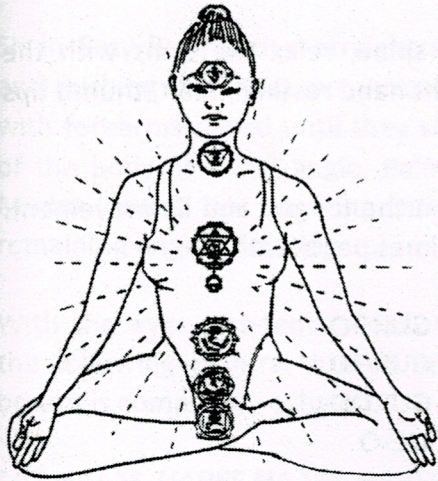


Meditation to Heal, Console & Wash Away All Negativity



Seated in Easy Pose, hands in Gyan Mudra, inhale in 8 equal parts, silently chanting

WAH

on each part, striking each chakra in turn, and then projecting the sound around the body.

Exhale, releasing to Infinity the silent chant

GUROO

relaxing and merging with the shabad. This heals, consoles, and washes away all negativity. It can be done with Mulband following Sat Kriya.