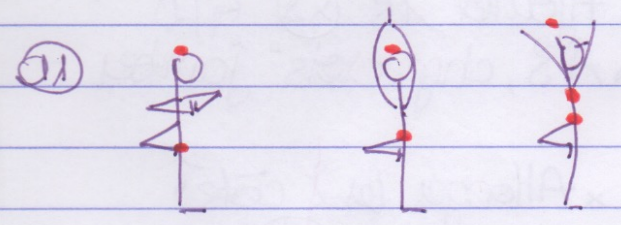
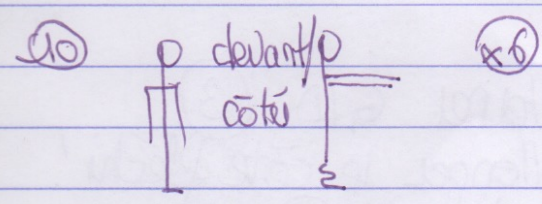
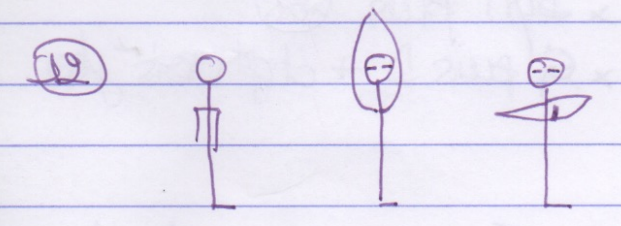


x maine seu bassin  
 x angle droit burte / bassin  
 x 6 à 8 R



x 6R G puis D 6R  
 x visualiser Nuladhara & Sahasrara.  
 x Regard délocalisé, tourné vers l'intérieur



x 6R