

TECHNIQUE OF THE FIRST CYCLE

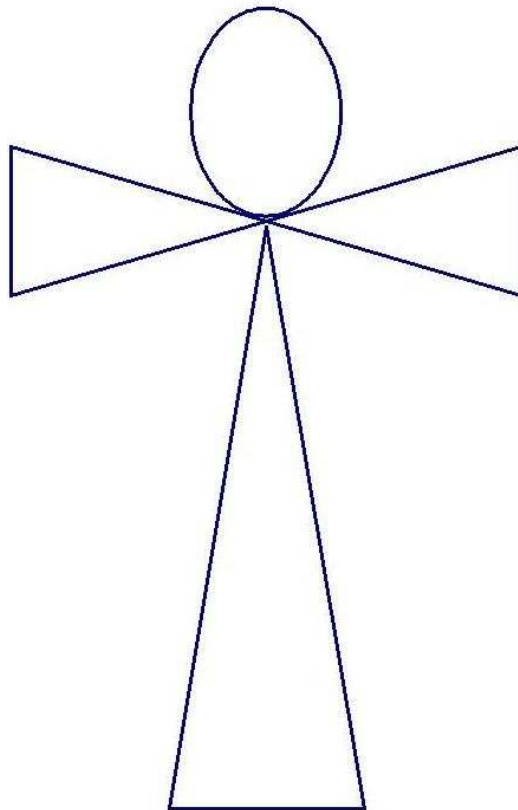
Each independent human being independent of his culture, region where it is developed, its organized physical and energetically, it possesses the cellular architecture, in this, the design, exists a symmetrical design called energy meridian, and it is here in fact where the chacras or energy centers, or called by some vortexes are formed, they are vital in the organism and they are a portal so that the prana arrives to life, equally the akash, studied from millennia.

The vital centers are in the knees, definitive for the contemplation, with the result that the prana pulses the life in all its manifestations, which is something that you can verify with accuracy. At level or height of the throat exists the first point of the verb that is the laryngeal force and there are an association or relationship with the prostatic magnetic center, understand why then the human being's voice is subordinated to the fluency of the prostate, the boy's configuration and its prostatic center gives him a characteristic to its voice, it arrives at the mature age and when the prostate has been distorted the senility arrives with her, the change of the voice it is not made wait, in fact depending of how the person speaks develops this way unconsciously the prostatic and sexual hierarchy at the same time. In the woman the center is intra-uterine that is similar to the prostate. The fact of conditioning the body in a position, allows that these centers already atrophied, receive a vital impulse that returns to its genesis that returns the center of permanent activity.

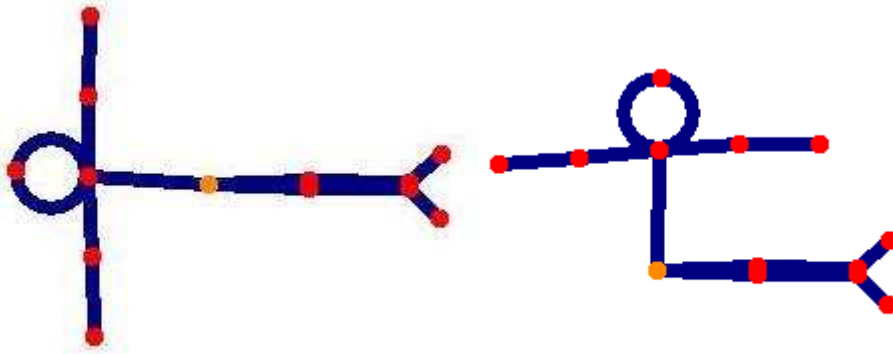
TECHNIQUE TO APPLY

Step 1:

The applicant owes to lie down face up, expand the arms forming a cross, this is the technique of MAYURASANA, the psyche should be concentrated fully, after completely relaxed the body and mind, visualize the universal cross, this cross is visualized as a triangle in its inferior part, two triangles to the sides and a circle or egg in its superior part.

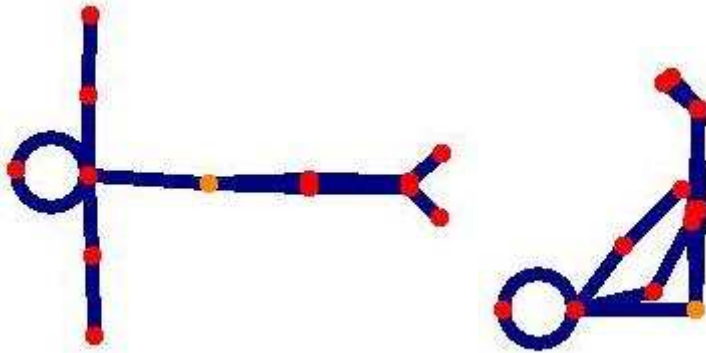


Of that egg the light energy is visualized in the measure that we inhale and we exhale we assimilate that energy order, this should be translated in real facts you visualize that cross of golden color in the egg, the energy arrives to you, you lift the superior part of the body, being only the legs on the floor, you inhale and you lie down the trunk, visualize the energy that arrives to you in that instant and exhale, repeat this technique of the mayurasana from 7 to 10 times.



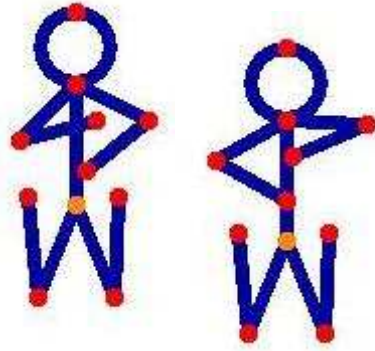
Step 2:

You will be under conditions of passing to the second state, this it is made in an inverse way the trunk it is sustained on the floor and the legs rise, inhale you lift the legs and place the hands on the knees, you will rub the knees at the time that you request your personal virgin the assimilation of this energy, see now that the energy doesn't come out of the cosmic egg, it leaves the inferior triangle of the cross, and it arrives to you, equally is practiced from 7 to 10 times or inhalations.



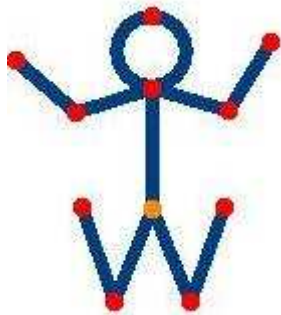
Step 3:

On your knees, the right hand on the heart, the left hand between the solar plexus and the sex, being a triangle formed by the left hand, visualize the left triangle of the universal cross you will inhale for 7 to 10 times, later you should invert the hands visualizing the opposed triangle (right) in the universal cross.



Step 4

The 'next step is visualizing the chalice in the universe, for it the body should be kneeld and the open hands as clamoring to the sky, request your personal virgin's assistance that the sacred water spill its blessing on you, you inhale at the time that you lift the arms, visualize sustaining the air and see that spills out on you the blessing of the sacred water of the chalice, now you can get up.



Step 5:

On your feet to place heels together, separate the tips of the feet, you will incline the trunk slightly to rub the knees, each time that you rub the knees you will give a turn conserving the right, when getting up you take the air, incline the trunk again to rub the knees, the arms are taken to the sides. This is also for 7 to 10 times. When finishing to give action of thank you and meditate(wait for an image or experience).

