

Extract From 1° kriya: KYB013 840229 ELIMINATE GASTRIC TROUBLES

LOS ANGELES, CA

You are in a regular turban today. Some special reason. Okay. Angle your hands and **put your thumbs together**. Concentrate deeply **and move**. **Only fingers up to finger ends & breath of fire. 5 minutes:** Get the arthritis out. If it starts hurting in the middle of it not a good thing. If it starts hurting at the beginning it is all right. If it starts hurting in the end go to Dr. Saram but do it right. Let us see what happens. You think your body is all yours but body will tell you where it is at. **Simple movement is required. Not big deal. Only pull the fingers in. Very classical. No pressure.** At the same time both hands. Do it authentically and put your mind into it as you are dealing with the mental energy also as well as the physical. Combine it. Move, move those fingers. Very good. Lie down. 6,47

