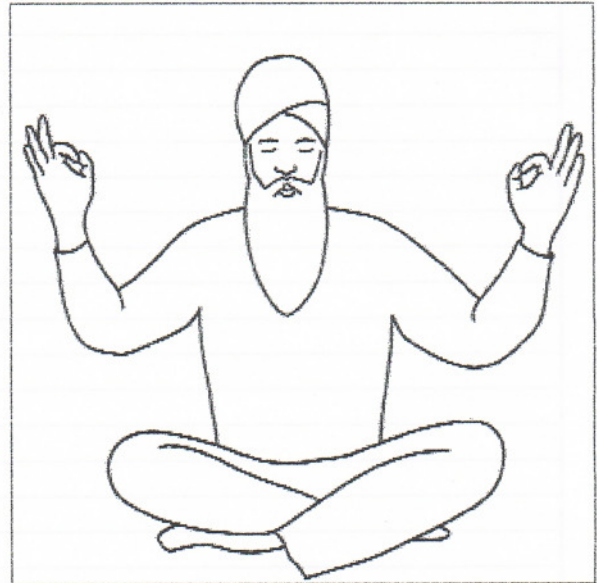


MEDITATION - For Inner Strength

Sit straight in a cross-legged position. Extend the arms slightly up and forward at 45 degrees angles. Both hands are in receptive Gyan Mudra. Eyes are closed. Whistle in deeply, hold, and then Cannon Fire Exhale. Continue for 11 minutes.

To end, inhale deeply, hold, straighten the spine, and then Cannon Fire Exhale. Repeat 2 more times, holding the breath and tightening every fiber of your body. Relax.



Whistling on the inhalation vibrates the breath with saliva which has a very magnetic affect on the body. The cannon fire exhalation takes away all that is not needed by your being. The arm position works on important meridian points and the posture gives you self-containment. If you do this meditation 11 minutes a day soon you will be a changed person. Things will start happening. Your strength can help a lot of people. To walk in this Information Age you need temperament, manners, courage, endurance, communication and mutual understanding. I hope you will do it all.