



**5 minutes:** Connect Jupiter and Saturn fingers and Mercury and Sun fingers together, as in the picture. Do the movement very fast, like if you were playing with a ball. Breath with your nose and exhale through your mouth with full breath, (3 movements per second and 180 per minute.) You will shake like an earthquake. Be fast!

To conclude: Inhale deep...hold it...synchronize yourself...go backward of 60 degrees...tighten your muscles...put pressure on your spine...come forward...and relax (3 times.) This a good exercise for arthritis.



**II exercise 5 minutes:** Lock your hands as in the picture, with your shoulders up to your ears and move your hands up and down as fast as you can. This is a very powerful exercise because it can change your entire metabolism.

To conclude: Inhale deep...tighten up your shoulders ...squeeze all your body...and exhale (3 times.)



**III exercise 11 minutes:** Put your left hand on your heart and your right hand up to the side, as in the picture. Close your eyes, concentrate on your chin, entertain no thoughts at all! Use your self-will, your self-esteem, your self-authority. When you are into this state the subconscious's does not act and the unconscious gives you intuition: this is the end of the poverty and the begin of prosperity!

To conclude: Inhale deep...put your hands to the ground...press hard...hold the breath...please raise...and exhale. Again...inhale...do the same thing...and relax.

In the near future people will go crazy because when consciousness changes they will change with it; some of them will match up with this change and some of them not. The Pisces Age was

a time of search, the Aquarius it is a time TO JUST BE, it is about finding the God ship within yourself, the strength in your manner and in your

