

# Reaching ME in Me

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Rev 2.18



PG # Book	NAME OF KRIYA/MEDITAION	REVISION
65-66	33 Minutes to Eliminate Stress; Create Vitality Inside to Get Rid of Stress	Change the date to November <b>18</b> , 1991. Ex 3: (1) Remove the three illustrations and (2) revise the instructions for clarity: ...Extend both arms out in front of you <b>in a V, about 15 degrees above shoulder height</b> , palms down. Allow no bend in the elbows <b>or wrists</b> . Criss-cross...