



Part I

Mudra: 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.

To End: Inhale and move immediately into Part II.

Comments: 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 II

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

