

13. Lock your hands in an inverted Venus and extend them straight out in front of you parallel to the ground. Close your eyes and imagine that you are flying through time and space. Feel you are going through time and space. Bend forward slowly as you imagine that. Just move slowly; you are penetrating through space millimeter by millimeter. You can transform a person by changing the blood chemistry, and the nearest and dearest person to you is you.

Let the power come from your spine and let yourself penetrate through space. Penetrate through space. You are the bravest, you are the most powerful, you are the most positive, you are intelligent, you know all, God made you special, you are special. "I am a beautiful being. I am beautifully a beautiful being. I am beautifully a beautiful being." Hold that thought, that projection. Keep steady. Hands stretched out, perfectly extended. The Kundalini awakens and the man becomes super-intelligent. There are simple ways to do it. Energy is coming from afar. It is fresh. It is going through all of you. It is the most energetic time for you. Use it.

Inhale very deeply. Hold the breath, and project that you are beautiful, the most beautiful. Hold the breath and project "I am the most beautiful, I am the most beautiful, I am the most beautiful. Everything is happy and perfect. Everything is happy and perfect. Everything is happy and perfect." You have to do it right. Project out that you are perfect, you are penetrating, you are invincible, you are great. Keep on holding the breath to the maximum capacity and penetrate. Relax. **5 Minutes**

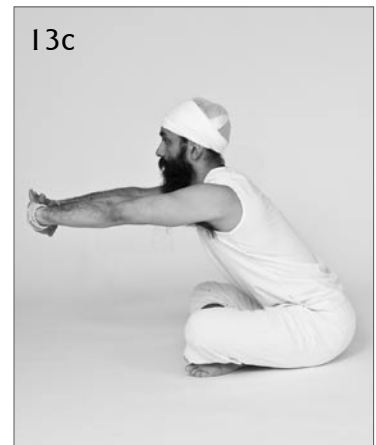
14. Lie on your back, pull your knees into your chest and roll up and back on your spine. Roar, roar like a lion. Roll and roar. **1 Minute**



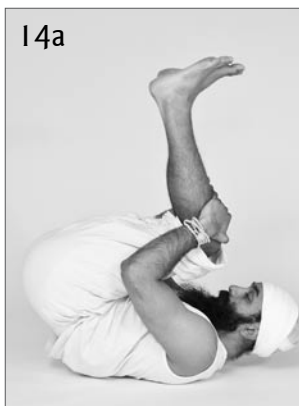
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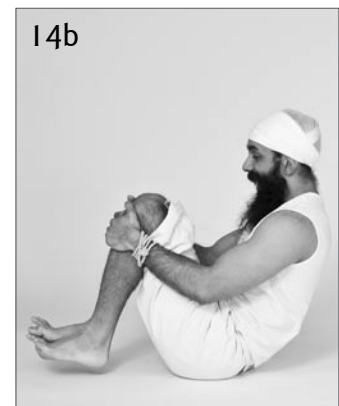
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I3c



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