

MEDITATION TO CLEAR KARMA FROM THE ARCLINE

From: Waves of Healing, Dr. Siri Atma Singh Khalsa



Mantra: The mantra is *Wahe Guru, Wahe Guru, Wahe Guru, Wahe Jio*. *Wahe Guru* is pronounced *Wha-hay Guroo*; *Jio* is pronounced *Jee-o*.

Mudra: Sit in Easy Pose with a straight spine. Relax the elbows by your sides and bring your forearms straight out a few inches above the knees, palms slightly cupped, facing up.

Movement: On each repetition of *Wahe Guru* and *Wahe Jio*, scoop your hands up and over the shoulders as far back as you can and return to the starting position. Imagine you are scooping water and throwing it over your arcline with a flick of the wrists. The movement is smooth and follows the rhythm of the music.