



1) Chair Pose with Breath of Fire. Begin in a standing position. Place your feet shoulder-width apart. Squat down so the thighs are parallel to the ground. Reach towards the toes, placing the palms on top of the feet by bringing the hands through the inside of the legs, around to the outside. Be sure to keep the back straight and only lift the head and look forward. 5 minutes.



2) Sat Kriya. Sit on the heels and stretch the arms straight over the head so that the elbows hug the ears. Interlock the fingers except the index fingers, which point straight up. Begin to chant Sat Naam emphatically in a constant rhythm about 8 times per 10 seconds. Chant the sound Sat from the Navel Point and Solar Plexus, and pull the Navel all the way in and up, toward the spine. On Naam relax the belly. Continue very powerfully. To end, inhale and squeeze the muscles tightly from the buttocks all the way up the back, past the shoulders. 5 minutes.



3) Sitting in Rock Pose on your heels, rest the hands on the thighs.

a) Begin Sitali Pranayam, inhaling in short sips through a curled tongue until the lungs are full of air.

b) Rotate the hips around in a circle. Hold the breath and rotate to the left for 1/2 the duration of the held breath. Then hold and rotate to the right for 1/2 the duration of the held breath.

3 times.





4) In Victory Pose with your feet off the ground at a 60° angle and your torso raised off the ground at a 60° angle
(a), inhale. In a motion like a sit-up, drop the torso and legs down to 45°
(b), exhale, and then back up to 60°. 5 minutes. If done properly, this is the equivalent of 8 hours of exercise.



5) Lie on the back and bring the hands to the Navel Point. The left hand is closest to the body and the right hand is over the left. There is about 2 inches between the body and also between the hands. Rotate the hands around each other in a clockwise direction, maintaining the 2-inch separation between the hands, and keeping the hands over the Navel Point. Long deep breathing. 3 minutes.



6) Remain on your back and extend your arms up to 90°, straight above you. Make fists of your hands and with great tension, pull your fists into your chest. Release and repeat 2 more times.



7) Rest on the back with the left hand on the heart and the right hand over the left. Long deep breathing—whispering Hum Dum Hari Har. Hari Har Hum Dum. This is the meditation of the celestial angels. God is my breath, breath is my God. 5 minutes.





8) Sitting in Rock Pose, place hands in Bear Grip. One palm faces out from the chest with the thumb down. Place the palm of the other hand facing the chest. Bring the fingers together. Curl the fingers of both hands so the hands form a fist, where the fingers of one hand are hooked around the fingers of the other hand. The arms keep a steady pull at the heart. Move your elbows up and down, quickly. 11 minutes.



9) Remain sitting on your heels, place your palms on your thighs and begin inhaling turning your head to the left, and exhaling turning your head to the right. 3 minutes.



10) Come sitting in Easy Pose and bring the hands up to the face with the thumbs pressing on the temples. The fingers will be about 2 inches from the face. Roll the eyes up to the Third Eye Point, creating a pressure. Now chant, Har Wahe Guru, Har Sat Nam. This mantra allows you to feel no pain at the time of death. 5 minutes.



11) Prepare to sit on your heels but let your hips rest between your heels, touching the ground. Relax back down on your back with your hands by your sides. Do this as long as possible. Do not do so long that any part of your body falls asleep.

12) Then relax on the back. 11-62 minutes.

Comments: You must stimulate your Navel Point once a day. If you do Breath of Fire, it will cleanse your lungs, make them strong, you will have deep breathing all day, you will have good oxygen in your bloodstream, and you will be young and healthy for a long time. If you do it 5-15 minutes every day, it is the best way to keep the blood purified. It's a direct blood purification system.

