
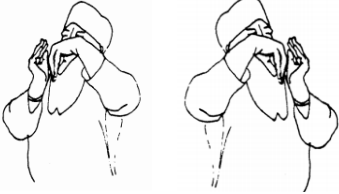






Meditation in Perugia 2012 dec 03

 <p>11mn Make an "O" of your mouth and do Breath of Fire through it.</p>	<p>TCH36 8 A00724</p>	<p>You and Thou Change the Elemental Psyche</p>
 <p>Place the legs in a comfortable position keeping the back straight. Close the eyes and mentally look through the forehead. Focus on mentally looking through the forehead. Practice with the right hand up and the left hand down for 11+11 minute</p>	<p>770217</p>	<p>balances your energy</p>
<p>Humee Hum Bram Hum HAR</p>  <p>7 ½ mn 3mn 3mn</p>	<p>LA877 960604</p>	<p>Self Realization</p>
 <p>11mn chant Ardas Bahee</p>	<p>LA893 961231</p>	<p>Renew your system and give you strength and power.</p>
<p>Dog breathing</p>  <p>3mn dog breath 3mnPush hard & 3mn round</p>	<p>LA769 930415</p>	<p>DELOPMENT OF SELF-CONTROL</p>
 <p>11mn Breath Long & deep Max pressure in the mercury & Sun middle and index fingers maintain only light contact Thumb don't touch</p>	<p>LA069b 781102</p>	<p>PART II bring the experiance of tremendous strength and can retrigger new life in anyone</p>