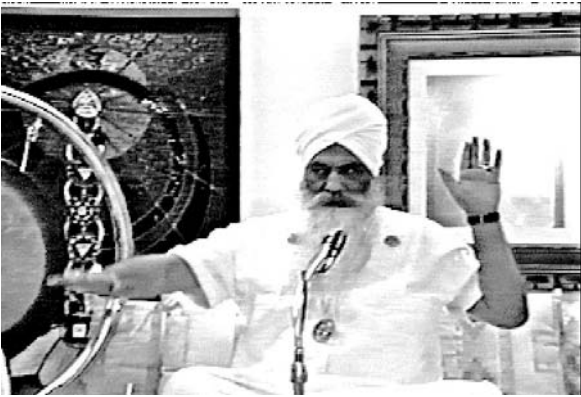


LA764 930330 from the pain to the joy FIND YOURSELF IN 12 MINUTES



Exercise I: 3 minutes. Eyes closed, raise and lower your extended right arm within a range of about 30 to 40 cm. at the frequency of a movement every 2 seconds. Inhale through your nose and exhale through your mouth in coordination with the movement of your arm.



Exercise II: 3 minutes.
Do exercise I with the other hand.



Exercise III: 3 minutes. Position your hands as in the picture. Inhale very fast through your nose and shoot the air out through your mouth. Your hands are positioned as in the smaller picture.



Exercise IV: 3 minutes. Clap your hands on the floor in one beat and with the tip of your tongue sing from the navel point the mantra "HAR HAR HAR HAR"...To conclude: Inhale...press your hands vigorously onto the floor, synchronize your body and contract all your muscles...and, like a cannon, force the air out of your mouth three times. **NOW DO NOT MEDITATE -- TALK.... SAT NAM**