

LA766 930406 MAKE THE TATTWA VIBRATE IN YOUR TRUE SELF



Exercise I: 6 minutes.

Press your left hand against your ear and sing with the tip of your tongue the mantra "HUMEE HUM BRAM HUM".

To conclude: inhale...hold it, make the energy circulate throughout your body and, like a cannon, shoot the air out from your mouth. (3 times)



Exercise II. 3 minutes.

Press both hands against your ears and with the sound of your breathing which comes from the navel point sing the mantra "HAR HARE HARI, HAR HARE HARI". Your eyes are closed.



To conclude: inhale...squeeze your entire body and, like a cannon, shoot the air out of your mouth (3 times).