

INSTRUCTIONS

For this program, each- the hatha yoga, the kundalini yoga and the alternate nostril breathing should be performed once a day, every day if possible. Do not allow more than 24 hours to elapse between practice sessions. This routine once started needs to be performed consistently. Failure to do so or in practicing sporadically can result in depression, fatigue and other problems from fluctuations in the life force [vril/witchpower].

For Kundalini Yoga Basic Spinal Energy Series, you can sit in a chair if you desire. The exercises are every bit as effective. The "Sat Nam" mantra at the end can be performed for 5-10 rounds and does not have to be done for any 1-3 minutes to be effective, especially for new people.

For each of the 108 breaths, you can start out at 54 for each, instead of the 108, and gradually build up to 108. This can take a while. The 54 breaths works just fine.

The three routines- the kundalini yoga, the hatha yoga, and the alternate nostril breathing are best performed with several hours between each for optimum effects.

After performing the kundalini spinal energy routine, rest on your back comfortably for 10-15 minutes. Your back does not have to be straight, just comfortable. You can rest in an easy chair if you wish following any of these routines. The important thing is to remain perfectly still so your vril/witchpower can amplify following these exercises, which stimulate it. You can watch TV if you wish.

No special diet or way of life is necessary. The exercises work for whoever practices them consistently. Be who you are. Live as you will.