



TECHNIQUE FOR USING THE BREATH TO OVERCOME PAST KARMA:

- 1) Inhale deeply and concentrate all your energy at the point between the eyebrows.**
- 2) Feel that you are burning away faults, bad habits, negative thoughts or tendencies— fruits, all, of your past karma.**
- 3) Exhale completely and keep your breath out as long as you can comfortably. Feel completely free within yourself.**
- 4) When you breathe in again, think of a positive image or memory, and let it fill your mind.**
- 5) Repeat this several times in a row. Practice this daily until you feel a release from some karmic burden.**