

Guidance

Yogi Bhajan's Meditation Class - Women's Camp
July 11, 1986

Sit in Easy Pose with the spine straight. Eyes are closed. Meditate to the music of Rakhay Rakhanahaar with the following movements:

1. Bring arms up and hold opposite forearms near the elbows. Inhale in 8 parts, gently swinging the arms from side to side in rhythm with breath and to the beat of the music (as if rocking a baby).
2. Exhale, lowering arms to Gyan Mudra on knees. Continue inhaling and exhaling to the music at your own pace.
31 minutes.



Notes from Yogi Bhajan

This will serve to bring yourself into your self-center.