

Manifesting Naturally Invites the Support of Existence

- Stand comfortably.
- Bring the fingers and thumb of each hand into loose clusters.
- On inhalation, hop from foot to foot while alternately tapping the sternum gently at heart level with clustered fingertips.
- On exhalation, while continuing the hopping, fling the arms straight up the midline of the body to overhead. Then allow the arms to open out and down to your sides.
- Repeat the tapping, flinging, and opening of the arms many times.
- Place the hands over the heart, left on top of right, while slowly bringing the hopping to a stop.
- Hold for three breaths.
- Brush the hands to the sides and stand comfortably.