

BRIDGE SERIES (Power to Heart)

October 8, 1969

Prayer to begin: Oh God, let me live my life as you wish it; others are irrelevant. We don't know what we need.

1. CROW SQUATS: Squat with feet flat on floor, and inhale to stand, exhale to squat, slowly for 1-2 minutes.

2. BODY DROPS: Legs stretched out in front, hands at sides on floor, raise and drop body 10 times for the heart.

3. BRIDGE POSE: Bend knees, drawing them to buttocks, then raise hips, torso in a straight line from knees to shoulders, head dropped back, weight on hands and feet, with long, deep breathing for 1-2 minutes. Then Inhale, exhale and pull Root Lock (Mulband).

4. In Easy Pose, sit with index fingers locked in front of heart, fix eyes on something, inhale and pull hard a few times.

5. Repeat #2.

6. COBRA POSE with long, deep breathing for 1-2 minutes. Then kick heels to buttocks with Breath of Fire for 1-2 minutes. Then deeply inhale, relaxing feet down, and circulate energy.

7. In meditation pose, with straight spine, meditate on Pineal Gland, chanting

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aloud for 5 minutes, then silently for 3 minutes. "With silent mantra, all creation accompanies."

