



Sit in an Easy Pose, with a light jalandhar bandh.

Mudra: Point the Jupiter finger (forefinger) of the right hand straight up toward the sky, with the thumb and other fingers closed in a fist. The right elbow is bent and relaxed at the side. The left hand is placed flat over the Heart Center (the center of the chest).



Focus: Listen to the Self-Sensory System lecture, recorded in your own voice. (You can find this lecture in Chapter 1 of this Manual.)

Comments:

“Our creativity will be our sensory system. And through this sensory system we will be overflowing with energy, touching the hearts of people, and feeling their feeling, and filling their emptiness. We will act great and our flow will fulfill the gratefulness in the hearts of others. It will be a new relationship. We will create a new humanity which will have the new sensory system, and thus we will establish the Age of Aquarius. This is the fundamental character you have to learn by heart.” — YOGI BHAJAN