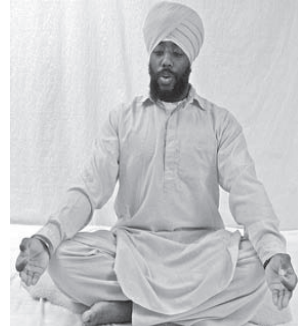




Sit straight in Easy Pose with the eyes closed and move smoothly through the series without any break. This is a guided meditation. Yogi Bhajan called it a "therapy."

1. Shake hands with the unknown and visually see the (Jolly) Green Giant as you continue the motion of shaking hands. Watch him carefully. If you are concentrating right, you will not feel absolutely easy and normal. If you feel any abnormality, you are fortunate, because you are in it. Nobody wants that Green Giant. Continue for 1-1 1/2 minutes.



2. Then immediately imagine yourself to be on the top of the Empire State Building and feel you are hugging the biggest ape on the planet. Feel, smell and understand; and just see the relevance of it. Look down from the height and hold, understand your parameter. Tranquilize yourself and hold on strongly. Continue for 1 minute.



3. Now come down and imagine you are in a restaurant holding a knife and fork in 2 hands and using them to eat. Order your drinks, order your food. Visualize yourself eating and drinking and feel good. Continue for 1-1/2 minutes.

4. Now you have come back home. Imagine you are standing before a full length mirror naked. Through the "O" of the mouth begin long complete breaths in and breathing out into the mirror through the rounded lips. Suck in the entire prana and then exhale pushing out all the weakness and disease. Concentrate consciously. Each breath should be stronger than the one before. Continue for 3-1/2 minutes.



5. Continue the same breath. Immediately interlace your fingers and raise them over your head, palms down, forming an arc line. The hands are 4-6 inches above the head, and open your chest as much as you can. Use your mental strength. Open up your mental pores. Continue for 3 minutes.



6. Now place the right hand over the left on your chest at heart level. Chant the mantra: Har Har Har Dum pulling the navel strongly on the sound Dum. Dum sounds like hum. Speak loudly and from the navel point. Continue for 5-1/2 minutes.



7. End with a deep inhale. Suspend the breath for 15 seconds as you press, with both hands, as hard as you can on the chest. Then exhale like a cannon firing out through the mouth. Repeat this 2 more times and then on the last repetition as you hold the breath tighten the muscles from the base of the spine all the way to the top. Relax.

Comments/Effects:

This mantra means "every breath of God." Har Har Har is for the creative force of the infinite and Dum is for navel power and manifestation. Life is prana and it is based on pavan guru, that is how life is. This creates the glow of your radiant body which is what makes you attractive to others. That is a shining armor around you, for your protection and attraction.