

Exercise Set for Electromagnetic Frequency

1) Sit in Easy Pose. Fully extend the arms out to the sides with the fingers stretched back from the palm and tensed like claws. The entire hand should be rigid and taut, like a lion's paw. Alternately cross your wrists over your head and return your arms out to your sides, parallel to the ground (A). Keep the lion's paw tight. Move powerfully and rhythmically. Begin a breath of fire, coordinating one inhale-exhale with each movement. Continue for 9 minutes and then without stopping, stick your tongue all the way out and continue for 15 seconds more (B). Then inhale and hold the arms up at 60° for 15 seconds. Then exhale. Repeat. Inhale and hold again for 30 seconds. Exhale and relax by singing the song "Nobility" from the heart for 3 – 4 minutes or sit quietly breathing long and gentle for 3 – 4 minutes.

This exercise works on the electromagnetic frequency of the brain. The hand position pressurizes all the fingertips which control the brain and its functions. The lymph and nervous systems are tuned up and the powerful breath of fire stimulates the pituitary gland and causes the pineal gland to change the frequency of the radiance of your magnetic field.

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