

LAMASERY EXERCISES

It is indispensable to know how to manage our body, to know how to extract, to bring out its inherent melodies. It is important to make it vibrate sympathetically with the miraculous harp of the infinite universe.



1

From a standing position with the arms extended, make a movement of 1/2 rotation in a clockwise direction, keeping the feet apart. Concentrate your imagination upon your Divine Mother and the effluence radiating from her upon you. Repeat this exercise "100 x 40 seconds" minimum 3 times. Do not turn more than 90° and continue to breathe.



2

Lie down in the position indicated and internally say: peace.



3

Place your right arm along the wall, and your left arm along the wall, keeping the arms in the same position. Breathe in the position indicated for 10 minutes.



4

From a kneeling position with the feet apart, keep the arms extended horizontally. Breathe in the position indicated for 10 minutes.



5

From a kneeling position, keep the arms extended horizontally. Breathe in the position indicated for 10 minutes.



6

Lie down on the back with the arms extended horizontally. Breathe in the position indicated for 10 minutes.



7

From a kneeling position, keep the arms extended horizontally. Breathe in the position indicated for 10 minutes.



8

From a kneeling position, keep the arms extended horizontally. Breathe in the position indicated for 10 minutes.



9a

From a kneeling position, keep the arms extended horizontally. Breathe in the position indicated for 10 minutes.



9b

From a kneeling position, keep the arms extended horizontally. Breathe in the position indicated for 10 minutes.



10

From a kneeling position, keep the arms extended horizontally. Breathe in the position indicated for 10 minutes.



11

From a kneeling position, keep the arms extended horizontally. Breathe in the position indicated for 10 minutes.

With these exercises the chakras are developed and the organism is healed.
"None of these exercises is merely physical, but rather, they are a form of prayer" S.A.W.

The Lamasery Exercises

David Baud



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Table of Contents The Lamasery Exercises

1. Understanding the eBook The Lamasery Exercises
 - The Rise of Digital Reading The Lamasery Exercises
 - Advantages of eBooks Over Traditional Books
2. Identifying The Lamasery Exercises
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an The Lamasery Exercises
 - User-Friendly Interface
4. Exploring eBook Recommendations from The Lamasery Exercises
 - Personalized Recommendations

- The Lamasery Exercises User Reviews and Ratings
- The Lamasery Exercises and Bestseller Lists
- 5. Accessing The Lamasery Exercises Free and Paid eBooks
 - The Lamasery Exercises Public Domain eBooks
 - The Lamasery Exercises eBook Subscription Services
 - The Lamasery Exercises Budget-Friendly Options
- 6. Navigating The Lamasery Exercises eBook Formats
 - ePub, PDF, MOBI, and More
 - The Lamasery Exercises Compatibility with Devices
 - The Lamasery Exercises Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of The Lamasery Exercises
 - Highlighting and Note-Taking The Lamasery Exercises
 - Interactive Elements The Lamasery Exercises
- 8. Staying Engaged with The Lamasery Exercises
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers The Lamasery Exercises
- 9. Balancing eBooks and Physical Books The Lamasery Exercises
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection The Lamasery Exercises
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine The Lamasery Exercises
 - Setting Reading Goals The Lamasery Exercises
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of The Lamasery Exercises
 - Fact-Checking eBook Content of The Lamasery Exercises

- Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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