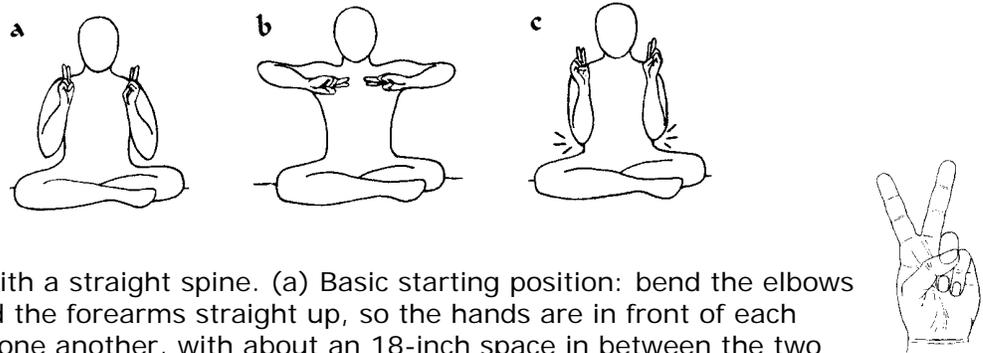


Meditation to Awaken the Dormant Power Within

This meditation is similar to Ashtang Agni Kriya which was taught during Class #6.



Mudra: Sit in Easy Pose, with a straight spine. (a) Basic starting position: bend the elbows down into the sides. Extend the forearms straight up, so the hands are in front of each shoulder, the palms facing one another, with about an 18-inch space in between the two hands. The fingers point towards the ceiling. Bend the ring and mercury finger into the palm, and hold them down with the thumb. The index and middle fingers are spread wide to form a 'V'. Make sure you keep these two fingers spread wide the entire time.

Movement: (b) Extend bent elbows up and out to the sides, so they are parallel to the ground. (c) With a forceful motion, bring elbows down and into the body, to slap against the 7th rib with full force. This movement will cause the shoulders and body to vibrate. Do it in a rhythmic, dancing motion, to the beat of the tape. Let head and shoulders move with the music. Move at a fairly rapid pace, about one time a second.

Eyes: Unspecified.

Breath: Should come to a breath of fire.

Tape: *Gobinday Mukanday* by matamandir Singh.

Time: Done in class for about 23-1/2 minutes. End: Inhale deeply, stretch your arms up tightly, and lift your body to the extent you stretch your spine. Hold tightly for 15 seconds. Relax.

Comments/Effects: The sound of the breath must touch the Heavens and it must be hot. It will become like breath of fire.

*You must awaken the dormant power within you
and penetrate all the cycles of transmission of your magnetic field energy,
which governs your essence to become a greater exalted person
to face everything with grace. That's the beauty.*

