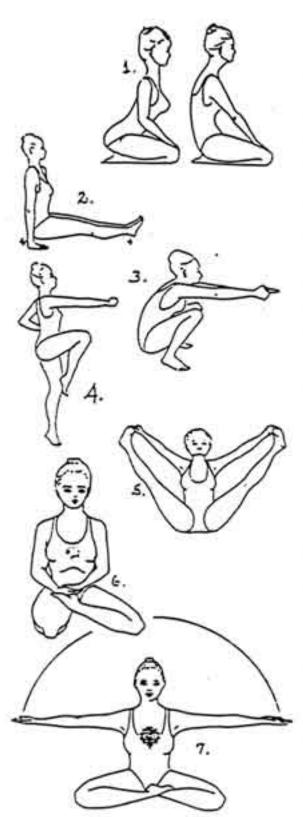
OPPORTUNITY & GREEN ENERGY SET



1. SPINAL FLEXES: Sit on heels, mentally inhaling Sat, (concentrating at the 1st vertebra or chakra), and exhaling Nam (concentrating on the 4th vertebra or 3rd chakra), for 2-3 minutes.

To end: Inhale, pull Mulbhand, exhale, pull Mulbhand and hold 10 seconds. Repeat 3 times.

2. BODY DROPS: Stretch legs out in front, hands on floor besided hips lifting body (and heels) off thefloor, and letting it drop, rapidly for 2-3 minutes.

3. CROW POSE: With arms straight out in front, fingers interlaced, forefingers extended, pointing out to infinity before the heart, with Breath of Fire for 2-3 minutes.

To end: Inhale, hold, project out from the Heart Center, exhale.

4. RUNNING IN PLACE: Run vigorously pulling knees up high, with a good punching motion for 3-5 minutes.

5. KUNDALINI LOTUS: Balance on buttocks holding on to big toes, back, legs & arms straight, with Breath of Fire for 2-3 minutes.

To end: Inhale, hold, draw energy up the spine, exhale.

6. TREA KRIYA: Sitting on left heel with right foot on left thigh, hands cupped below the navel. lift up the diaphragn and chant Ong So Hung strongly from the heart, and hear the sound at the heart.

7. ARMS OUT PARALLEL: In Easy Pose, arms out to the sides, parallel to the ground, palms up, concentrate on the energy coming in the left palm and going out the right, forming a powerful arch between the hands, with Breath of Fire for, 2-3 minutes.

To end: Inhale, hold feel the energy continue to enter the left palm, course through the shoulders, leave the right palm, and arch overhead. Exhale and relax.