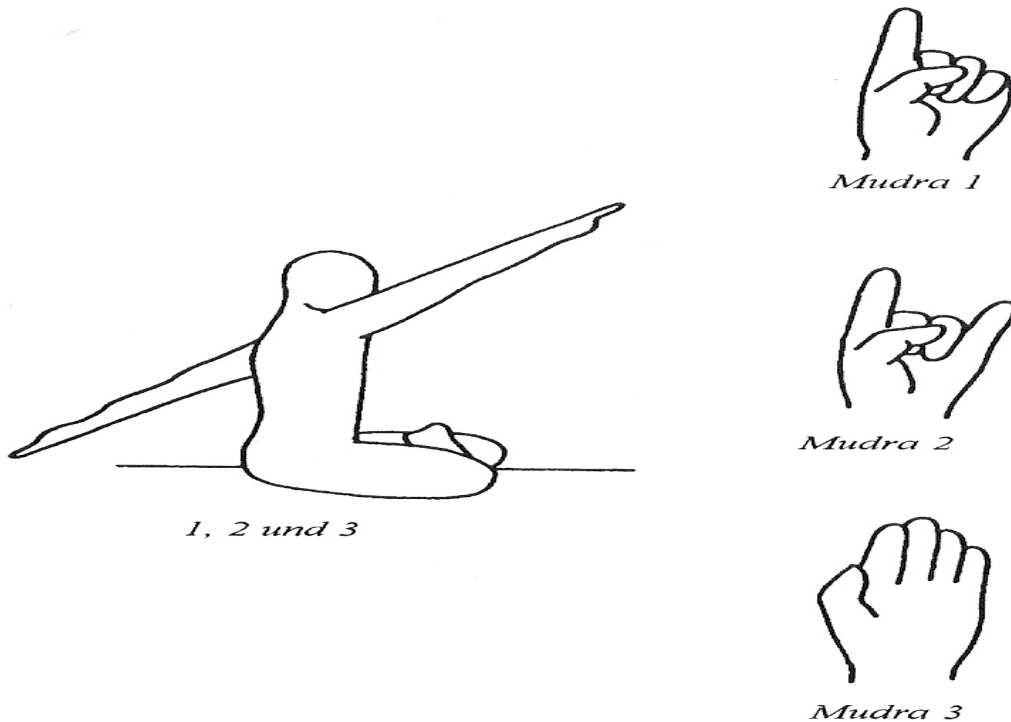


Longevity Kriya



1. In Easy Pose, raise your right arm up to sixty degrees in front of you and bring your left arm in a sixty degree angle pointing downward behind you. The two arms should form a straight 60-degree line. Keep the elbows stretched and the Jupiter finger of each hand extended with the thumb locking down the other fingers (mudra 1). The palm of the right hand is downward and the palm of the left hand is upward. The closed eyes are focused at the centre of the chin, the moon centre. Breathe slowly and deeply. Sit with a straight spine and let your body go through its changes. **3 Minutes.**

2. Keeping the same arm position, extend the Mercury finger with the Jupiter finger. Lock the other fingers down with the thumb (mudra 2). Stretch the arms straight and keep the focus at the centre of the chin. Breathe slowly and deeply. **3 Minutes.**

3. Still maintaining the arm position, extend all the fingers (mudra 3). Tighten all the muscles of the body and stretch the arms. Eyes remain focused at the centre of the chin. Continue to breathe slowly and deeply. **3 Minutes.** This will kill any disease in the body. Inhale. hold the breath for 10 seconds, stretch and tighten all the muscles of the body. Exhale and repeat this sequence two more times. Relax.

If you do this kriya for 40 days, you can rebuild the molecular structure of the body. This meditation must not be done for more than **9 minutes** total.