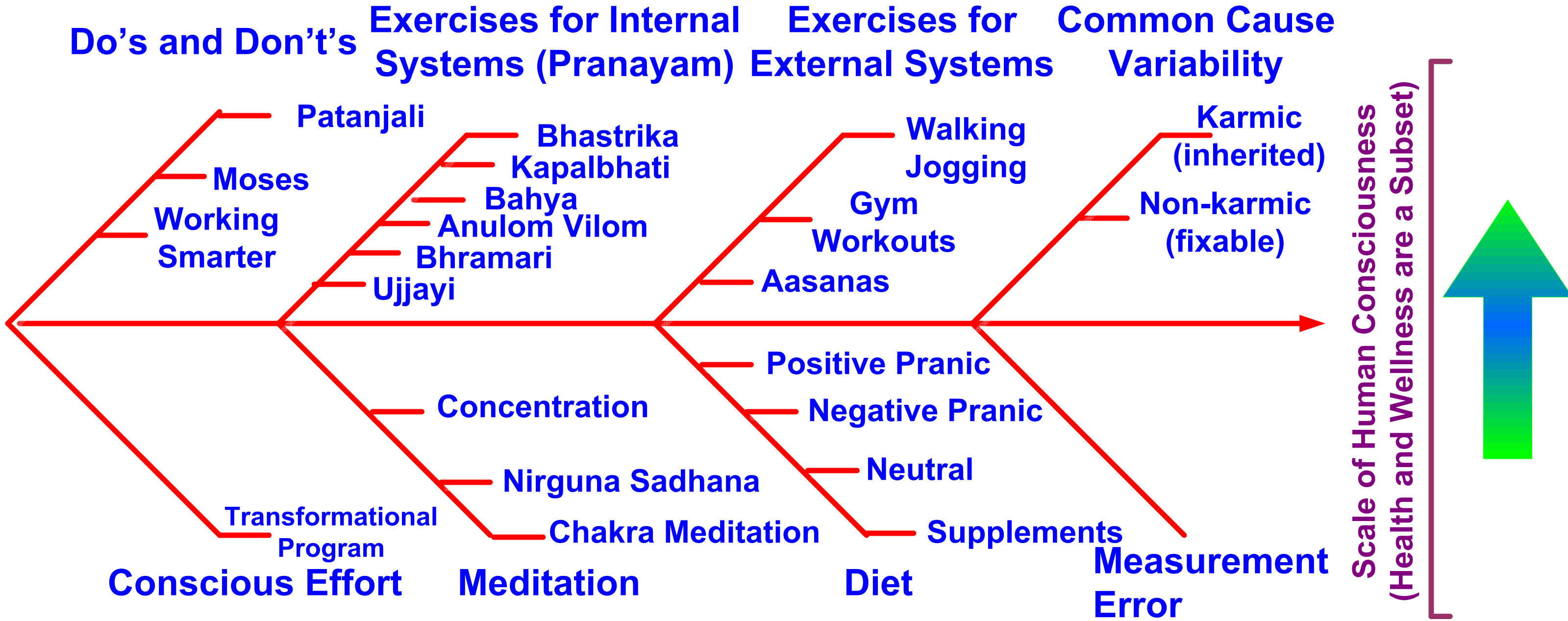


PATHWAY TO EXCELLENCE OF THE INTERNAL: PROCESS DETAILS



Embracing this program could easily save 10% or more on national healthcare costs, currently reported to be \$2.5 trillion annually and rising!

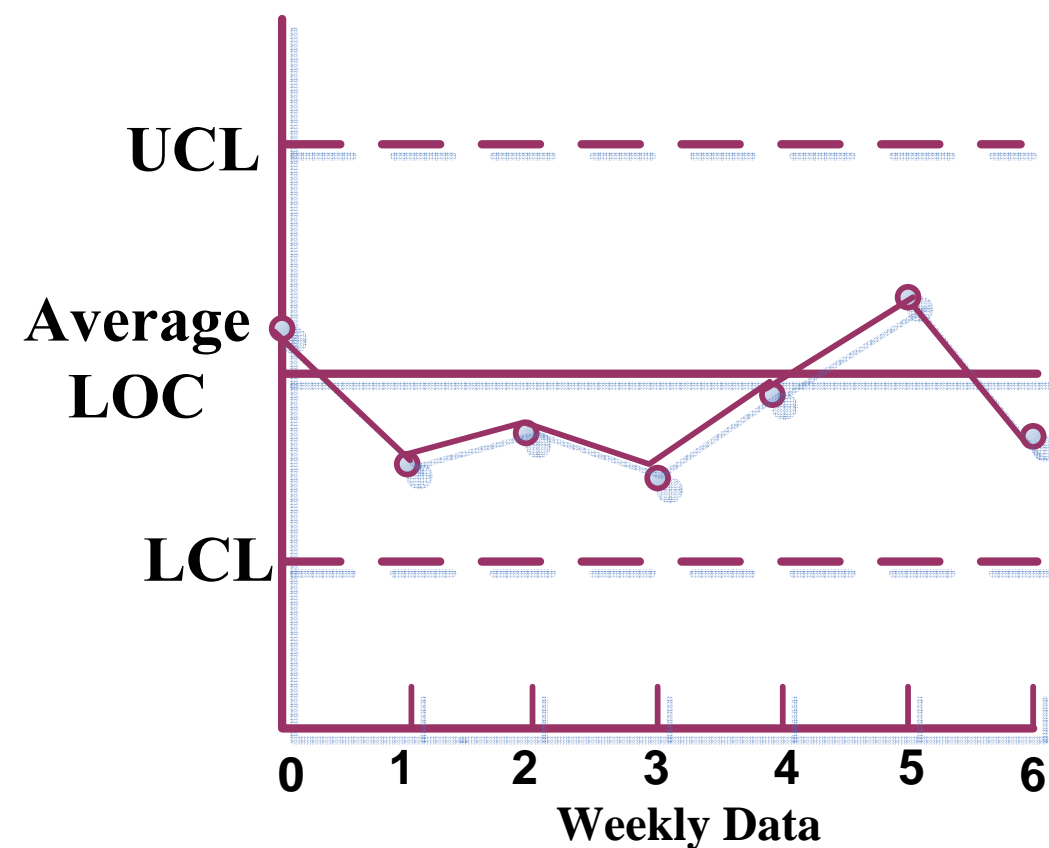
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PATHWAY TO EXCELLENCE OF THE INTERNAL: PROCESS DETAILS

Guiding Principle: The Program to raise one's Level of Consciousness described on Page 1 has two components: (1) A Conscious Effort to track one's S, R, T components always attempting to guard against the decline of S while controlling R and T, and (2) diligently pursuing the rest of the program whose side effect is a rise in LOC. For success, it is essential to always remain committed to the six sigma principle of relying on data alone for decision making but it is essential to remember the wise counsel, "*Too much analysis leads to paralysis*".

CONSCIOUS EFFORT



CONTROL CHART

PROGRAM THAT WILL RAISE LOC AS A SIDE EFFECT

1. Yoga Aasanas/exercises for external systems
2. Pranayam for Internal Organs and Systems
3. Meditation
4. Emphasis on Positive Pranic Foods