

M043 1989/06/23

See Your Soul Within Your Third Eye



Place your right index (Jupiter) finger curled over the left, cross your thumbs, right over left, to make a circle. Put your nose within that circle. The thumbs press up against the bottom of the nose and the Jupiter fingers press against the bridge of the

nose. The Saturn, Sun, and Mercury fingers point up, not touching. The eyes will tend to close. Just let them relax.

Alternately touch the Saturn fingers momentarily chanting Har Har Gobinday
Alternately touch the Sun fingers momentarily chanting Har Har Mukunday
Alternately touch the Mercury fingers momentarily chanting Har Har Udaaray
Alternately touch the Sun fingers momentarily chanting Har Har Apaaray
Alternately touch the Saturn fingers momentarily chanting Har Har Hariang
Alternately touch the Saturn fingers momentarily chanting Har Har Kariang
Alternately touch the Mercury fingers momentarily chanting Har Har Nirnaamay
Alternately touch the Sun fingers momentarily chanting Har Har Akaamay

Repeat with this rhythm.

Do this 11-62 min.