

1. Asseyez-vous en Easy Pose avec le Christ Mudra. Maintenez les doigts du Soleil et du Mercure avec le pouce ; pliez les coudes et maintenez le mudra au niveau des épaules avec les paumes tournées vers l'avant. Ouvrez largement la mâchoire et inspirez en trois coups rapides ; expirez par le nez. 6 minutes. L'inspiration fera le bruit d'un corbeau.



2. Gardez le mudra et la respiration ; bougez les mains en petits cercles rapides (le mouvement initial est celui des pouces vers le corps). Le corps entier doit trembler sous l'effet du mouvement. Après une minute ou deux, fermez les yeux et continuez. 4 minutes.



3. Interlock the fingers at the Heart Center. Jump the body off the floor. 1 minute.



4. Bring the lock up above the head and continue jumping the buttock off the floor. 6 minutes. Feel like you're galloping on a horse. Do it in a rhythm. Sweat a little bit; it feels good.

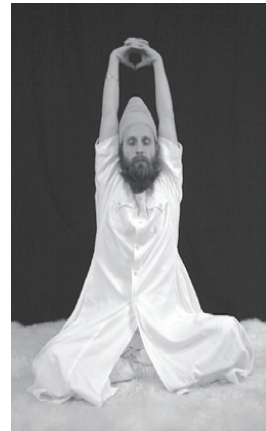




5. Sit with a straight spine. Interlace the fingers with the thumb tips touching. Close the eyes and concentrate on the tip of the nose. Don't let your concentration move from the tip of the nose. Inhale deep; exhale deep. Gong is played. 14 minutes. You are entering a reign of forgiveness. Practice forgiveness of the self. Forgive yourself. Don't fight; don't resist. You are in the region of forgiveness. This is the hemisphere of forgiveness, for your self. Redeem yourself. There is nobody above you; there is nobody beneath you; there is nobody around you; only you. This is the hemisphere where you can forgive yourself. This is a very rare opportunity. Don't ask forgiveness of God. God shall guarantee. Whatever you forgive; God shall forgive, guaranteed. Go for it! Don't fight! Forgiveness eats up the misfortune. Forgiveness eats of the misfortune of tomorrow—guaranteed. You are passing through the region of forgiveness. For the sake of forgiveness of God, that is what forgiveness means: forgive, for-giving. The holiness of God will open up the holes; opportunities will come. Let God give you by forgiving. Those who don't forgive get nothing.



6. With a stiff tongue and the upper palate, start repeating the sound. Humee Hum Tumee Tum Wahe Guru is played. 11 minutes. Gong is played while music transitions to Promises are Hard. Meditate on the music. Followed by the Himalaya song (Child of God).



7. Keeping the mudra, raise it above the head with the palms facing the crown of the head; stretch your arms and your spine. Breath long and deep and slow. Music is played.

TO END: Shake the arms. 2 minutes.