



# Meditation for the Arcline and to Clear the Karmas

1 exercise 31 min - 31 min Lecture

"The power of Infinity is not outside of you, it is inside of you. When "I" and Infinity create the impact, you'll become totally divine. Otherwise there's a duality which keeps you away from reality, and the pain is humongous." —Yogi Bhajan

## 1. Meditation for the Arcline and to Clear the Karmas

**Comments:** *"This exercise is for your arcline and your Karma...it's just a hand of prayer, no big deal.... This is a psyche control and it is going to elevate you, it looks very simple exercise but it's very powerful...if you do it correctly, you will be amazed at what Wahe Guru actually means. You are going to learn it in a simple way." —Yogi Bhajan*

### **Meditation for the Arcline and to Clear the Karmas (31 minutes)**

1. Sit in Easy Pose with a straight spine.
2. Relax the elbows at the sides.
3. Close the eyes.
4. Bring the forearms straight forward in front of the body parallel to the ground, palms face up, cup the palms slightly.
5. Raise the arms up, keep the elbows bent, stretch the hands and arms as far back over the shoulders as possible. Imagine scooping water and throwing it through the arcline, over the shoulders with a flick of the wrists. The movement is slow, smooth, and gracefully flows with the rhythm of the music.
6. Listen to: WHAA-HAY GUROO, WHAA-HAY GUROO, WHAA-HAY GUROO, WHAA-HAY JEEO by Giani Ji. On each "WHAA-HAY GUROO," and on "WHAA-HAY JEEO," complete one cycle of the movement. Approximately 2 seconds per "scoop."
7. Continue, repeating the sequence.

### **To End**

1. Inhale, suspend the breath for 15 seconds and stretch the hands back over the shoulders as far as possible.. Exhale. Repeat 2 more times. Relax.

**Eye Focus** Closed

### **Mantra**

Whaa-hay Guroo, Whaa-hay Guroo, Whaa-hay Guroo, Whaa-hay Jeeo

