TOUCH OTHERS

POSTURE: Sit in Easy Pose.



MUDRA: Spread the fingers of the left hand as far apart as possible and place the hand on the Heart Center with the thumb pointing up. Make the right hand into a fist with the index finger extended. Place the right arm by the side with the elbow down and the index finger pointing up. Position the arm so that the tip of the right index finger is level with the tip of the eye, palm facing forward.

EYES: Eyes are closed.

BREATH: Long Deep Breathing.

MANTRA: After relaxing into the breath, begin chanting the Kundalini Shakti mantra.

AAD SACH, JUGAAD SACH, HAI BHEE SACH, NAANAKHOSEE BHEE SACH

Pull the navel powerfully each time you chant 'sach" so that the belly button connects with the spine. Continue for at least **8 minutes.**

In class, Yogi Bhajan said that different people might need to practice this meditation for different durations.

TO END: Inhale deeply. Exhale and relax.

COMMENTS: We touch each other with the eyes. We touch each other with the ears. We touch each other with songs and words. We touch physically. We touch to kill. We touch to give birth. If you look at the whole spectrum of life, it's nothing but touch. If you want to know the Master's Touch, then you should live these words of Nanak.

TRANSLATION:
True in the beginning, True throughout the Ages True at this moment, Nanak says this Truth shall ever be.
This is called the combination of polarities: your breath has a length of thirty-six inches.
When you press the navel to create the word sound "sach" after a long practice or short practice, you become intuitive. Provided all five fingers on the left hand are open and the right hand index finger is up.