

# ARC LINE MEDITATION

YOGI BHAJAN



**Posture:** Sit in Sukhasana (Easy Pose) with a light neck lock (Jalandhara Bandha).

**Drishti:** The eyes are closed, Drishti at the top of the head.

**Mudra:** Relax the elbows down by the sides and bring the forearms straight out in front of your body, palms flat and facing up. Have the palms slightly cupped, and place them a few centimeters above the knees.

**Movement:** Bring arms up, back behind head, stretching hands and arms as far back over shoulders as you can. Imagine you are scooping water and throwing it through your arcline, over your shoulders, as you lift your arms and hands up. The movement is slow and smooth and gracefully flows along with the lyrics and rhythm of the music.

**Mantra:**

**Wahe Guru, Wahe Guru, Wahe Guru, Wahe Jio**

On each “Wahe Guru,” as well as on the “Wahe Jio,” do one complete round — scooping up, throwing over your shoulders and come back to the starting position. (Approximately 2 seconds per “scoop.”)

**Time:** Continue for **31 minutes**.

**End:** Inhale and stretch your hands back as far as possible, hands right behind your head. Posture for the inhale must be correct. Hold 10-15 seconds. Repeat 3 times total. Relax.

**COMMENTS:**

*This meditation is for the arcline and to clear the karma that has been stocked up in it. You'll experience what Wahe Guru actually means (“the indescribable joy of going from the darkness to the light”). It's just a hand of prayer. Remember, the power of Infinity is not outside of you — it is inside of you.*