

LA860 960131 Heart to Heavens: Hast Kriya

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. Touch your Jupiter fingers to the floor on either side of you when the ragi chants "Sat." Touch your Jupiter fingers together over the top of your head when the ragi chants "Nam." Touch your Jupiter fingers to the floor on either side of you when the ragi chants "Sat." Touch your Jupiter fingers together over the top of your head when the ragi chants "Nam." Touch your Jupiter fingers to the floor on either side of you when the ragi chants "Wah-hay." Touch your Jupiter fingers together over the top of your head when the ragi chants "Guroo." Touch your Jupiter fingers to the floor on either side of you when the ragi chants "Wah-hay." Touch your Jupiter fingers together over the top of your head when the ragi chants "Guroo."

This kriya renews the nervous system and can heal nerve pain and sciatica. It is so powerful it can hold the Hand of God; so powerful, it can hold the hand of death. "Sat Nam Wahe Guru" is a Jupiter mantra.

The most graceful power and knowledge comes from Jupiter. Jupiter controls the medulla oblongata, the neurological center of the brain, and the three rings of the brain stem.

If you do this kriya for 22 minutes a day, you will totally change your personality. Power will descend from above and clean you out. Anger and obnoxiousness will disappear from your personality.

"We are all together in the One Creator's Consciousness,"

YB