



Posture: Sit in Easy Pose. Extend your Jupiter (index) finger on both hands. Lock the other fingers down with your thumbs.

Music & Movement: Time your movements with the tape Sat Nam Wahe Guru #2 by Jagjit Singh.

Touch your Jupiter fingers to the floor on either side of you when the ragi chants Sat.

Touch your Jupiter fingers together over the top of your head when the ragi chants Nam.

Touch your Jupiter fingers to the floor on either side of you when the ragi chants Sat.

Touch your Jupiter fingers together over the top of your head when the ragi chants Nam.

Touch your Jupiter fingers to the floor on either side of you when the ragi chants Wah-hay.

Touch your Jupiter fingers together over the top of your head when the ragi chants Guroo.

Touch your Jupiter fingers to the floor on either side of you when the ragi chants Wah-hay.

Touch your Jupiter fingers together over the top of your head when the ragi chants Guroo.

Time: 22 minutes

Effects: This kriya renews the nervous system and can heal nerve pain and sciatica. If you do this Kriya for 22 minutes a day, you will totally change your personality. Power will descend from above and clean you out. Anger and obnoxiousness will disappear from your personality.

Comments: [This kriya] is so powerful it can hold the Hand of God; so powerful it can hold the hand of death. Sat Nam Wahe Guru is a Jupiter mantra. The most graceful power and knowledge comes from Jupiter. Jupiter controls the medulla oblongata, the neurological center of the brain, and the three rings of the brain stem.

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