

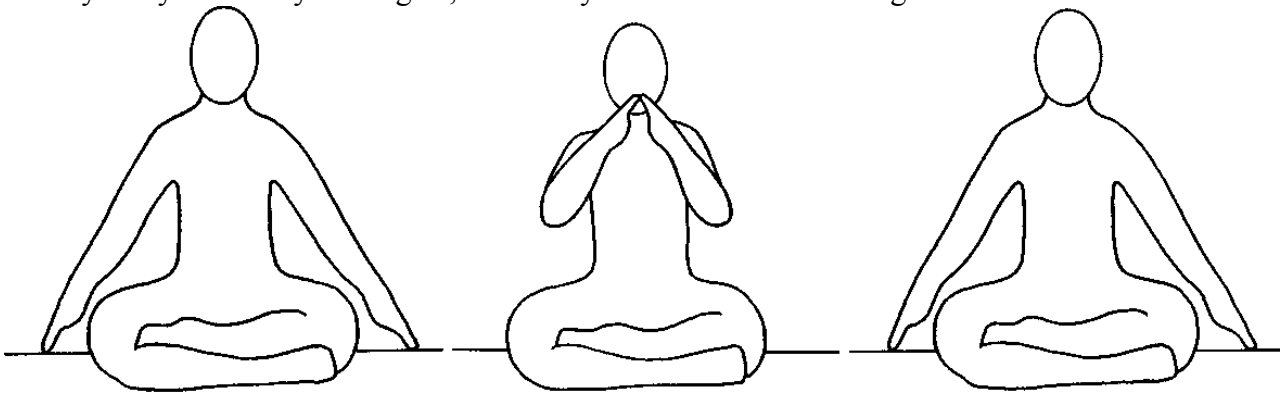
#LA860 960131 Become Earth to Self

January 31, 1996

Extend your Jupiter (index) fingers on both hands. Lock the other fingers down with your thumbs. Time your movements with the tape Sat Nam Wahe Guru #2 by Jagjit Singh. Close your eyes and concentrate on the movement.

Touch your Jupiter fingers to the floor on either side of you when the ragi chants "Sat." Touch your Jupiter fingers together in front of your chin when the ragi chants "Nam." Touch your Jupiter fingers to the floor on "Sat." Touch your Jupiter fingers in front of your chin on "Nam." Touch your Jupiter fingers to the floor on "Wah-hay." Touch your Jupiter fingers in front of your chin on "Guroo." Touch your Jupiter fingers to the floor on "Wah-hay." Touch your Jupiter fingers in front of your chin on "Guroo." Continue for 3 Minutes.

When you are very tense, please do this and you will become calm, quiet, peaceful, and tranquil. If you get a headache doing this exercise, it may mean that you have poor circulation. If you miss when you try to touch your fingers, it means you are not concentrating.



"Yoga is a science of reality and an experiential proof of the sacredness of all life."

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