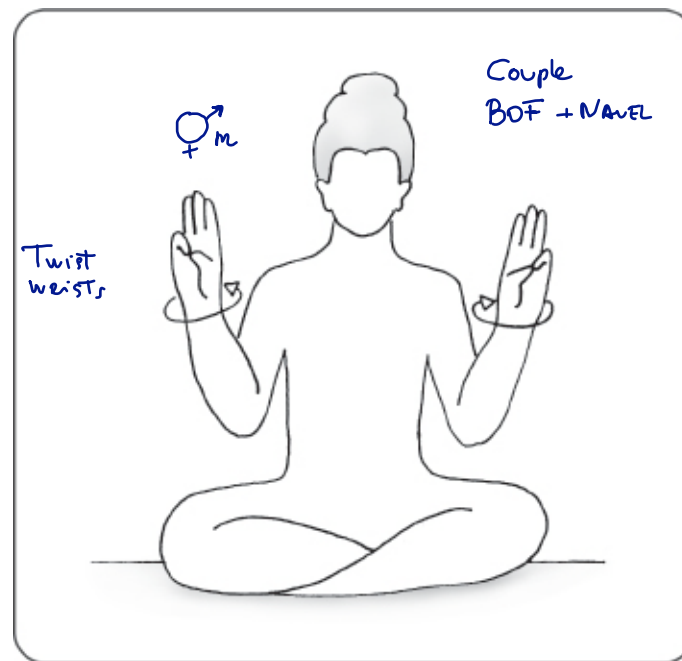


Base of your Creative Capacity for Life

May 18, 1993

Working on the 7th Rib



3'

End.

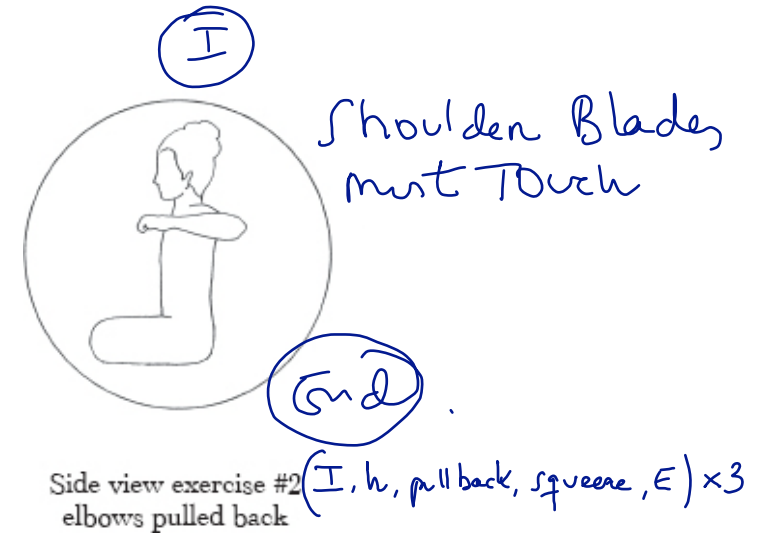
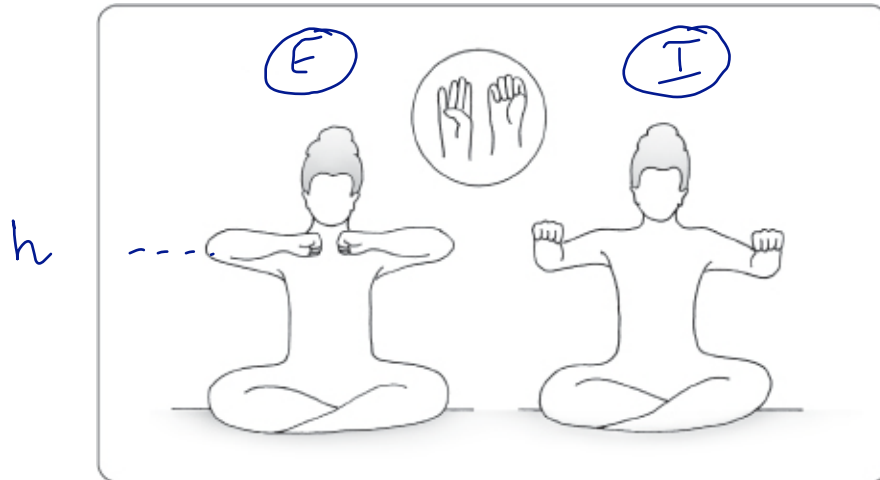
(I, h, Twist 20" E) x 3

1. Sit in Easy Pose with the elbows bent, upper arms near the ribs and the forearms pointing upward. The thumb locks down the Mercury (little) finger and the other fingers point straight upward. Strongly twist the wrists inward so that the palms face toward your shoulders and then twist them back so that the palms face forward. Continue quickly revolving the hands back and forth as you vigorously pump the navel with a powerful Breath of Fire. **3 Minutes.**

To Finish: Inhale deeply, hold 20 seconds, while you pull in on the navel point and twist your wrists back and forth. Squeeze every muscle and then release the breath through the mouth like cannon fire. Repeat this sequence two more times.

This exercise will help you **look beautiful, be youthful, and conquer senility.**

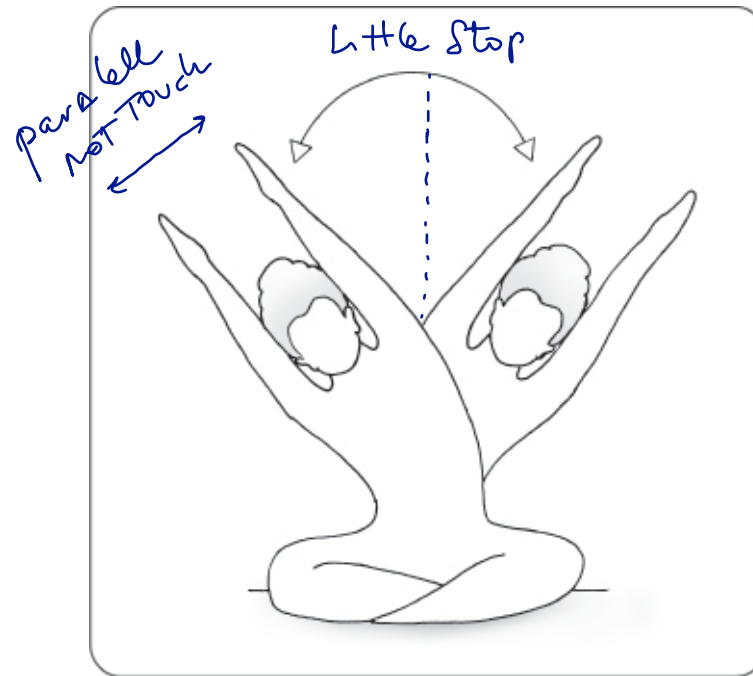
Fist M
ego inside, in mound



2. Place your thumb on the mound below the Mercury (little) finger and close your fist around it. Bend your elbows and raise your elbows, hands, and forearms at the level of your shoulders. Your fists should be in front of your chest at shoulder level. Inhale and pull the elbows back so that the shoulder blades almost touch, exhale and return to the starting position. Use this exercise to pull open the ribcage, using a heavy breath to open up the lower lungs. Ideally you will move 108 times per minute. **3 Minutes.**

To Finish: Inhale, hold the breath 10 seconds while you pull the elbows back, pull in on the navel, squeeze the muscles of the body. Then exhale like cannon fire through the mouth. Repeat this sequence 2 more times.

This exercise may change your whole lifestyle and is also very good for the heart. "Open up your ribcage. All the twelve zodiacs are there. Especially you are working on the seventh rib, which can regenerate you, re-create you."



Bof

(3') speed last minute

(End)

(I, h, lean ^{10"}l, lean ^{10"}r, ←) x3

3. Raise your arms up over your head, palms facing each other without touching. Keep your arms up over your head, lift your chest and stretch your ribs, and slowly lean as far as you can to the left. Then come back to center, stretch up, and lean as far as you can to the right. Breath of Fire. **3 Minutes**. During the last minute, speed up and move as fast as you can.

To Finish: Inhale and hold the breath 20 seconds, lean *left*, lean right, come back to the center and expel the breath through the mouth like cannon fire. Inhale and hold the breath 20 seconds, lean *right*, lean left, come back to the center and expel the breath through the mouth like cannon fire. Last time: inhale and hold the breath 20 seconds, lean *left*, lean right, come back to the center and expel the breath through the mouth like cannon fire.

“This will fix your spine, your spinal disks, and tone up the pelvic region provided your Breath of Fire is strong and continuous. There is no better adjustment for your body than this exercise done correctly. It works on the sex organs, which give you the sensitivity to create. It can give you an experience of who you are.”