
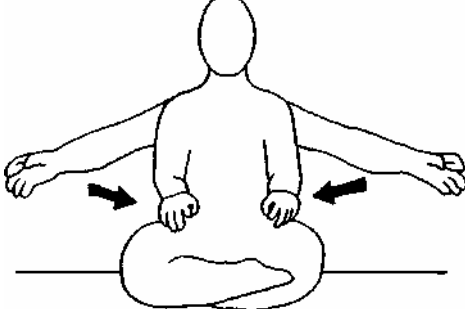




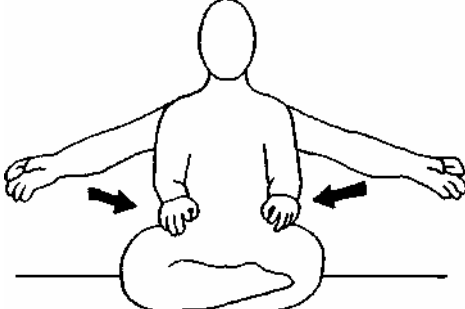



**#LA903 970224 Surrounding Yourself With Protection
China Kriya**

Sit in Easy Pose. Touch the tip of the thumb and the tip of the Jupiter finger (index finger). The other fingers are relaxed. With your hands in this mudra, close your eyes, and move your arms in the following sequence. Chant using the tip of your tongue.

			
<p>Stretch your arms out to the sides with the palms facing forward. Keep your elbows straight. Chant HAR</p>	<p>Without bringing your hands near your shoulders, move your hands directly in front of you with your palms down, elbows by your sides, and your forearms pointing straight out in front of your body. Chant. "HARE</p>	<p>Bring your hands up by your shoulders, palms facing out. Chant "Haree HARI</p>	
	<p>Mudra</p>	<p>Side View posture #2 and #5</p> 	
			
<p>Stretch your arms out to the sides again. Chant Wha</p>	<p>Bring your arms directly to the front, palms down. Chant He</p>	<p>Bring your hands up near your shoulders. Chant Guru</p>	

Continue for 11 Minutes.

To finish: Inhale, hold the breath 15-20 seconds, keep your arms in position #6 and squeeze your rib cage as you stretch your spine upward. Exhale. Repeat this sequence two more times.

When in your life nothing works. There comes a moment in your life when nothing works. If all shelter and hope is gone. When the enemies overcome and friends have left. Do this meditation: "Har, Haray, Haree, Wah-hay Guroo". It has six sounds, don't take it as a mantra, these are six unchangeable sounds. What surrounds you is six: the four directions and up and down. Meditate on these six in this way and they will cover you. It is not an obligation, it is a directive.

*Chii-a is the Gurmukhi word for "six". In this Kriya there are six unchangeable sounds which affect the six directions.

** Vaak siddhi is a spiritual power that what you say, happens

"The sound current has an Infinite power on God. It can bind God. It has the power. It is the only power which is given to the human to excel. Vaak Siddhi** is the perfection of the sound projection. Guru Nanak explained it, 'Through the mouth you utter a sound current, to which God listens with love.' What you talk is not a sound current.

The sound current is that which you create with the organic matter of your body where you use your pranas and that has a projective power."YB

33 Minutes to Eliminate Stress Create Vitality inside to Get Rid of Stress