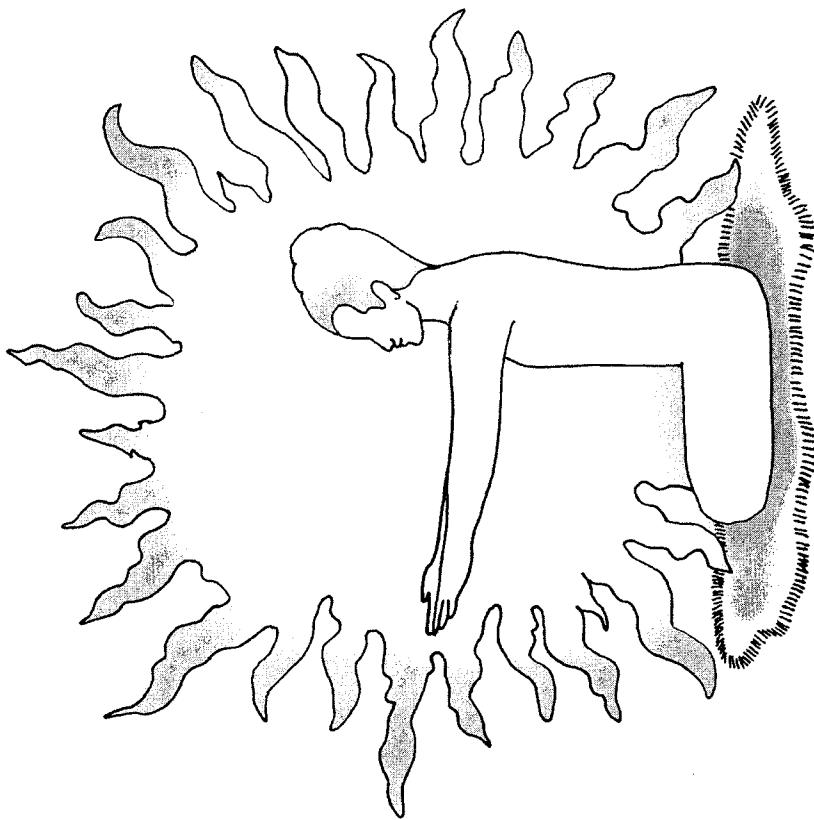


Tuning Up the Frontal Lobe

August 3, 1998



The frontal lobe controls personality. This kriya tunes up the frontal lobe to strengthen our commitment to our higher self.

Sit in Easy Pose with a straight spine, chin in, and chest out. Extend both arms straight out in front of you at shoulder level. Hold the arms out parallel to the floor with no bend in the elbows. The right palm faces the heavens (upward) and the left palm faces the earth (downward). Hold the position and do Breath of Fire through the nose for 11-16 Minutes.

To Finish: Hold the position. Inhale and hold the breath for 15 Seconds as you stretch your arms out in front and stretch your spine upward. "Pull the hands from the shoulder as far forward as you can. Make the spine to go into the proper complex of its angle. Work on your spine very tightly." Fire the breath out. Repeat this breath two more times. Then relax.