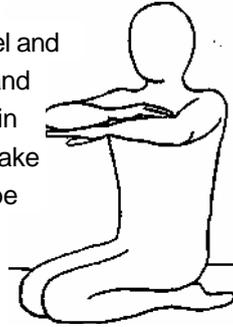


TCH20 01 960720
Rejuvenating Meditation to
Make You Sattvic (Pure)

Mudra: Sit on your heels, raise your arms up to shoulder level and extend them straight out in front of you. Bend the elbows and bring the forearms parallel to your body, overlapping them in front of your chest, right arm lying flat on top of the left. Make sure the palms are flat and face down. The right palm will be lying flat on top of the left forearm, near the bend in the elbow.



Mantra: Unspecified.

Breath: The breath will become automatically harsh.

EYES: Closed.

Time: Maximum time is 11 minutes. Done in class for 3-1/2 minutes.

£wt>: Inhale deep, hold the arm position tight as you pull in tightly on your navel point. Hold the breath in for 25 seconds. Exhale. Relax.

Comments/Effects: When you sit on your heels, make sure the shoulders are carrying the weight, not the buttocks. Balance your shoulders and carry the spine. If you are in balance, your aura will change.

Hold the hands and arms tight like steel. Put a tremendous pressure on the area from the hands to the elbows, and tighten and lift your spine from this pressure. The heavy pressure on the arms and hands tends to lift the shoulders, which lift the muscles, and in turn lift the spine. Keep the pressure and keep lifting higher and higher.

This posture is one of the best ways to adjust your navel point. Through this exercise, you can change the gray matter in your brain, entire nervous system, and spinal column.

If you want to experience reincarnation into nirvana, do this meditation for 11 minutes. It will make you sattvic with all.

Part I



Meditation to Clear Your Communication

Sitting in easy pose, bend the elbows down by the sides and place the hands next to the shoulders, the thumbs pressed against the palm at the mound of Mercury (the fleshy pad on the palm at the base of the little finger). The fingers are held straight.

Movement: Keeping this position, begin rotating the hands in continuous 12-inch circles, from in front of the shoulders, up, and out to the sides, down, and back in towards the body, until you reach the starting position again. The right hand will rotate in a clockwise direction, and at the same time the left hand will rotate in a counter-clockwise direction. Move powerfully.



Time: Unspecified. Done in class for 1 minute, 45 seconds.

Eyes: Unspecified.

Breath: Unspecified.

EVI&: Inhale and move immediately into Part II.

Comments/Effects: The force of the movement of the hands will force your lower back to become loose, which helps to take away all your lower back pain, or the possibility of it. This exercise helps to keep a person young. Make sure you keep the thumb pressed against the mound of Mercury the entire time.

This force of the hands also will clear the ears-nose-throat. It will clear your communication so another person will be more able to hear what you say when you speak.

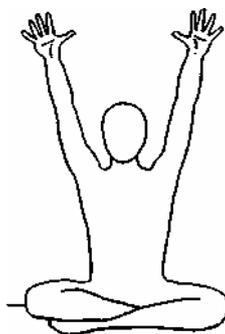
Part 11

Posture: Immediately raise your arms over your head, elbows palms flat, facing forward. Spread the fingers wide apart like antennae.

Mantra: Inhale deep, and begin chanting long *Saat Naam's*.

Eyes: Unspecified.

Time: One continuous chanting of the mantra takes about 15 seconds. Practiced in this posture 4 times.



straight,
open

Comments/Effects: This is the eternal sound. It is not something which Sikhs own or Jews don't know about. *Saa* means totality, Infinity. This is the first sound with which the God created the universe. *Taa* means life. And *Naam* means "Name" or "Identity." This mantra can give you Heaven and Earth in balance.