

1. Healing Power of Prayer

Comments: *"This is time to get the results. You are not a Jew, you are not a Muslim, you are not a Hindu, you are not a Sikh, you are not a Christian, you are just a human being having an experience. With that attitude, apply yourself."* —Yogi Bhajan

Left Heart Center Press (2 minutes)

1. Bend the right elbow and bring the right hand to the level of the earlobe. Point the fingers forward, away from the body, palm flat, facing up. Keep the fingers and thumb together. Imagine that you are keeping rainwater in your hand.
2. Place the left hand on the Heart Center.
3. Close the eyes.
4. Breathe long and deep. Do not breathe yourself, just make yourself breathe.

Left Heart Center Press (28 minutes)

1. Continue the posture.
2. Begin chanting "Hume Hum Brahm Hum". Nirinjan Kaur's version was used in class.
3. Press the Heart Center when chanting Brahm Hum.

Right Heart Center Press (1 minute)

1. Inhale, pause briefly.
2. Change hands; place the right hand on the Heart Center. Bend the left elbow and bring the left hand to the level of the earlobe. Point the fingers forward, away from the body, palm flat, facing up. Keep the fingers and thumb together. Imagine that you are keeping rainwater in your hand.
3. Continue chanting and pressing the Heart Center.

Long Deep Breathing (2 minutes)

1. Music ends.
2. Maintain the posture.
3. Breath Long and Deep; very authoritative, with all the power, do it gracefully.

To End

1. Inhale, stretch the arms up straight, hold for 10 seconds. Exhale. Inhale deep, stretch up, hold the breath for 10 seconds. Exhale. Inhale, hold the breath and stretch up for 30 seconds and pray, it must be a one pointed prayer. Exhale and relax.

Eye Focus Closed

Breath Long Deep Breathing

Mantra

Hume Hum Brahm Hum