

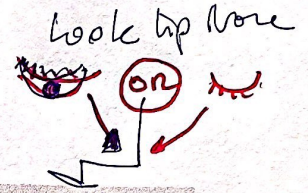
Link to video
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KWTC 960703 MEDITATION FOR ARCLINE: REALIZE YOUR POWER

JULY 3, 1996

14'

Christ Mudra



POSTURE: Sit in Easy Pose with a straight spine.

MUSIC: *Rhythms of Gatka* recording by Matamandir Singh.

PART ONE

MUDRA: Make fists. Extend the Jupiter and Saturn (Index and middle) fingers straight, fingertips touching. Hold the Sun and Mercury (ring and pinkie) fingers down with the thumb. Bend the elbows and place them into the sides of the body.

EYE FOCUS: Focus at the tip of the nose.

MOVEMENT:

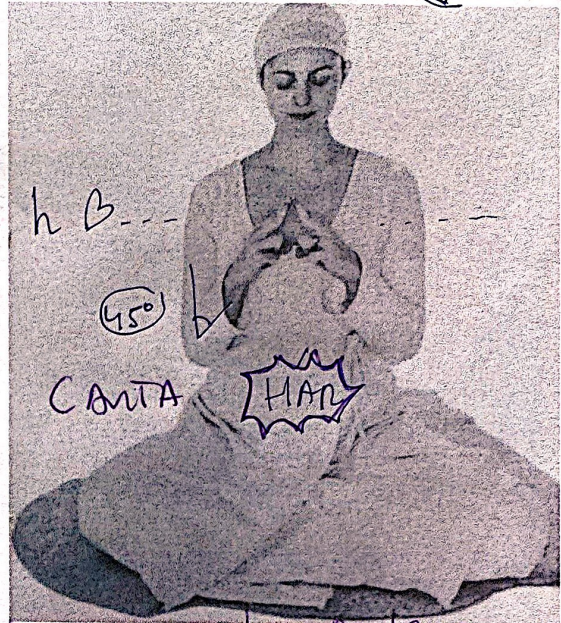
(a) Bring the two hands with palms facing each other in front of the chest, touching only the extended fingertips of the right hand with the extended fingertips of the left hand.

(b) Swing the hands out to the sides, palms facing forward, with a space of about 24 inches between the hands. The extended fingers of the right and left hands will be at 45-degree angles. With each major beat of the drum, touch the fingers together in front of the chest.

Swing the arms from (a) to (b) in a sweeping, continuous motion. There are no breaks in the movement.

MANTRA: Chant HAR from the Navel Point as the fingers touch.

TIME: Done in class for 14 minutes.



pero en la mudra.
GATKA MATAMANDIR



TOCA ↔ Abre
continuamente
→ Har cada vez se tocan
(no tocan pulgares)

Chanta (Har) en el ritmo 'PANTRA' de Matamandir
(no en el Har Tai Tora)

Link to video

https://drive.google.com/file/d/1_kBG-j_A2xGL9gZazbsUgetRhSqo6vVR/view?usp=sharing

PART TWO

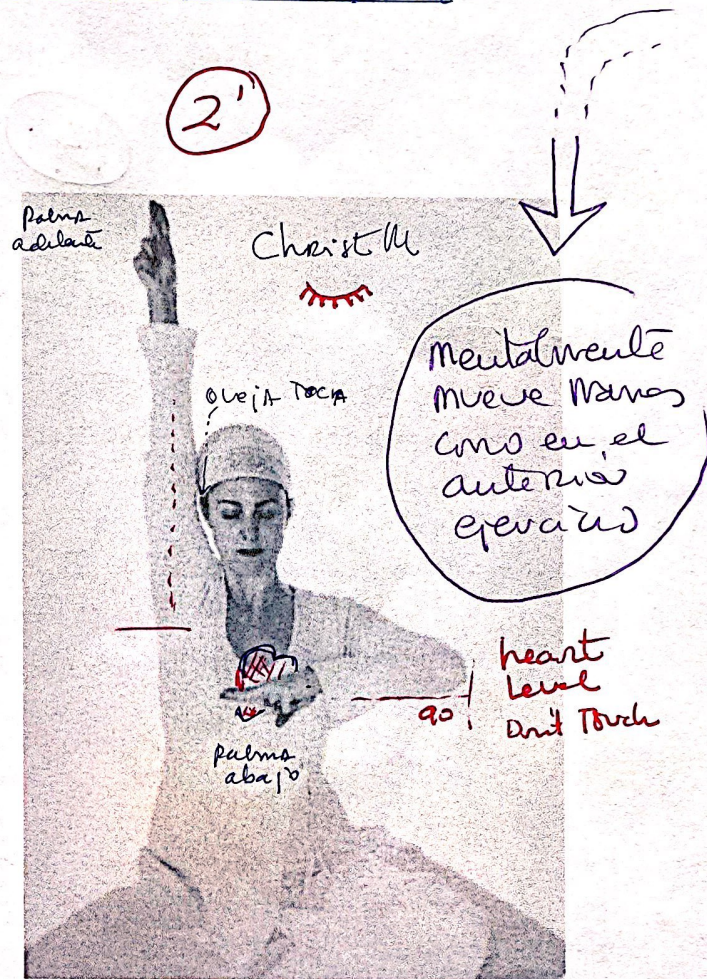
MUDRA & MOVEMENT: Make fists. Extend the Jupiter (index) and Saturn (middle) fingers straight, and together. Hold the Sun and Mercury (ring and pinkie) fingers down with the thumb. Raise the right arm straight up in the air, with no bend in the elbow. Palm faces forward, and the two extended fingers point straight up. Your right arm will be hugging the right ear. Place the left hand across the Heart Center, palm facing down, lower arm parallel to the ground.

MENTAL FOCUS: Start moving the hands mentally (as in Part One), without actually moving the hands. Make the body into a solid state. Make absolutely no movement, move no muscle. Just move mentally.

EYE FOCUS: The eyes are closed.

MUSIC: *Rhythms of Gatka* recording by Matamandir

Singh. TIME: Done in class for about 2 minutes.



About This Meditation

All people have an Ardine as part of the aura, which extends from ear to ear over the brow-like a halo. These Arclines serve as a center of protection and projection for the individual. Women have two Arclines, the one from ear to ear, and the second from nipple to nipple across the Heart Center. The Heart Center Ardine is imprinted with the experiences a woman has gone through in her life.

This meditation can help you to realize the power you have as a woman. If you can make your body physically standardized and have the mental power to cover the standard of it, you can move anything. What is it that moves? Mind over body. It's a simple development. It's something you should not forget.

If a female doesn't know how the mind can conquer and work on a body, she shall never be in a position to work on her own children. You must know how to move an object, and you must know how to convey the subject; and you must know how to move the object and how to convey the subject of the mammal called male. These are the faculties and facilities given a female by God. To do that, you need to understand *Purusha* in a neutral form. Men are not what you think they are. Men are not what their mothers thought they are, men are not what the environments think they are. Man is a neutral identity. Whatever you as a woman reflect, that shall be.