

KRIYA TO STRENGTHEN YOUR NERVOUS SYSTEM BY STIMULATING THE MERCURY ENERGY

<https://www.libraryofteachings.com/lecture.xgy?q=%22first%20breath%22%20sort:relevance&id=6294c1ac-ad72-c863-0385-702d7efa4819&title=Los-Angeles-Lecture>

1) Open your arms 60 degree forward & pinkie up, elbows twisted.
Create a pain by twisting (central nervous system), pinkie upward, very strongly inhale through the mouth like you are kissing the air, and exhale through the nose. Let it hurt.
Time: 12 min



2) Without break, bring your hands up above your head very slowly.
Stretch your arms. Same breath. Keep the twist. Reinforce the mercury energy.
Time: 1min30



3) Move your arms like a chicken. Move fast.
Time: 1m30



END: Inhale deep, hold, tighten hold your muscles, squeeze your arms along the ribs. All strength to the rib cage.
Cannon fire out.
Repeat 3 times.