



### **Part I—Affirmation For Self-Love**

**Posture:** Sit straight in a cross-legged position.

**Mudra & Movement:** Place your right hand on your heart and say, "My heart, I love you." Place your right hand on the eyes and say, "My eyes, I love you." Move to the top of your head and say, "My head, I love you." At the navel point say, "I love you." And placing your hands on both your knees say, "I love you."



### **Part II—Affirmation of a Teacher**

**Posture:** Sit straight in a cross-legged position.

**Mudra:** Raise the right hand by the shoulder, as if taking an oath, and say: "A teacher is not apreacher. A preacher is a preacher. A teacher is a teacher. A teacher is not a preacher. A preacher is not a teacher. A teacher can only be a teacher. A teacher cannot be a preacher. A preacher will not be a teacher. That I say solemnly."



**Comments:** Mankind is divided by religions, religions are divided by sects, sects are divided by cults, cults are divided by frictions. . . . We still live in a cave called home, with the fire burning and the meat cooking. We do not live for each other. We live at each other or against each other. If you pay a little bit of attention to yourself and show love to yourself you will find yourself to be different. You have been taught to hate everything, and that what you do not hate will eat you up. This is your most stupid behavior.





### Part III—Meditation on Truth and Oneness

**Posture:** Sit straight in a cross-legged position.

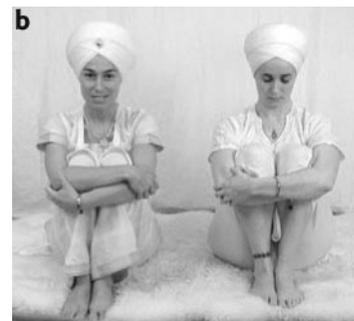
**Eyes:** Closed.

1. Hold hands with your neighbors. Chant, God and Me, Me and God are One. If what you chant is true, press the hands. If not, do not. The other person will know if you have spoken the truth or if you are a liar. Continue for 11 to 31 minutes.

2. Adjust your shoulders, raising and stretching out your right arm, then the left.

**To End:** Deeply inhale and, without disconnecting the hands, very calmly relax, stretching the spine with one long complete exhale. Then let go of the hands and stretch your body:

- a) raise both arms straight up, twist left and right;
- b) bring both knees to your chest, lock them with the hands and press hard towards yourself;
- c) extend the legs straight forward. Feel happy and relax.





3. Again, sit straight in a cross-legged position.

Position A: Raise both arms straight up over the head and hold your hands in Sarab Gyan Mudra—fingers interlocked with the index fingers together pointing up and thumbs crossed. Eyes are closed. Rhythmically chant in a monotone from the navel: Wha-hay Hoo, Wha-hay Gu-roo emphasizing Hoo and roo and extending the second hay longer than the first.

Position B: Then bring both hands to shoulder level with the elbows relaxed down, palms facing forward, and rhythmically chant in a monotone: Ra Ra Ra Ra Ra, Ma Ma Ma Ma Ma, La La La La La, Sa Sa Sa Sa Sa with emphasis on the last ...Ra...Ma...La...Sa. Alternate position A and B three times. Relax.

4. Chant the Ek Acharee Chand shabd: Ajai, Alai. (The version by Gurushabd Singh and Sarab Shakti Kaur was used in class). Continue for 11 minutes. End by singing the Long Time Sun song, ending with three long Sat Nam's.

5. Quickly stand up and sit down 4-6 times. Then dance with Bhangra music for 3minutes.

**To End:** inhale, exhale, sit down and relax.

