

HEART OF GOLD

1. YOGA MUDRA: In Lotus (or Easy Pose), bend over placing forehead on the ground, hands in Venus Lock behind the back, index fingers extended, and raise the arms straight up, pulling the shoulder blades together with long, deep breathing for 3 minutes.

2. In EASY POSE, lean forward to 60°, grasp opposite shoulder blades and pull, right arm under left, and hold with long, deep breathing for 3 minutes.

3. Arms stretched straight out in front, parallel to the ground, spread the fingers wide apart, feeling heat at the base of the palms and hold with long, deep breathing for 3 minutes. Then tense hands and relax. Brings energy to the heart in 2 shifts.

4. Rub hands in a circular motion around the centers of the palms for 3 minutes.

5. Upper arms at sides, bring left one out to the side away from the body and hold the right one close in, palms facing each other, and meditate on the energy between the hands for 7-15 minutes.

6. EGO ERADICATOR: Arms up to the sides at 60°, fingertips on pads and thumbs extended up, breathe long and deep for 1-2 minutes, and then follow by 1-2 minutes of Breath of Fire.

7. Repeat #4.

8. Place palms 4-6" apart at the Heart Center, palms facing each other, right one above, left below. See a golden ball of light between the hands. Expand the light with each breath, for 10-15 minutes.

