



Posture: Sit in Easy Pose with your spine straight.

Mudra: Cross the Saturn Fingers (middle fingers) over the Jupiter fingers (index fingers) of each hand. Place thumbs on mounds of Mercury, which is just at the base of the pinkie.

Mantra: Sing with a lyrical version of Rakhay Rakhanahaar.

Eyes: Closed.

Movement:

(a) On first line of the mantra, bring hands up and press them into the chest, one palm over the other. (b) On second line of the mantra, lower arms so wrists rest on knees. Continue alternating in this way, but with the hands at the chest for the last line that repeats twice. Then briefly lower and raise again for first line.

- (a) Rakhay rakhanhaar aap ubaariun
- (b) Gur kee pairee paa-eh kaaj savaariun
- (a) Hoaa aap dayaal manho na visaariun
- (b) Saadh janaa kai sung bhavjal taariun
- (a) Saakat nindak dusht khin maa-eh bidaariun
- (b) Tis Saahib kee tayk naanak manai maa-eh
- (a) Jis simrat sukh ho-eh saglay dookh jaa-eh
- (a) Jis simrat sukh ho-eh saglay dookh jaa-eh
- (Briefly lower the hands and then continue.)

Time: 31 minutes

Benefits: The only beautiful thing which makes you human is compassion. Think about vengeance, lies, truth, God, greatness, think of anything, if you take compassion out of it, everything becomes bitter. Compassion is a value of life; it is power; it is God and meditation; it is truth. Compassion gives you the strength to go through suffering and yet, feel no pain. There is absolutely no grace without compassion.

Yogi Bhajan • July 11, 1986

