



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

Eyes: The eyes closed, looking up, focusing at the Brow Point.

Mantra: SAT KARTAAR

As you say SAT, the hands are pressed together in Prayer Pose at the center of the chest. As you say KAR, the hands are extended out from the shoulders, half-way towards the final position. Fingers are pointing straight up. As you say TAAR, the arms are fully extended out to the sides and parallel to the floor, fingers pointing up. Make the transition from step to step a flowing movement.

Time: No specified time.

Comments:

If you feel your heart is closed and there is no flow of love, and you want to open your heart, do this meditation.

