



Posture: Sit straight. Eyes closed.

Mantra: Chant along with Rakhay Rakhanahaar music and repeat this series of exercises. This is a series of 8 mudras relating to the eight charkas. Change at each line of the mantra.

Time: 127 minutes.

1. Gyan Mudra (thumb to index finger), wrists resting on knees with palms facing outward.
2. Gyan Mudra, hands resting in the lap with palms up.
3. Shuni Mudra (thumb to middle finger), press fingers at the navel area.
4. Surya Mudra (thumb to ring finger), press fingers at heart center.



Rakhay rakhanahaar aap ubaariun



Gur kee pairee paa-eh kaaj savaariun



Hoaa aap dayaal manho na visaariun



Saadh janaa kai sung bhavjal taariun



5. Buddhi Mudra (thumb to little finger), press the fingers of hands below ears with fingers towards the back of the neck.
6. Both hands over face with fingertips along hairline. (Don't be surprised at what you see.)
7. Interlock fingers on top of your head.
8. Extend arms out straight at 45 degrees with palms up.



Saakat nindak dusht khin maa-eh bidaariun

Rakhay rakhanhaar aap ubaariuns
 Gur kee pairee paa-eh kaaj savaariun
 Hoaa aap dayaal manho na visaariun
 Saadh janaa kai sung bhavjal taariun
 Saakat nindak dusht khin maa-eh bidaariun
 Tis saahib kee tayk naanak manai maa-eh
 Jis simrat sukh ho-eh saglay dookh jaa-eh
 Jis simrat sukh ho-eh saglay dookh jaa-eh



Tis saahib kee tayk naanak manai maa-eh



Jis simrat sukh ho-eh saglay dookh jaa-eh



Jis simrat sukh ho-eh saglay dookh jaa-eh