



THE WATER OF LIFE

Fill a 4-8oz glass with room-temperature water.

As you fill this glass of water, *focus* on the water being *energized*. *Concentrate* on the water being *saturated* with Prana.

Relax. Do some stretching to limber up. Clear your mind.

Sit down in a half lotus. Set the water in front of you.

Take three deep long breaths in through your nose, visualizing Prana. Exhale through your mouth releasing all negative energy.

Allow one minute of non-thought.

Inhale *slowly* through your nose, drawing in the Prana. Exhale through your mouth releasing all negative energy.

Center your concentration on the glass. With both hands, raise the glass to a 45 degree angle above your head.

Visualize the energy from your body *infusing* with the glass of water. *Envision* the Prana from the environment around you permeating the water as well.

Say aloud "I take the *water of life* within."

Bring the Glass to your lips and drink. *Feel* the water underneath your tongue absorbing the Prana. Then place the glass back down beside you to the right or left.

Allow one minute of non-thought.

Feel your tonal increasing.

Now, inhale through your nose, visualizing Prana, and exhale all your *breath* in half the time you spent inhaling.
(Repeat 19 times)

Relax and return to normal breathing.

Allow one minute of non-thought.

Take a long deep breath in through your nose absorbing Prana energy. Exhale through your mouth, releasing all negative energy.

Complete seven Ohm's out loud; followed by allowing one minute of non-thought.

Take a long deep breath in through your nose absorbing Prana energy. Exhale through your mouth, releasing all negative energy.

Take your right hand and place your middle finger to your thumb. Extend your hand about a foot in front of your face and *center your focus* on the how that hand position feels to you.

Now, breathe in through your nose, focusing on your energy vibrating at a *perfect* tonal, *absorbing* perfect Prana, and exhale as a master.

Now inhale through your nose, visualizing Prana, and exhale all your *breath* in half the time you spent inhaling.
(Repeat 11 times)

Return to normal breathing.

As your energy *tonalizes*, raise your mind to the *Love of God*, the *Love of Sprit*, *Soul*, and *Universe*.