

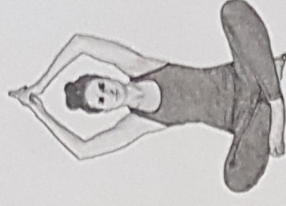
Root Lock to Third Eye

In Easy Pose or on the knees, lightly pulse the root lock to the third eye.
 ♥ **Awake:** Observe with consciousness.

Crown Chakra — Oneness with the Divine

Cosmic Connection: Hands interlaced above the head about 4 inches with forefingers pointing up. Pull on the interlaced hands and resist opening them while doing Breath of Fire. Pulse the Breath of Fire at the navel and crown chakra.

To end, inhale deeply, suspend the breath, relax the body, and pull the energy from the base of the spine up to the third eye and out the top of the head. Exhale powerfully, and repeat 1 or 2 more times. Then bring your hands down and deeply listen to the silence within and feel the vibration in your body for 3 to 5 minutes or as long as you wish.



Arms above the Head with Breath of Fire

Pulse the Breath of Fire at the navel and crown chakra, opening the 1,000-petaled lotus on top of the head. 2-3 minutes. End as in first exercise.

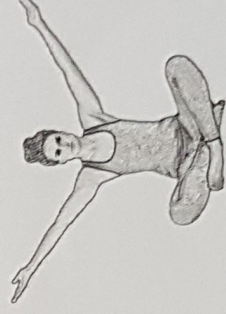


♥ **Oneness:** Merge into the vastness of your inner space.

Bring arms up to 60 degrees, palms facing up.

With long deep breathing or Breath of Fire, feel a funnel on the top of your head beaming in golden light, bringing

- Light to your mind
- Relaxation to your throat and shoulders
- Warmth to your heart
- Deep passion to solar plexus
- Pulsating aliveness to navel
- Spiraling, flowing expansion to abdomen
- Rooted security from tail to center of Earth



Aura — Wholeness

Feel your spine, body, and aura simultaneously to consolidate a sense of Self — I AM!

Enjoy Being You!