

## LA877 960604 – Self Realization



Arms extended forward, palms up, guan mudra. Eys closed gazing at tchin from the inside. Hume Hum Brum Hum. Use the tip of the tongue. Will put pressure on 5th chakra. 8 min.



Arms up, elbows at sides, fingers point inwards.

Pressure on ribs near the sternum. Humee Hum Brum Hum. Eyes closed looking at chin.

2 1/2 min.



Elbows out at sides, right hand in front of left, Oscillate up and down a few inches. Tantric Har. 4 min.

Inhale, hold move fast, fast, fast. Exhale. 3x