



 <p>5mn Breath From O of the Mount 6mn chant HAR & pump Navel</p>	<p>LA869 960410</p>	<p>To make You Deep Self</p>
 <p>17 ½ mn (A) Bring your thumbs in so the pads of the thumbs press against the "mounds of Mercury," the fleshy mounds just below the pinkie finger on the palm of your hand. (b) Immediately close your fingers over the thumbs, and put a pressure here (squeeze the fingers). (c) Immediately fling your fingers wide open and straight & Chant HAR (play Duni)</p>	<p>TCH20 04 960723</p>	<p>Meditation to Discover the Beauty &- Heavens Within</p>
 <p>Breathe long and deep in through the nose</p>	<p>KWTC1 970630</p>	<p>TRANCE INTERCONNECTED MENTAL MEDITATION for Faculty of Self-Engagement</p>
 <p>3mn breath 20-20-20 3mn inhale from the nose & Exhale From the O of the mouth a Cannon fire</p> <hr/> <p>inhale, hold your breath and pump your navel point vigorously as long as you can. Exhale.</p> <hr/>  <p>3mn round the arms</p>	<p>LA767 930407</p>	<p>IF THE SPIRIT IS NOT DOMINANT</p>