

Correct the Five Tattwas

January 31, 1996

Sit in easy pose with your elbows bent , palms facing each other about shoulder height. Touch the tip of the Mercury (pinkie) finger to the tip of the thumb. Keep the other three fingers straight so that your Sun, Saturn, and Jupiter antennae are lined up. Stick your tongue all the way out and breathe in and out through your mouth as fast as you can. This panting diaphragm breath is called Dog Breath. Close your eyes and listen to the breath. The sound of this breath is "Har." 10 Minutes.

*"Try to live innocent, straight, calm, quiet, and peaceful."*

YB

To finish: Inhale deeply, roll your tongue inward, and hold your breath for 15 seconds. Exhale. Repeat this sequence two more times.

This kriya unlocks the diaphragm, takes away anger, and can return you to the innocent state of childhood.

