

## LA736 92/09/11 Recharging Yourself

### We work on the glandular system: We repair the liver

**I Esercizio 16 minuti** Close the eyes and it throws out the tongue: It inspires from the long and deep nose and it expires from the mouth with the tongue of out. You maintain the astute thorn. You go over the calamities. It inspires consciously.



24it begins to force the breath and to you expire with strength from the mouth with the tongue in out, fault with power throws out the breath.. It inspires deep and it expires out we go, we go out, out it inspires from the nose and it makes out to go out, out the breath with power with the tongue of. To the conclusion of the 16 minutes it Inspires deeply and as a gun it makes to go out the air 3 times. (ago yours better).  
Please relax

**II Esercizio 11 minutes:** You put the hands in the hold of venere and it starts to rotate the braccias



together with the shoulders, to the movement of the navel and the thoracic box.. You close the eyes and it makes to rotate the hands. Because in this kriya blood goes to feed the eyes. You rotate you rotate in a constant and continuous rhythm. You will be amazed from

the effects on the thoracic box. The rotation of the hands is accompanied by the rotation of the whole bust of the shoulders and from the contraction of the navel. The last minutes ago yours better. To the conclusion inspired deeply and you shake you shake you shake and relaxed 3 times



**III III ESERCIZIO:** 5 minutes you put the fingers of the two hands finger against finger and fairies to rotate the fingers to balance the meridians Now.

Then an interruption of 7 minutes it passes to the following kriya

**IV ESERCIZIO: 9 minutes.** Now you are of the birds that fly out with the arms out and flights as they make the birds, with their grace, out of politeness you don't interrupt this kriya, you are of the beautiful birds. You don't interrupt. Flights, fly, beautiful birds. You use the power of the autoipnosis. Flights, Fly...



**To conclude you Now inspire and bringing the arms above the head applauded..** and you expire, you Inspire without interruption applauded.. and you



expire.. and relaxed 3 times.  
Sat Nam.

During the 3° exercise YB explains: placing the palm of the hand on the jaw and quickly beating with the polpastrellis beside the ear, 1 minute with the right hand, then inverted with the left.. And at the end one minute with everybody and two. This small kriya of 3 minutes puts to place the meridians that are all presents both in the hands and in the ears

