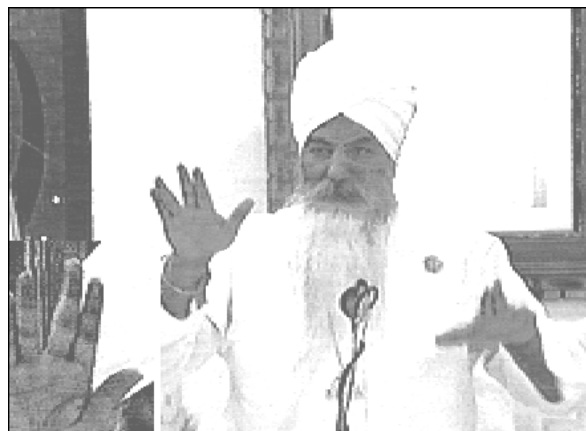


Silence N. 6 la815 nov 15 94

Exercise 1: 5 minutes: Connect Jupiter and Saturn fingers and Mercury and Sun fingers together, as in the picture. Do jerk elbow movements, very fast, like if you were playing with a ball. Move your hands up and down, in opposite way. (3 movements per second and 180 per minute.) Breath with your nose and exhale through your mouth with full breath, You will shake like an earthquake. Be fast!

To conclude: Inhale deep...hold it...synchronize yourself...go backward of 60 degrees...tighten your muscles...put pressure on your spine...come forward...Repeat it two more times. Relax (3 times.) This a good exercise for arthritis.



2° exercise; 5 minutes: Lock your hands as in the picture, move only your shoulders, up to your ears and down, as fast as you can. (don't move elbows nore hands) This is a very powerful exercise because it can change your entire metabolism. Balances the heart. To conclude: Inhale deep...tighten up your shoulders ...squeeze all your body...and exhale (3 times.)

3° exercise 11 minutes: Put your left hand on your heart and your right hand up to the side, as in the picture. Stay thoughtless. Relate to nothing Close your eyes, concentrate on your chin, entertain no thoughts at all! Use you selfwill, your self-esteem, your self-authority. When you are into this state the subconscious's does not act and the unconscious gives you intuition: this is the end of the poverty and the begin of prosperity!



To conclude: Inhale deep...put your hands to the ground...press hard, as hard as you can... and exhale. Do it two times more- and relax.

