

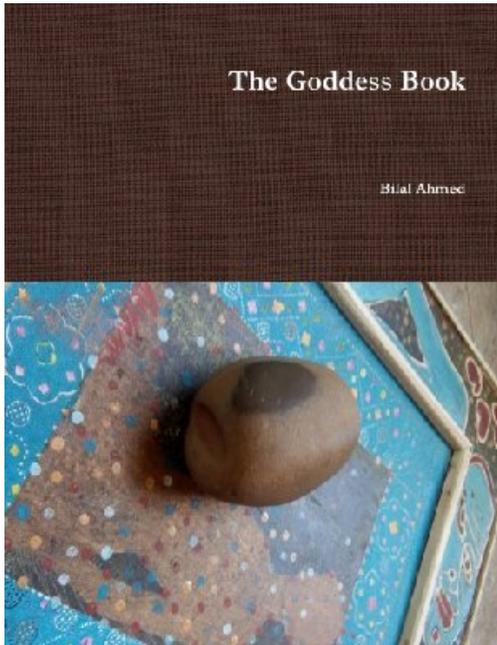
The Yoga Book

Subtitle: The new Upanishads - After reading 108 Upanishads, the need and want to write ALM, or ELM, knowledge with well being, creation as in the crow, like Bruce Lee and Brandon Lee. A yoga that encompasses all - The power of the dragon unleashed, miracles displayed, zero point energy. Web3, metaverses, pixel, nft and redefining social, promised land, a vision implemented, with the gift of the dragon. Now the real world begins, path of the dragon, watched by the snakes. Beings that can change forms.

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Deep study of yoga, which means science in Sanskrit.



Chapter: Rice & Tea Diet

As I continue to practice diets, taught by Master Wang, tea being one of main components. He suggested taking out salt & pepper, in order to cleanse the system. The Chinese diet being around food, all the medicine around the fulfillment of the dragon. However, with fasting, opening up the body, with yoga, reducing the food to rice, removing spices, that causes agitation to the

dragon, collective nervous system, putting the body into a state of numbness. Salt crystalizes the kidneys, and leave long term muscle tear. By going to rice, as suggested in the movie, Kill Bill, and tea, dragon can get used to simple palette. The dragon absorbs food, through it's body. Once the system is understood, we realize that we live in a world of illusion, mRNA, fighting on atomic levels, nucleus, protons, electrons & neutrons. However, the real war is inside, the reverse engineer a gutter, which is toxic, if not done properly, to open up the body with fasting, vegan, eventually simpler palette, rice & tea.



Chapter: Red chromosome vs white - #mrna #dna #virus
#Ukraine #nft #web3 #blacklivesmatter #rainbowfamily
#blue #black #yellow (#dragon world)

As we try to understand various mutation of the virus and whether vaccinated or not, has psychic implications, flying over mountains.



Chapter: About Last Night - Who are Mexicans Reporting to? Mount Shasta - Calistoga - California Driving - Teaching Napa Valley - Silicon Valley Style Compared to Boston, MIT - Stanford Computer Tracking - #if programming language

With hundreds of people locked up in Mount Shasta - Resources paid for. However, with the visit in Calistoga, very interesting gentlemen, knew about Jesus, love for mother, many many stories, got healed, and favorite group of individuals, in the midst, of driving down from Mount Shasta, where women were parking in 3 spots, rather 1, chasing on freeway, body sore. However, with the other set of gentlemen, from France, just told a different picture, in tracking, now in Napa Valley - Budget, Ukraine. However, who does the Mexicans report to?

