

TH2403 970422 Blessing

Part I

This posture is called "Blessing." This is how the Popes used to bless the people: "May the Jupiter energy as Guru, and the Saturn energy as Guru, be with you."

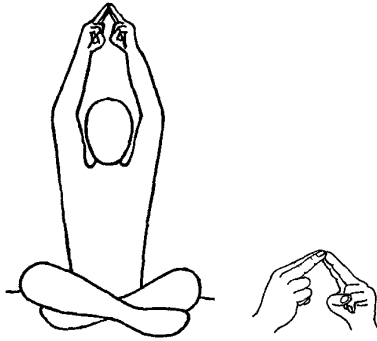
Mudra: Sit in Easy Pose with a very straight spine, chin in and chest out. Bend the elbows into the sides, and bring the hands up so they are about six inches away from each ear. The palms are facing forward, fingers pointing towards the ceiling. Make the hands into fists, and extend the index (Jupiter) and middle (Saturn) fingers straight up, holding them side-by-side.

Eyes: Closed.

Music: Reality, Prosperity, and Ecstasy by Nirinjan Kaur. Sing along with the tape.

Time: 8 minutes.

End: Inhale and move immediately into Part II.



Part II

Mudra: Stretch the arms overhead, elbows straight, hands in fists. Extend the index and middle fingers straight, and bring the tips of the index and middle fingers together, so they are touching. No other part of the hands touch. Make a triangle with these fingers.

Music: Hume Hum Brahm Hum by Nirinjan Kaur. Sing

Eyes: Unspecified.

Time: 6-1/2 minutes

End: Inhale. Hold for 10 seconds. Exhale. Inhale, and immediately move into Part III.

Comments/Effects: Make a perfect triangle, and let the Almighty descend. Sing with the tape from the navel. We are chanting, "We are we, we are God." The tongue will touch the proper meridian points and create the result if you correctly pronounce it.

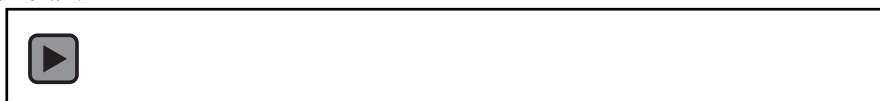
Part III

Mudra: Fold the hands in **Prayer Pose**, palms flat at the heart center.

Music: Ong Namu Guru Dev Namu by Nirinjan Kaur. Sing with the tape, from the navel.

Time: 1-1/2 minutes.

End: Inhale and relax.



The Masters Touch