meditation by _____ is played.] I am Sage of the Age. 13 minutes.

5. Breath of Fire. Wake up your body. Powerful movement of the navel. Recharge yourself. 1 minute. Relax.

6. Prayer Pose. Press the hands together very hard. Inhale deep; hold tight and press hard. Synchronize. Cannon Fire exhale. 3 times.

