

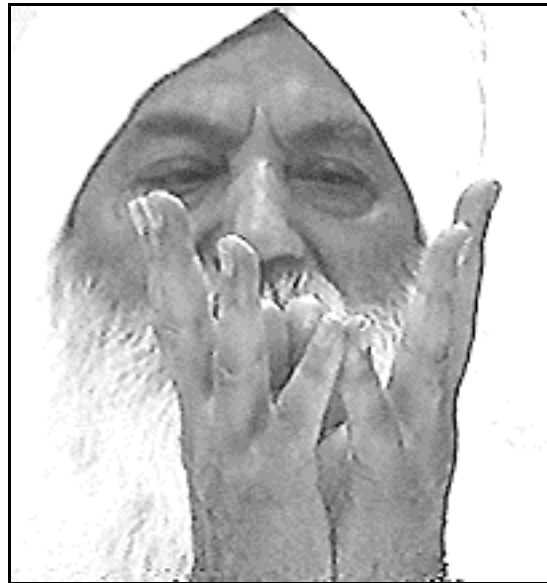
Develop “HEALERS’S HANDS”

*Given by Yogi Bhajan
September 18, 1999*

Bend the elbows down by the sides of the body. Make a lotus with your hands by bringing the butts of the hands together, fingers spread wide and pointing towards the ceiling. Have only the tips of the pinkies and tips of the thumbs touching. In this ‘lotus’ keep the fingers straight, and don’t let them curve or sag. Place the lotus in front of your chin.

Eyes: One tenth open, staring into the open lotus. ‘Lotus eyes’ we call them.

Breath: Make your mouth into an “O” and powerfully inhale through the mouth, and powerfully exhale through the mouth. The breath should strike the thumbs.



Time: Play some beautiful healing mantra while you hold the posture for 8 minutes, such as “Wahe Guru, Wahe Jio” or “Ra Ma Da Sa”. Mentally sing the mantra with your inner voice as you breathe.

End: Inhale powerfully. Hold 21 seconds as you stretch your hands up and out to 60 degrees. Spread the fingers wide and really stretch from the shoulders. Exhale. Repeat once more.



A third time, inhale, stretching the arms up at 60 degrees for 10 seconds, then still holding the breath, bring the fingertips together in front of the chest and begin rotating the fingers into a point, and stretched back out (keeping them joined the whole time), in a circular motion. Continue 11 seconds.



A fourth time, inhale & stretch the arms again out to 60 degrees, holding this time for 17 seconds. Then keep the breath in and bring the fingertips together in front of the chest, rotating once again as before, for 15 seconds. (31 seconds total.) Relax. Comment: “And now you have healer’s hands!”

Comments/Effects: Usually when we form a lotus, we let the fingers relax. In this particular kriya, keep the fingers held straight. Make sure the breath powerfully hits the thumbs.