



1. Sit in Easy Pose. Hands are locked in front of the heart center, palm to palm, the four fingers folded around the opposite hand. Look at the tip of the nose. Squeeze the hands. 3-1/2 Minutes. Synchronize the entire body. Squeeze the entire body as tightly as you squeeze the hands. 3-1/2 Minutes.

**Comments:** Squeeze like you are squeezing water out of a stone. You will find an air vacuum in your palms. It will give you sensitivity of how life flows. Experience it. Squeeze the hands with maximum tightness. Look at the tip of nose, concentrate, and squeeze. You will breathe differently, exist differently, and start to eliminate disease from your body.

2. Immediately lie down on your back. Bring the arms and legs up to 90° — straight and tight. Palms are facing the knees. Spread the fingers wide. 2 Minutes.

3. Bring the knees to the chest and wrap your arms around the knees. Bring the nose to the knees. Don't cross the feet. Stabilize. 3-1/2 Minutes.

4. Come into Corpse Pose and let the body relax. The Kulwant Singh Version of Chattr Chakkr Varti is played. 1 Minute.

**Comments:** Nap. Hypnotically sleep. Conquer the environments. Don't let the body move but imagine you are out of your body, let your soul look at it, and dance.





5. Cat stretch to each side and transition to standing.  
30 Seconds.

6. Dance with hands up above the shoulders. Keep the hands up the entire time. Chattr Chakkr Varti continues playing for 2-1/2 Minutes. Rhythms of Gatka is played for the remainder of the dance. Keep only one foot on the ground at a time. Dance vigorously. 11 minutes total Open the hips, shake the rib cage, tighten and loosen the neck, the face. Every part of the body has to dance. Eight twists of the body in one beat. Raise the Kundalini. Infinite healing can take place. This is an Ashta—eight—beat rhythm, an Ashtang Natiem. It is called Shiva Dance

7. Sit down and relax. 3-1/2 minutes.

8. Massage the armpits deeply; each hand massaging the opposite armpit concurrently. 1-1/2 minutes. This will stimulate the three nervous systems and give you a new life.

9. Beat the upper part of your chest with your fists.  
1/2 minute. Then beat the thighs just above the knee. Fast and heavy. It has a soothing effect. 1/2 minute.

