

## 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 Mulband, exhale, pull Mulband and hold 10 seconds. Repeat 3 times.

2. **BODY DROPS:** Stretch legs out in front, hands on floor besides hips lifting body (and heels) off the floor, 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 diaphragm 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.