



1. Sit in Easy Pose. Place left hand in front of you at chest level. Keep the fingers straight with the palm facing right. Press the fingertips of the right hand into the mounds at the base of the fingers of the left hand. Palms face each other. Right fingers are bent. Thumbs rest alongside each other. Eyes are closed. Begin to breathe long and deeply through the mouth with a 'throaty breath.' Hear the sound of it. Regulate it from the throat. Feel the breath and the energy it creates. Continue for 3-5 minutes. Then inhale deeply and suspend the breath for up to a minute. As you hold it, go through your psyche deeply. Gather all thoughts, feelings, memories you want to release. Exhale through the mouth like a cannon. Expel the impressions. Release the feelings.

**To End:** Inhale and exhale a few times then suspend the breath again. Repeat this two more times.

2. Still in Easy Pose, bring the hands in front of the shoulders with the palms facing forward. With the left hand, connect the little finger to the tip of the thumb. With the right hand connect the ring finger to the tip of the thumb. Close the eyes and begin Breath of Fire through your mouth. Steady breath. 3 minutes.

**To End:** Inhale deeply and concentrate through the top of the head for up to 30 seconds. Repeat three times.

3. Cross your hands on the Heart Center, right over left.

**Eyes:** Focused at the tip of the nose through closed eyes. Breathe normally in your own rhythm. 7-11 minutes. Meditate on a feeling and quality in your heart. Feel your innocence. Connect to your sense of totality and vastness. Extend your sense of peace. Any thought or people that come to your mind, grant your blessing. Bless your self, any thought in awareness. Enter a state of gratitude, light and blessing. Survey each year from birth to 11 years old. Bring in the sense of light, kindness and blessing to each memory. See what happens as this entire period is cleared and released by touching it with your light and openness.

