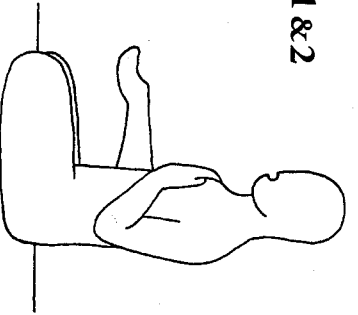


Key To Unlock The Unlimited, Infinite Power In You

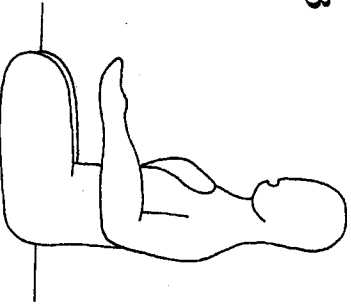
October 11, 1999

1 & 2



1. Sit in Easy Pose, with your left hand on your heart. The upper portion of your right arm is at your side, next to the ribs. The elbow is bent and the forearm extends forward, parallel to the floor. Your right palm faces upward and is cupped as if to receive water. Inhale deeply through the "O" shaped mouth, as if drinking the air. Exhale through the nose. Don't pull the air in, breathe it as if you are drinking it. This exercise will stimulate your immune system and your heart muscle. 22 Minutes.

3

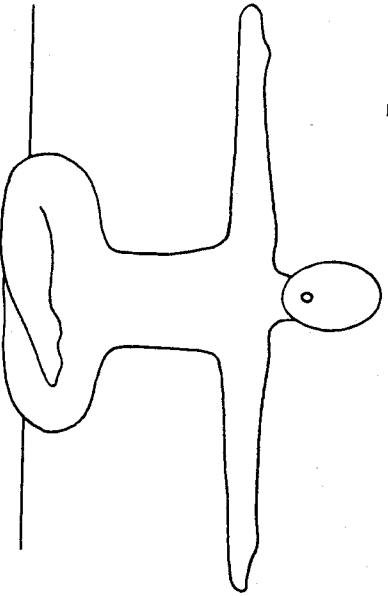


2. Stay in the position and use your navel point to create a powerful Breath of Fire through the "O" mouth. 2 Minutes.

3. Change the hand position, the right hand is on your heart and the left arm extends forward with the hand cupped. Continue Breath of Fire through the "O" mouth for 2 1/2 Minutes. When you change the hand position, you will notice the difference.

4. Stretch your arms out to the sides, elbows straight, palms up. Continue Breath of Fire through the mouth. 2 Minutes.

4



5. To Finish: Inhale, hold the position, hold the breath 10-15 seconds as you stretch the spine up straight. Exhale. Repeat this sequence one more time, stretching the spine up. The last time inhale, hold the breath 15 seconds, and stretch the extended arms out to the sides as far as you can. Exhale and relax.

"You do not understand discipline. Discipline is the only friend, other than God, that you have."

YB