

Meditation for the Arcline & to Clear the Karmas



Mudra: Sit in Easy Pose with a straight spine. Relax the *elbows* down by the sides, and bring the forearms straight out in front of your body, *palms* flat and facing up. Have the palms slightly cupped, and place them a few inches above the knees.

Movement: Bring arms up, back behind head, stretching hands and arms as far back over shoulders as you can. Imagine you are scooping water, and throwing it through your arcline, over your *shoulders*, with a flick of the wrists. The movement is slow and smooth, and gracefully flows along with the lyrics and rhythm of the music.

Music: *Wahe Guru, Wahe Guru, Wahe Guru, Wahe Jio* by Giani Ji. On each "*Wa-hay Guroo*," as well as on the "*Wa-hay Jeeo*," do one complete round-scooping up, throwing over your shoulders, and come back to the starting position. Approximately 2 seconds per "scoop."

Eyes: Closed.

Time: 31 minutes.

End: Inhale, and stretch your hands back as far as possible, hands right behind your head, Posture for the Inhale must be correct.

Hold: 10-15 seconds. Exhale. Repeat 3 times total. Relax.

Comments/Effects: This meditation is for the arcline and to clear the karma that has been stocked up in it. *You'll* experience what *Wahe Guru* actually means. It's just a hand of prayer. Remember, the power of *Infinity* is not outside of you-it is inside of you. When "I" and *Infinity* create impact, you'll become totally divine. Otherwise there's a duality which keeps you away from reality, and the pain is humongous.

