

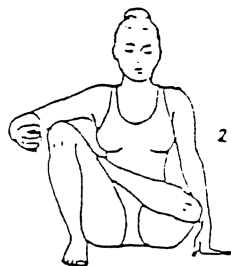
LIVER LOVER

August 15, 1969

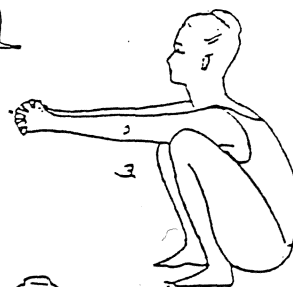
1. Sit on heels, and lie back down, head on floor, hands clasped in Venus Lock on the stomach (Supta Vajrasana), with Breath of Fire.



2. Squat on one foot, with the other foot on the thigh. Balance with the opposite hand, the other hand in Gyan Mudra, arm rounded out to the side with Breath of Fire for 2-3 minutes. Repeat on the opposite side.



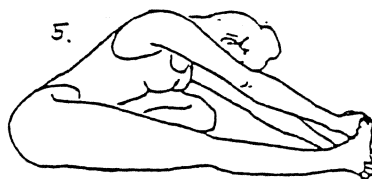
3. Squat in Crow Pose, hands extended straight out between knees, and clasped in Venus Lock. Make a small "O" of the mouth, and do Breath of Fire through it for 2-3 minutes. Relax. Cooling and healing.



4. In Easy Pose, extend arms straight out to sides, parallel to the floor, palms down. Move upper body left and right, side to side with Breath of Fire for 2-3 minutes. Inhale, hold, exhale and relax. Keeps you young, and revitalized.



5. Life Nerve Stretch: Legs outstretched, bend and bring left on in to thigh. Right finger hooks right big toe, and left hand is placed under the right heel. Breath of Fire in that position. Then Inhale, hold and draw the nose to the knee, exhale, relax. 2-3 minutes.



6. Sit on left heel, right leg stretched forward and raise it as high as possible, supporting the body with the hands behind hips on the floor, and drop head back. Breath of Fire for 2-3 minutes. Inhale, hold, exhale hard, drop right leg, and bend forward to grab toes. Inhale, exhale, apply Mulband, inhale and relax.

