



Mudra: Sit in easy pose with a straight spine. Touch the tip of the index finger to the tip of the thumb. The other three fingers should be kept straight, with the fingers spread as wide apart as possible. Secure the bent elbows firmly down into the sides of the ribcage. Place the hand mudras in front of each shoulder, palms facing forward. Tilt the forearms forward at a 45 degree angle from the shoulders. This is your starting position.



Movement: On each repetition of the mantra Har, arc the hands from the position, up and back about 12 inches, so they stop in a dead halt, next to each ear. The result will be a quick jerk of the body. The palms will continue to be facing forward. Then quickly resume the original position. Continue in a fast pace, keeping the fingers stiff and separated during the entire movement. Do it so powerfully that you feel yourself lifted with each rise of the hands, and then you feel yourself come down with a jerk on your buttocks.



Eyes: Unspecified.

Music: Tantric Har, or 1 movement per second. Remain silent.

Time: 11 minutes.

Comments/Effects: This meditation is a Sacred Kundalini Kriya. It is called Guidance of the Soul. If perfected, that person shall have power over life and death—not only for himself or herself, but for all that exists. The exercise may become painful. The more you are in pain, the more you must push. A stage will come when there will be no pain. Learn to confront your pain, your calamity, and overcome it. Give power to yourself through this exercise. Make sure that the three fingers remain apart and stiff the entire time.