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 <p>9mn very powerful magnetic circle</p>  <p>3mn      3mn      to end stretch</p>   <p>tongue out, like a "Q", mouth is open,</p>  <p>put your hands there as before and do it together. Wow, go. Relax. Change, inhale deep, pull it together. At the count of 16, only, let the breath go. 1,2,3,4,5,6,7,8,9,10,11,12,13,14,15, relax, done.</p>	<p>LA819 950109</p>	<p>Eliminate Brain Fatigue Serie</p>
 <p>Just understand your eyes in the back of your neck. Just look at your, create the mental eye, not between your eyes and third eye and try to pretend to be great which you are not, but just there are eyes in the back of your neck. And you have your mercury, your id combined and your breath is long life, long life means long breath. Longer the breath, longer the life, shorter the breath, shorter the life. And you get lost. And we'll give you simple music so that you can float with it. And you will do it very consciously. In this gradual step by step you will grow, so that you may not spoil yourself by asking others. You may learn to ask yourself all the time.</p>  <p>Inhale deep, put</p>	<p>LA828 950308</p>	<p>Human is a qualified individual who has the dormant intuition and regulatory consciousness and you need both - how to be intuitive #8</p>

<p>your both hands on the chest please and press hard</p>  <p>Inhale deep, put your both hands in the navel point and press hard</p>  <p>now fold your hands in the center, please and breathe in, and put all the pressure together to neutralize energy into the entire being,</p>		
  <p>3 + 7 minutes open &amp; Close you EGO to mount Mercury</p>  <p>1mn I Want</p>  <p>1mn I Want</p>  <p>i want i want 1mn I Want</p>  <p>i want i want 1mn I Want</p>	<p>LA708 920129</p>	<p>touch the mount of mercury. I am going to change the brain effectiveness totally tonight</p>
 <p>Poukri Pranayam. <b>10 mn.</b> eyes closed. Keep the tongue out, breath of fire,</p>	<p>LA860 960131</p>	<p>Hust Kriya Open diaphragm</p>

 <p>3mn Sat Nam Sat Nam Wahe Guru Wahe Guru</p>  <p>5-22 mn Sat Nam Sat Nam Wahe Guru Wahe Guru</p>		
 <p>18mn Wisper Har Hare Hari Wahe Guru 3mn Silence and listen</p>	<p>NM118 940209</p>	<p>your identity and your dependability</p>
 <p>22mn Breath of Fire</p>		<p>To regenerate</p>
 <p>31mn press hard. Close your eyes and from the closed eyes look down at the tip of your nose. Straight, chest out, chin in, and do nothing, just be steady in this posture, rest will happen. Concentrate on these words inside. (Heal me tape is played with meditation.</p>	<p>LA684 910313</p>	<p>SERIES CHAKRA ajia the command center</p>