



**Mudra:** Sit in easy pose, spine straight, chin in slightly to chest. Bend elbows down by sides, and bring the hands up to the sides of each shoulder, so the wrists are at shoulder level, and the hands are about even with the level of your ears. Make hands flat, palms face forward, fingers spread wide and pointing towards the ceiling.



**Movement:**

- (a) Bring your thumbs in so the pads of the thumbs press against the "mounds of Mercury," the fleshy mounds just below the pinkie finger on the palm of your hand.
- (b) Immediately close your fingers over the thumbs, and put a pressure here (squeeze the fingers).
- (c) Immediately fling your fingers wide open and straight. Although this movement contains three parts, they are done as one continuous movement, with no pauses between the sections.



**Music & Mantra:** Rhythms of Gatka by Matamandir Singh, or 1 beat per second. The word Har is chanted on every fourth beat, and as it is chanted, the navel point is drawn in and the hands are closed at exactly the same moment. Remember to chant the mantra by flicking the tip of the tongue against the upper palate.



**Eyes:** Unspecified.

**Time:** Practiced in class for 17-1/2 minutes.

**To End:** Inhale very deeply and make your hands into fists. Squeeze the entire body, shifting the energy into every cell of the being. Don't lose this chance. Hold the breath 10 seconds. Cannon-fire out the breath. Repeat 3 times total, and relax.

**Comments/Effects:** Be alert, it's a tricky beat. Reach out and touch the Heavens. There's nothing outside of us. It's all inside of us. Nanak said if you search outside you are wasting time. It's all inside. And when we feel beautiful inside, fulfilled inside, wow, it's so good.