



MOOD SHIFT

ACCELERATE YOUR
ASCENSION

Welcome!

Hey, my name is Victor, and I want to thank you for purchasing my program, and making the commitment to raising and stabilizing your vibration.

For, in your dedication to yourself, you will become a shining example of a, fully- realized human being and help inspire many others to realize their own potential.

Chances are... you are *already* on the awakening journey.

So...

AWAKEN.... you shall.

There's no stopping that.

However, how *quickly* and *smoothly* you awaken... is up to you.

Luckily, Mood Shift will **help you awaken faster and with less stress**, by stimulating the release of more of your spirit essence (kundalini) and teaching you how to utilize it.

Like I mentioned, the awakening process will happen for you, regardless, but in using your co-creative power to *dictate it*, with the help of this program, you will make it through the process much more quickly and easily.

That is the purpose of it's design of Mood Shift, and it works very well.

I am so very happy for you!

Such a thrilling time!

I am very pleased and grateful that you felt drawn to my program and I trust that you will derive great benefit from it...just as I and many others have.

Sincerely,

Victor

A little about me...

At 23 years old, I was jolted awake, *unexpectedly* while attempting to open my third eye during an intense psychedelic mushroom trip.

I used to grow small amounts of mushrooms and practice different meditations, yoga sequences, and other fun techniques.

Running parallel to this, was my underlying and powerful desire to, “break on through.”

Just like the song by, The Doors... I longed to break through a barrier that I could not see, touch, taste, or smell, but... *knew* was there.

I had a strong sense that there was much more than meets the eye, in terms of, *life*... in general.

So, one night, I took a, “heroic dose” of psilocybin mushrooms, which was about 5 X what I would normally take.

I sat at my computer chair in lotus position, jamming to a hard rock song, “Third Eye” from the band, Tool...

I was meditating, focusing, and *pushing hard* on my third eye. There was a sort of culmination of my thirst to experience the unknown and impatient angst against my limited perception of reality.

I had had enough of living life with blinders on!

Little did I know... I was about to get exactly what I was asking for...

At the peak of my mushroom experience, totally absorbed in my meditation, as this 13 minute rock song was climaxing... I noticed what felt like a blunt object about the size of a softball attempting to make it's way up my spine.

Intuitively, I went with it. I was so...”in the zone,” I just rolled with it... I tried to assist this desired passage of the large ball of energy.

Slowly it crawled up my spine, like a snake that had just fed, moving slowly, but with great purpose, confidence, and intention.

As the *snake-like*, energy made it's way all the way up my spine, pooling in my forehead...

I felt pressure... more and more and MORE.. pressure!

Like I was about to

BOOOM!

There was an EXPLOSION of White Light

It was blinding!

It happened right in my mind's eye.

This happened *exactly* as the song ended and afterwards, I found myself pondering what heck that was.

This pondering only lasted a moment however, as I was next focused on the fact that... I was *dissolving* into *nothing*...

I had the sick and certain sense that I was vanishing from reality...

Pure EGO DEATH

Hanging on for dear life, I startled my wife and insisted she take me to the hospital. I figured I ate some poisonous mushrooms or something.

Without going into more detail, obviously I survived the night :)

Of course... it's fair to suggest...

“*dude... c'mon... you were trippin' man!*”

A intense of an experience as that was, I am sure my mind would have eventually rationalized it away into nothing but a peculiar psychedelic experience.

However, that *same energy* I experienced on that night...started to come back...*even* while completely sober.

And even MORE intensely!

Days, weeks, and months after...this energy would just randomly, make it's way up my spine, so forcefully, that there were times I thought my body could not handle it.

I realized that I, *unleashed the floodgates* of this wild energy that I knew nothing about. I had absolutely no idea what the hell was happening to me.

And the energy surges were just *one* of the many abrupt and unexplainable changes I was experiencing...

I found myself in the midst of incredible emotional upheaval, physical ailments and issues, mental craziness, and bizarre life circumstances that seemed to be conspiring against me.

I felt afraid to talk about it with anyone because I knew how it would sound.

Through frantic research online I finally discovered that I experienced something that folks in the east call a, "*Kundalini Awakening.*"

Kundalini is the **energy** of our spirit...our soul...
our **BOUNDLESS**, authentic self...

Come to find out, we ALL have the potential to release it into our physical body... initiating a complete shift and metamorphosis into our highest potential.

However, due to the present state of consciousness most people live in... for most, this kundalini energy lies completely dormant.

It's like we are all completely oblivious to the fact that we have been sitting on a massive treasure chest our entire lives.

Distracted and absorbed by everything **outside** of us... we look everywhere... *except* within ourselves.

Yet, everything we ever wanted is *inside* this chest.

Happiness...peace of mind...love...self-acceptance...passion

-->FREEDOM<--

Once the ego shell is *cracked open*, allowing some of this kundalini to *seep* into our body...

The Awakening or *Ascension* process... is initiated.

And once this process is activated, there is no turning back.

Ready or not, your soul self, or spirit self is going to begin merging with your physical body.

As it does, it will push to the surface anything that is not in perfect, harmonious alignment with your absolute, highest potential.

This cathartic purge is the essence of the awakening process.

The purging is inevitable and necessary to complete the transformation.

This often times, *lengthy* process of purging can be incredibly challenging, frightening, and even debilitating.

Depending on how, “ready” you are when your kundalini was activated will determine how rocky of a road you have ahead of you.

Because my awakening was so *unexpected* and *pre-mature*, my purging has been incredibly difficult and lengthy.

I was nearly debilitated many times... *possessed* by the random and fluctuating side effects of my pre-mature awakening.

On top of that, the awakening phenomenon wasn't nearly as common as it is today, so I had real difficulty finding any sound guidance.

List Of Some Of The Possible Ascension Symptoms...

(I experienced ALL of them)

- Intense pockets of pressure that pooled in my head and forehead causing intense confusion and difficulty thinking
- Rushes of energy up my spine that was so intense that, many times, I felt like it was going to fry my circuits
- Vivid dream/experiences with very scary and other worldly imagery, many times resembling demonic and hellish realms and figures
- Frequent and Extreme levels of fatigue (central nervous system burn out)...so much so that, getting out of bed was often difficult
- Racing and unusual thoughts
- Sleepless nights
- Random and unexplainable physical ailments such as, rashes, injuries, illness, tendonitis, and other issues that caused discomfort, as well as concern and worry
- Radical shifts in my life with relationships, jobs, homes, and other, once stable and predictable structures
- Heightened intuition and divine guidance that came and went randomly...Feeling tuned in, tapped in, and turned on one day, and the next...abandoned, pinched off, and trapped in misery and confusion.

- Distortion in my perception of time... some days seemed to drag on into eternity while the months and years flew by in a paradoxical and confusing manor
- Wild Changes in my diet
- Changes in my appearance
- Changes in my interests, values, and beliefs
- Influx of earth shattering knowledge about the true nature of our present reality... both hopeful and frightening
- Upheaval of turbulent emotions, (fear, anxiety, severe sadness, ecstatic joy and love...all random and wildly fluctuating)
- Total unbalance in my mood, emotions, and state of mind, making day to day, social affairs quite difficult and tiresome
- Ability to feel other people's moods and energy...and it would drain my own vitality
- Difficulty keeping it together in social situations
- Feelings of intense isolation
- Feelings of wanting to leave the planet and go back, "home." Home, being just a vague and foggy feeling... an intuitive knowing that here..this... is not my real source of residence.
- Intense feelings of fear and anxiety as I was guided to make decisions and moves in my life that made absolute zero logical sense, but felt so pushed and compelled that I had no choice
- Out of body experiences, lucid dreams, and astral projection...all basically the same thing
- Premonitions, psychic insights, and divine guidance from energy, beings, and benevolent sources of direction.
- Sometimes, I would get nearly all of this on a single day!

Finally after **8 years** of incredible ups and downs, riddled with a handful of those symptoms at any given time... I have settled into

more of a **stable, grounded, and *consistently* balanced state of being.**

I have discovered a way to control my inner state, which finally alleviated most of those symptoms above.

In retrospect, I realize that the whole process could have been a LOT easier, faster, and smoother, if I knew then, what I know now.

I discovered that my inability to remain grounded through all of the changes and increased energy is what caused all of my uncomfortable symptoms and circumstances.

The energy *itself* is benign, neutral... and it is our *resistance to it* and *unfamiliarity with it...* that causes most of the ascension/awakening symptoms.

It is nearly impossible to stay balanced during the awakening process *unless* you are proactive in making time for activities, attitudes, and habits that cultivate it. It's not something you can just, "wing."

I tried to wing it for nearly 8 years until finally, I found myself in a state of such chaos and unrest that I had to just let go. I had to let go of forcing myself forward completely blind.

I did have many periods and glimpses of inner connection & stability that allowed for me to access my higher guidance, but this was totally random and inconsistent.

I eventually realized that in order to succeed at life, at awakening, at being a loving and balanced husband and father, I had to access this state of balance all the time.

I had to let go of waiting for the process to settle itself down.

I realized I had the power to smooth this all out, all along.

That's one of the major themes and goals of the awakening energy... to lift us up to a state of SELF-EMPOWERMENT.

I learned that in order to succeed at life, at awakening, at being a loving and balanced husband and father, I had to access this state of balance all the time.

I realized how destructive the egoic state of consciousness is. Yet, *during* the tumultuous awakening process it is so difficult to not slip into it.

I finally decided to contemplate what activities helped promote that, *connected* state of being.

I realized that there were many things actually that promoted it such kundalini yoga, fasting, eating a certain way, and other physical and mental practices.

Yet, doing only one of them was not enough. The effects were only transient.

Finally I decided to combine all of the things I knew that would put me in that state of being.

To make a long story short...after a few months of experimenting with different combinations of all of the things that I found to work, I eventually stumbled upon the perfect balance.

This perfect balance is what I now call, Mood Shift.

____INTRODUCING____



What is it?

Essentially, Mood Shift is a combination of time-tested practices that will...***raise your frequency***, which ***speeds up awakening*** and at the same time, ***minimizes*** the physical, mental, and emotional, and ***spiritual awakening symptoms***.

It is a balance of kundalini stimulation, evenly paired with techniques to ground the energy so you can use it comfortably.

On a practical level - it will put you in a wonderful and grounded state of being so that you can experience more joy, love, passion, and clarity in the moment.

On a spiritual level - it will open you up to senses and abilities you *already* have but *forgot* how to use such as,

- Astral Travel (Outer Body Experiences)
- Clear Communication With Your Spirit Guides
- Channeling
- Psychic Intuition
- Communication With Your Higher Mind
- Ability To Perceive Auras
- Ability To Empathically Sense Others Energy
- Healing Abilities

These are not *extra-sensory* experiences, they are natural abilities of the fully realized human being. There is nothing *mystical* about them, they are as natural as your ability to see and hear.

Mentally - you will experience mental clarity like you wouldn't believe. As you align yourself more with your spirit-self with the help of this program you will, more often have, *inspired* thinking.

Thinking that is sourced not from your ego mind, but rather your higher mind.

Physically - you will have more energy and vitality due to having less awakening symptoms to contend with and more kundalini flowing. Kundalini is a healing and uplifting life-force. When allowed to flow freely through your system, you will experience incredible health.

Mood shift is a 3 Part Process:

Part 1- Stimulates The Release of Kundalini - You will perform certain kundalini yoga postures, breathing techniques, and something called *bandh* locks, that will trigger your body to release more kundalini into your system.

Part 2- Releases Blockages that Restrict The Flow of Your Kundalini - Techniques including, bio-energetics, myofascial release (foam rolling), and stillness meditation will assist you in transmuting energetic *blockages* that include,

- Repressed Fear
- Repressed Emotional Trauma
- Self-Limiting Beliefs
- Phobias
- Unaligned Intentions That Contradict Your Purpose In Life
- Any Other Dense Energy That Weighs Down Your Vibration

Your kundalini kicks up this sort of stuff and if not properly and smoothly dealt with, it can cause a number of the awakening symptoms mentioned above. Part 2 will help you quickly let of whatever is presently, “coming up” for you.

Part 3 - Accelerates Manifestation Techniques such as positive visualization, affirmations, and self-hypnosis you will be putting forth your intensions, goals, and dreams in a powerful and streamline manor from an incredibly clear and grounded state of being, unrestricted by blockages.

The combination of these practices, threaded together in this particular order results in a ridiculously potent, effective, and transformative experience.

In doing this daily, you will discover how to control your mood... your vibrational frequency...and this will soon become reflected in your life - experience.

You don't change your life or your world... rather you change yourself and align your frequency with a life experience that is representative of these changes you have made.

Living your dreams is an inside job and this is your manual.

It is a subtle and intuitive dance and as you become more awakened...more sensitive...with more free flowing kundalini... less restricted by your former, ego self... you will have the

opportunity to flow through life, one with your higher self, one with your divine nature, and in total joy, ease, and passion.

How To Use Mood Shift:

The idea of the program is to assist you in learning how to access a high vibrational state of being...and then go off and sustain it throughout your day to day affairs.

The best way to accomplish this goal is to practice the routine daily.

However, in understanding the many demands of life, it may not be practical or sustainable to do this routine every day, as it requires about 30 minutes of your time.

More so, the full routine truly is so potent that it might accelerate things a bit too much if you were to do it every single day.

For these reasons I have provided you with 2 options.

1 of course, being the full routine and the other a condensed version, with a bit less potency. The short version you can do every day in under 15 minutes.

Doing the full routine once or twice per week will help deepen your connection with this state of being and allow the shorter version to be more productive.

You will essentially become more familiar with this *inner state* and get better and faster at accessing it.

Best Time Of Day To Perform Mood Shift:

Fortunately, there is no, one best time. The ideal time of day is a time that you can realistically condition yourself to carry out the habit of performing it, consistently.

The best time is the time that works best you.

If did have to choose a time however it would be sometime in the morning for the following reasons,

- It will allow you to start your day in that wonderful state of being
- You will be fresh and more full of energy and get more out of it
- You will have more control over potential obstacles
- You will be on an empty stomach which is best

Why on an empty stomach?

The digestion process requires physical energy and also restricts your kundalini flow.

This of course is inevitable, so there's no point in concerning yourself about it, but for the purpose of doing a program such as this, it is best that you are on an empty stomach.

In fact, doing this routine in a fasted state will greatly enhance it's effectiveness.

In my coaching program I teach my clients about a way to incorporate daily fasts into their schedule for health benefits as well as the enhancement of walking through your day clearly tuned into your higher self.

I was a fitness coach and used this practice to help my clients improve their health, control their food cravings, transform their relationship with food, and stay nice and lean.

If you purchased the companion diet or have interest in my coaching you through this awakening process you can find more about the topic.

Essentially, the greater length of time between when you last ate and when you perform this routine, the better.

With that said, don't worry if this is not possible for you due to your routine and daily obligations because we are all living in situations that allow room for the awakening process to occur.

Nobody is ever "stuck" in a situation that is not perfectly conducive to a smooth awakening process.

This advice is simply, *food for thought* and being spoken in a, general sense.

What About Music?

I personally, do play music as I find it enhances the experience for me, but that is something that is completely up to you.

Create a comfortable setting for yourself. Perhaps light some intense or a candle, and yes, perhaps, if you wish, play some music that puts you in, “the zone.”

None of this is necessary and is totally up to you.

I personally listen to harder rock music. You may prefer something soft, but again, anything that will enhance the experience is great.

Feel free to perform little experiments to discover what works best for you.

The Program:

The program has complete written and video instructions so you can really get an idea of exactly what to do.

Keep in mind... as with anything new, when you are in the transient process of *learning and* familiarizing yourself with this routine, expect a brief period where you may not be able to, *get in the zone* as fully as is possible.

Anytime we learn anything, we are forced to part with energy and focus as we attempt to do the unfamiliar movements correctly.

But, just like the idea of, “muscle - memory” once you have done the

movements a few times, you will no longer require much focus on the, “how to do them” and can focus your energy in *feeling* the affects.

So, allow yourself that time with no expectations of *how well* you are doing.

In a short time, there will be no need to have to watch the instructional videos as you will have the routine completely memorized.

You will soon get a feel for it and when that happens, you will begin really feeling the magic.



Part #1 ~ Kundalini Yoga Warm Up:

Duration: > 2 minutes

- Yoga Spinal Twists - 15-30 seconds
- Yoga Stomach Grind - 15-30 seconds
- Kundalini Yoga Twists - 15-30 seconds
- Breath of Fire - 15-30 seconds

Part #2 ~Yoga Energizer Drills

Duration: > 1 minute

- K~Yoga Froggies X10 reps
- Yoga Jumping Jacks X 30 seconds

Part #3~ Bio Energetics

Duration: > 2 minutes

- Wide Mouth Breathing X 10 Breaths
- Free Form Dancing - 30 seconds
- Deep Squat Stretch - 15-30 seconds
- Stomping With Deep Chant X 30 seconds

Part #4 Kundalini Stimulation & Chakra Harmonization Set

Duration >15 minutes

******(1 minute) of corpse pose & deep breathing with bandh locks
between each pose******

- Hamstring Stretch Pose X 1 minute
- Bridge Pose X 1 minute
- K~ Yoga Abdominal Pose X 1 minute
- Camel Pose X 30 seconds - 1 minute (depending on ability)

***Yoga Shoulder Stand and Plough Pose To Be Performed,
Back - To - Back***

- Yoga Shoulder Stand X 30 seconds
- Plough Pose X 30 seconds - 1 minute
- K~ Yoga Eagle Pose X 30 seconds - 1 minute

Part #5 Stillness Meditation

Duration: 3 minutes

Part #6 “Charged” Visualization Technique

Duration: > 3 minutes

PART #1 ~ Kundalini Yoga Warm Up:

Yoga Stomach Grind

1. Sit in a cross legged/ indian style position.. Make sure you sit up nice and straight.. Imagine that you have a large tray, like a waiter would carry a bunch of plates or drinks on.. imagine this tray is on your head and you have to keep it up and balanced..
2. From this position, inhale as you lean and roll forward, arching your lower back, drawing your shoulders back, chest up, and look up and back..rounding your back inwards.. Do this for 1/2 of a circle..
Knee to Knee
3. As you begin to complete that 180 degree rotation and reach your opposite knee, you will exhale and do the opposite.. You will suck in your stomach and roll everything forward in the opposite direction, roll shoulders forward, tuck chin.
4. Repeat.. Change directions at the 30 second mark.

Duration: 15-30 seconds

Yoga Camel Ride

1. Sit on your calves, keep your knees together, and rest your palms on your knees, comfortably..
2. Inhale as you lean forward, arching your spine inward towards your belly, drawing your shoulders back, chest up, and looking up and back
3. Exhale as you suck your stomach in towards your spine, roll your shoulders forward, and tuck your chin
4. Repeat.

Duration: 15-30 seconds

Kundalini Yoga Twists

1. Sit cross-legged, very upright, hold your head up high, spine straight
2. Grasp your shoulders and have your fingers in front and thumb in back
3. Inhale as you twist left, exhale as you twist right
4. If you find yourself really getting into this, then go with it, it is very powerful and can raise your kundalini energy

Duration: 15-30 seconds

Breath of Fire

1. Sit Upright with your legs crossed.
2. Rest hands on your knees, with your hands facing up, and thumb and index finger gently touching, known as the.. *gyan mudra*..

3. You want equal emphasis on the inhale and the exhale
4. Start slow at first and focus on being rhythmic
5. As you become better at it, speed it up as fast as you feel you can

Duration: 15-30 seconds

PART #2 ~ Yoga Energizer Drills

Froggies

1. Angle your toes out, have your feet slightly within your shoulder width
2. Rest on the balls of your feet and lean forward slightly, putting your hands out in front of you on the ground.
3. Specifically, have only your finger tips on the ground, including your thumbs
4. From this position, inhale and arch your spine inwards, chest out, shoulders back, lower back arching in towards your stomach, and looking up and back
5. As you exhale, begin to stand up, sucking in your stomach towards your spine, straightening your legs, rounding your back and shoulders forward and tucking your chin.. Enjoy a few seconds of hamstring stretching
6. Start slow and speed up as you warm up towards the end
7. Repeat..

Duration: 10 reps

Yoga Energizer Jumping Jacks

1. These are 2-Step Jumping Jacks..
2. Start standing upright, with your arms at your sides and feet close together
3. Jump outwards, half-way into a full jumping jack with both feet and arms
4. Inhale as you do so
5. Inhale yet again as you jump your arms and legs the rest of the way so you end up in a full jumping jack
6. You will exhale and go backwards in the same two step process.. 2 exhales and 2 distinct movements to return
7. Watching the video will help a lot :)

Duration: 15-30 seconds PART #2 ~ Bioenergetics

PART #3 ~ Bioenergetics

Power Breathing

1. Stand up straight and put your fists behind your back just above your butt
2. Press your hips forward and allow your abs to stretch
3. Look up at the ceiling and open your mouth wide
4. Breathe deeply into the pit of your stomach, through your open mouth
5. Keep your weight on your heels
6. Contract your abs only enough to maintain your posture

Duration: 60 seconds

Free Form Dancing (Shaking)

1. Dance, Shake, Move, Rattle, Contort yourself in random, jittery like movements
2. Shake what yo mamma gave ya!
3. Be free, be CRAZY..
4. Have the intension of shaking out any negativity, fear, self-limiting beliefs, doubt, sadness, and hesitation
5. At first, you will be ridged and feel like a madman! Give it time and you will be able to let go to an extent that you will just move without thinking, almost *taken over* by your body

*** You might feel a bit tingly, dizzy, and disoriented right after, but this only lasts a few seconds and the stuff you will do next, will ground your energy and make you feel very relaxed, aware, and alert.

Duration: 60 seconds

Deep Squat Stretch

1. Angle your toes outwards, and space your feet about shoulder width
2. Squat Down as deep as you can (ass to the grass)
3. If you can't yet get down there, put one hand in front and one in the back, so your weight can rest on your hands and you can relax your hips
4. Once you are able to sit comfortably, bounce a little bit, try to really sink deep
5. Next, start to sit upright as much as possible straighten your spine

Duration: 15 seconds

Part #4 Chakra Balancing Kundalini Yoga Set

NOTE: In between each pose, perform 30-60 second of the, “Corpse Pose” & “Bandha Locks”

Yoga Corpse Pose

1. Lay flat on your back
2. Palms up, arms near your side, feet about 18 inches apart
3. Let your feet dangle outward...naturally
4. Deep breathing and consciously ALLOWING the energy within your body to settle
5. About mid-way through. perform 1- 3 repetitions of the ***BANDHA LOCKS...(To raise your kundalini energy)***

Bandha Locks

Hold these locks all together at the same time, AFTER you exhale. Maintain the contractions as long as you feel comfortable and than slowly relax and take a couple deep breaths... You may repeat these up to 3 times.

NOTE - If you are currently experiencing unbalanced kundalini symptoms, you may wish to hold off on these locks until you balance out.

Root Locks -

1. Contract your rectum, sex organ, and navel
2. Pull all 3 (in & up)

Diaphragm Lock-

1. Pull your abdominal muscles up and under your rib cage
2. Suck your stomach all the way in

Neck Lock-

1. Firmly, draw your chin back and down
2. Creating tension in the base of your neck

So, once again... perform the Corpse Pose with the Bandha Locks about mid way through... Do this in between each of the following kundalini yoga poses.

Finally, you will end the entire series on your back, in corpse pose, breathing comfortably for 1 full minute.

Kundalini Yoga Chakra Balancing Sequence

Yoga Hamstring Stretch Pose

1. Sit Upright
2. Extend your legs out in front of you and relax your feet
3. Begin to bend your upper torso down towards your thighs... Focus on your chest collapsing over your upper legs
4. Breathe and relax as you ease into this, continually collapsing your upper body onto your thighs

5. After 10 - 20 seconds, walk your hands towards your feet and grasp your toes if you can.. If not, just reach as far as possible and flex your toes towards you.
6. Tuck your elbows in.. and down
7. Proceed with the breath of fire

Duration: 30-60 seconds

Bridge Pose (Variation)

1. Lay flat on your back with your arms and legs extended comfortably
2. Walk your feet towards your body, creating a bend in your legs, with your knees pointing up
3. Lift your hips up a few inches and begin reaching towards your feet & ankles with your hands
4. As you do this, it can be helpful to roll your shoulders under your body as you scoot your hands towards your feet
5. Either grasp your ankles or place your palms down on the floor, nearest your ankles as possible
6. Driving now with your heels into the floor, raise your hips up as high as possible
7. Proceed with the (Breath of Fire)
8. As your stomach and low - back muscles relax, continue to raise your hips higher & higher.

Duration: 30-60 seconds

Kundalini Hip Opener Pose

1. Sit upright and clap the bottoms of your feet together
2. Grab both feet firmly with your hands and slight them into towards your body
3. Sit up nice and tall
4. Lever your elbows into your thighs, while still maintaining a tight grip with your feet
5. Press your knees in towards the ground as you lean forward slightly, bending at the waist
6. Proceed with the breath of fire

Core - Kundalini Stretch Pose

1. Lay flat on your back and place your palms facing down, under your butt.
2. Raise your legs off of the ground approximately 6”
3. Straighten your legs and flex your quadriceps (upper, top - thigh muscles)
4. Point your toes forward
5. Raise your head to the level of your feet.
6. Proceed with the (Breath of Fire)

Duration: 30-60 seconds

Ustrasana - Yoga Camel Pose

1. Kneel on the floor with your lower legs spaced approximately the width of your hips.
2. Place your palms on your lower back.
3. Gently, press your hips forward and draw your shoulders back

4. If you feel comfortable, place your hands.. one by one on your ankles.
5. Lastly, allow your head to relax backwards
6. Proceed with the breath of fire
7. When you are done, slowly come back out the same way you went in.. by one by one, bringing your hands back to your lower back, and then slowly getting out of it.

Duration: 30-60 seconds

Yoga Shoulder Stand

1. Lie on your back and roll your feet over your head.
2. Place your palms on your lower back to support your balance
3. Relax your neck and point your toes up as high as you can
4. Find your balance point and then relax
5. Flex your glute muscles and point your toes
6. Begin Breath of Fire
7. This pose will lead into the next pose

Duration: 30- 60 seconds

Yoga Plough Pose

1. From the previous pose, allow your legs to slowly descend backwards behind your head.
2. Let your knees bend and try to get your feet to touch the floor.
3. Once your feet hit the floor, allow your back and hamstring muscles to relax a bit.. Take this one nice and slow

4. Once you begin sinking into a pleasant stretch, straighten your legs.
5. Next, clasp your hands together.. or.. place your palms flat on the floor.. Both methods help you push on the floor, which guides you deeper into the stretch
6. Breathe comfortably here, just focus on relaxing
7. To come out of it.. do it very slowly and gracefully.
8. Roll out, and mentally.. aim to roll down so slowly that you are descending.. vertebra by vertebra, until you are lying flat on your back.

Duration: 30- 60 seconds

Kundalini Eagle Pose

1. Sit upright with your legs crossed, comfortably
2. Raise your shoulders out to your sides with your thumbs pointing upwards
3. Your hands should be about 6” above your shoulders
4. Proceed with the breath of fire.. you may have your eyes open or closed, which ever you prefer...

Duration: 30- 60 seconds

Feel free to extend or decrease the durations of the exercises based on how you feel and how much time you have.. The important thing is to finish every time you start and do it regularly enough that you can really become in tune with these movements without having to focus on the basic mechanics of them.

Just like any physical coordination... in the beginning, there is focus and a lot more analytical mental energy as you are trying your best to perform them correctly.

In time, muscle memory kicks in and you will be able to really allow your mind to relax and experience the full benefits of this routine. Whenever given the chance.. perform this routine at the end of a “fast.”

Typically, once per week, I like to do a 24 hour fast, and 9 out of 10 times, I will perform this extended routine right at the end of it, before I eat.

Being that empty of food can really enhance the subtle energy flow within your body and maximize the psychological, emotional, and even spiritual benefits of this routine.

Enjoy :)

~Namaste

PART #4 ~ (Stillness Meditation):

(So ~ Hum Mantra)

1. Sit upright, with your feet cross legged.. Head high, shoulders relaxed, and the back of your hands resting comfortably on your knees.. palms up (gyan mudra) meaning, index finger and thumb gently making contact
2. Eyes closed
3. Relax

4. Long, slow, DEEP inhale into the the deepest pit of your stomach..
as you do this, in your mind say..(SOOOOOOOOOOOOOOOO)
5. After you inhale, rest for a second, silence
6. Long, slow, exhale now and say, gently in your head
(HUUUUUUUUMMMMMMMMMM)
7. After a full exhale, rest a second or two in silence

Duration: 3 minutes

PART #5 ~ Charged Visualization

1. Sit comfortably nice and upright
2. Take a couple deep breaths
3. Imagine your desired manifestation in your mind's eye
4. Picture the details of you obtaining your goals, in the present tense
5. Imagine every minute detail about the experience
6. Try to actually see it in your mind
7. Feel the emotions you will feel upon your receiving or reaching
your goal
8. Charge yourself intensely with all the positive emotions associated
9. You are seeing, feeling, and experiencing the end result.. in the
present moment
10. Continue building intensity for about 3 minutes and than let it all go
11. Don't think about it another second and go on about your day

(Imagery + Emotions + Intent + Belief)

Done!

Now step out into the day feeling Amazing, Uplifted, and Inspired!

Now, the only thing left to do is.....

Go Work Your Magic!