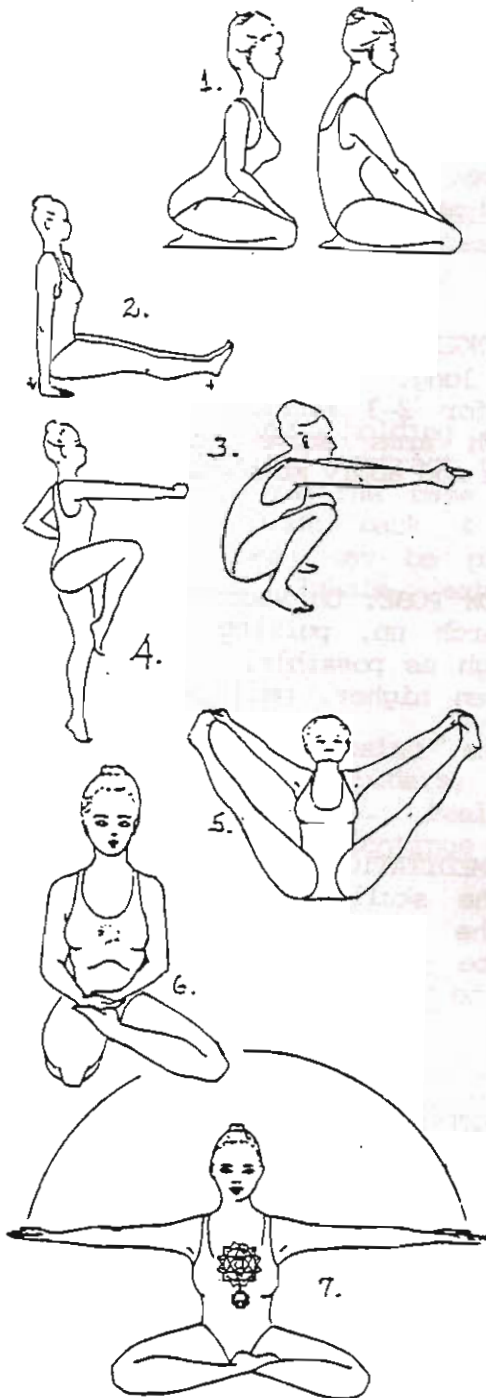


## OPPORTUNITY & GREEN ENERGY SET

As taught by Gurucharan Singh Khal



1. **SPINAL FLEXES:** Sit on heels, mentally inhaling **Sat**, (concentrating at the 1st vertebra or chakra), and exhaling **Nam** (concentrating on the 4th vertebra or 3rd chakra), for 2-3 minutes.

To end: Inhale, pull Mulband, exhale, pull Mulband and hold 10 seconds. Repeat 3 times.

2. **BODY DROPS:** Stretch legs out in front, hands on floor besides hips lifting body (and heels) off the floor, and letting it drop, rapidly for 2-3 minutes.

3. **CROW POSE:** With arms straight out in front, fingers interlaced, forefingers extended, pointing out to infinity before the heart, with Breath of Fire for 2-3 minutes.

To end: Inhale, hold, project out from the Heart Center, end exhale.

4. **RUNNING IN PLACE:** Run vigorously pulling knees up high, with a good punching motion for 3-5 minutes.

5. **KUNDALINI LOTUS:** Balance on buttocks holding on to big toes, back, legs & arms straight, with Breath of Fire for 2-3 minutes.

To end: Inhale, hold, draw energy up the spine, exhale.

6. **TREA KRIYA:** Sitting on left heel with right foot on left thigh, hands cupped below the navel, lift up the diaphragm and chant **Ong So Hung** strongly from the heart, and hear the sound at the heart.

7. **ARMS OUT PARALLEL:** In Easy Pose, arms out to the sides, parallel to the ground, palms up, concentrate on the energy coming in the left palm and going out the right, forming a powerful arch between the hands, with Breath of Fire for 2-3 minutes.

To end: Inhale, hold feel the energy continue to enter the left palm, course through the shoulders, leave the right palm, and arch overhead. Exhale and relax.

8. BOWING TO THE INFINITE: In Easy Pose, hands in Venus Lock behind the neck, exhale and bring the forehead to the floor, inhale bring the forehead to the floor silently chanting *Sat*, and arise, inhaling, silently chanting *Nam*, for 2-3 minutes.

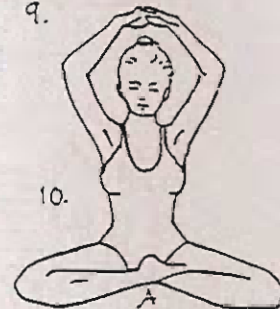


9. ARM LIFTS: Extend the arms straight out in front, palms down. Raise alternate arms from parallel to 60°, inhaling as right arm goes up and exhaling as it comes down, (almost a Breath of Fire), 2-3 minutes. To end: Arms together at level of 3rd eye, inhale, hold and project from the 3rd eye out to infinity. Exhale and relax.



#### 10. COSMIC CONNECTIONS:

(A) Hands in Venus Lock 4 inches above the Crown Chakra, palms down (Shakti Pose), focus the eyes up and out of the Crown Chakra with Breath of Fire for 2-3 minutes.



(B) Hands remaining in place, point the forefingers straight up, continuing to focus out the Crown Chakra, breath long and deep for 2-3 minutes.



(C) Without lowering the hands, place the fingertips together with the palms apart (like a teepee), and continue to project in and up, with Breath of Fire for 2-3 minutes.



To end: Inhale, hold project out, exhale and relax.

11. GREEN ENERGY PRODUCTION: Arms at sides, bend forearms up, palms flat and faced forward, comfortably relaxed, visualizing green energy, chant from the heart, feeling a slight pull at the navel:

**Hari Hari Hari Har**  
for 2-11 minutes.

To end: Inhale, exhale and relax in Guyan Mudra. Meditate and think of all the things you can be grateful for, sitting in a shower of energy coming to you. Love every breath that comes, and love all things, known and unknown.



COMMENTS: This set attracts opportunities and opens up the Heart Center. It allows one to approach prosperity from the Heart Center consciousness or plane of attraction. This consciousness can be summarized as follows: "The more I open myself, the more I can attract. I don't need to struggle; I have the ability to attract opportunities."

Start realizing that opportunities and prosperity can come in different forms than you have previously imagined. Believe that you deserve prosperity, and that God loves you.