

Part I (16)

Mudra: Sit in Easy Pose with a straight spine, chin in and chest out.

Hand Position: Bend the ring and pinkie fingers into the palm, and hold them down with the thumb. Extend the index and middle fingers out straight. Extend the arms straight out to the sides, no bend to the elbows, right hand palm up towards the ceiling, and left hand palm down towards the ground. Keep them up at shoulder level, parallel to the ground.

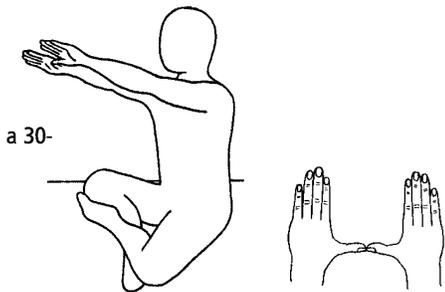
Eyes: Gaze at the tip of your nose.

Music: Wahe Guru, Wahe Guru, Wahe Guru, Wahe Jio by Giani ji. (YB refers to this tape as the "Paris Tape.") Time: 11 minutes.

End: Inhale, hold the breath, and concentrate on all the vertebrae of the spine, starting from the base, and going all the way up to the neck, pulling them into the spine, tightening them into place. Hold the breath 20 seconds and then cannon-fire the breath out. Repeat this 3 times making sure to expand the lungs wider on each inhale and to tighten the spine each time with all your power. Relax.

Comments/Effects: The spine must not move. As you look at the tip of your nose, your forehead will begin to feel like lead. This is a pressure is helping to develop the frontal lobe, which controls the personality. Just go through it and conquer the pain. The hands must be in balance with the spine because with these hands you will heal. You need that touch, so let the energy flow.

The words you are singing mean, "God, take me from darkness to light." It's an affirmation, a prayer. If the exercise becomes very painful, try singing along with the tape, copying the words. It may help. Keep the arms in balance, the spine straight, and stretch the arms out tightly-it will make it easier. Keep the posture perfect in the final 2 minutes-it is a very critical time.



Part II

Mudra: Extend the arms straight out in front of the body, with no bend in the elbows. Have the hands flat, palms face down, and the thumbs extended out. Touch the tips of the thumbs together. Keeping this position, raise the arms up to a 30-degree angle. Lift from the shoulders. Hold the position as if they were steel bars.

Eyes: Closed.

Music: Prabh Joo To Keh Laaj Hamaaree

by Master Darshan Singh. It says, "God, come through and come through for me. Oh my God, save my honor."

Time: 9 minutes.

End: Inhale deeply, stretch your arms forward stiffly, and make them as hard as if steel bars are coming through them from your shoulders. Hold 20 seconds. Exhale. Repeat holding the breath for 13 seconds each time. Relax.

Comments/Effects: In this position, bless the Earth. Bless everything. You must learn to bless. As a Teacher, you are the blessing, and your blessing must work, otherwise your students will not trust you. Bless, and bless gracefully. Feel the healing power flowing through your hands. Keep your concentration steady. Make sure the angle stays up at the proper height, and that there is no bend in the elbow.

Part III

Mudra: Sit straight with your chin in, chest out. Put your left hand flat on your navel, fingers pointing towards the right. Place the right hand next to the right shoulder, palm flat and facing forward, fingers pointing straight up.

Music: Drum tape, called Rhythms of Gatka by Matamandir Singh.

Mantras: Begin reciting the mantra Har in a continuous spoken monotone, recited about one time per second. Press in on the hand very firmly every time you recite Har. Make the recitation very forceful.

Eyes: Stare straight ahead, parallel, with a perfect Tratika eye -not looking right or left.

Time: 3-1/2 minutes.

End: Inhale and move immediately into Part IV.

Comments/Effects: Think about what you want to be. Do you want to walk tall? Do you want to bless people? Do you want to be kind, compassionate, and caring? Can you love an enemy? If you cannot love your enemy, you still hate yourself. If you cannot help somebody who needs you, you are still poor. If you do not reach out with the idea to serve, and you can't serve, you have a fundamental mental problem. You are small. If somebody trusts you, and you betray, lie, or cheat them, you will never escape the wrath of nature.

In this exercise, I'll release the energy from 2.7 mega-cycle to 3 or 3.2. That is the maximum I can do. In layman's language, we are pushing you from one third of your existence to two thirds of your existence.



Part IV (Done with a partner)

Mudra: Sit across from a partner, and place the palm of your right hand flat against the flattened right palm of your partner. Both put an equal amount of pressure on the right hands to hold the hands in the middle between the two people. Place the left palm flat against the navel point. Begin pushing in on the navel point on the word Har, in the same fashion, as done in Part III above. A person without a partner should imagine a partner sitting across from him or her.

Eyes: Look straight into the very small center of the other person's eyes. Feel you are connecting there.

Tape: Drum tape, called Rhythms of Gatka by Matamandir Singh



Mantra: Begin to chant Har in a continuous monotone as in Part III. The sound comes from the navel point with each powerful push of the hand. Har is pronounced with a short sound, with the tongue, not the lip, with practically no vowel sounded.

Time: 1 minute.

End: Inhale and move immediately into Part V.



Part V (Done with a partner)

Mudra: Stay in the position for Part IV, but close your eyes.

Breath: Breathe long and deep.

Focus: Go into a deep meditation. Receive the Heavens in you. Go absolutely thoughtless, and hypnotize yourself into the total energy of God.

Music/Time:

20-1/2 minutes with Nightingale of India tape, also known as "Sat Nam Wahe Guru #3," by Lata Mangeshkar.

7 minutes with Flowers in the Rain played on the guitar by Gurudass Singh of Spain.

End: Relax.

Comments/Effects: After this meditation series you must drink a lot of lemon and water to cleanse out what has been released through this meditation. "The nuclei of the blood cells have burned their negativity. If you take a lot of lemon and water, you will urinate out all the dirt."

Part VI

Music: Ardas Bhaee (The instrumental version was played in class, with the healers chanting aloud while standing, and everyone else sitting down and chanting.)

Ardaas Bhayee, Amar Daas Guru, Amar Daas Guru, Ardaas Bhayee. Raam Das Guroo, Raam Daas Guroo, Raam Daas Guroo, Sachee Sahee.

Sing loud and clear. (The rhythm is slow.) Concentrate. Meditatively chant for 3 minutes.

End: Sit down and personally meditate what your wish is. Be open. Be honest. It is between you and your God inside. Meditate in your honest way what you feel is to feel.

What you want to know, to know. What you want to be, to be. Don't seek outside. Just close your eyes, go inside, and seek it. Remember don't seek the negative, because this energy will conflict. Concentrate. It is your inner prayer for yourself. Rebirth yourself. Awaken your saintliness. (2 minutes.)

Part VII

Every breath of life, we are sending you a message. You must copy that message in the depths of your heart. This meditation is between you and God. And God within, not outside. Concentrate deeply on the words, feel it, know it, and be it.

Music: Every Heartbeat by Nirinjan Kaur. Meditate with these words to your inner depth. This song contains the mantra: Aad Sach, Jugaad Sach, Haibhay Sach, Naanak Hosee Bhay Sach.

Time: 3-1/2 minutes.

Part VIII (Done as a group)

Learn this mantra by heart. The power of this mantra is:

Sometime when you want to help, hold the hand of another person, and chant that mantra only in your mind. Shockingly, right there and then, you'll see it working light away!

If you are a husband, help your wife, help your children, help your neighbors, help your students and help your relatives. Become a living help, and the purity of God shall come through you. Lift yourself from the problem, and the problem will be gone. You must understand my practical experience. I get all the negative news, the problems, the miseries. I have one answer. "God, this person has reached out to me in Thy Name. Now You go and solve it." That's the longing of the heart. Once you have this meditative heart, you'll

be surprised to see how that Almighty, Omnipresent, Omniscient God works for you without payment. Once you have that one thought, all things will be straightened out.

Hold each other's hands, just as if we are helping each other. Make an endless chain. Cooperate. Now, watch what happens. Don't trust my words, feel it yourself. Just sit meditatively and go through it. Hold the hands and see, for yourself, not for me, not for anybody, but for your experience, so that tomorrow you may know.

Music: The Mantra of the Age of Aquarius by Yogi Bhajan. The Aquarian March by Nirinjan Kaur.

Sat Siree, Siree Akaal, Siree Akaal Maahaa Akaal.

Maahaa Akaal Sat Nam, Akaal Moorat Wahe Guru.

Mudra: Class sat holding hands, making a chain of the people in the room.

Time: 3 minutes.

End: Inhale, hold the breath, placing both your hands flat on the chest, left under, right over. Press hard and with the power of the mind, spread the energy to every tissue in your body. Hold between 15-20 seconds and then cannon-fire the breath out. Repeat 3 times total. Relax.

The Masters Touch