



Mudra: Sit in Easy Pose, with a straight spine. Bend the elbows down into the sides of the body. Bring the hands up in front of each shoulder, palms facing forward. Make a loose fist, with the thumb on the outside of the fingers, and extend the Jupiter (index) fingers straight up towards the ceiling.

Movement: Start to rotate the hands and the arms from the wrist to the elbow, in a half circle. This is not just a movement of the wrists, but involves the forearms, also. Begin with the hands held in front of the shoulders, backs of the hands facing the body (a). Then rotate around (right hand moves counter-clockwise, and left hand moves clockwise) until you end up with the palms facing the body (b). Then immediately return to the beginning position. Move very fast; it is almost as if you are “dancing” your hands, forearms and fingers. Flow with it, enjoy it, and get into it. This is a very relaxed movement. There should be no tension in the hands, wrists, elbows or forearms.

Music: *Dhuni* is played.

Mantra: *Sat Naam, Sat Naam, Sat Naam Ji, Waa-hay Guroo, Waa-hay Guroo, Waa-hay Guroo Ji*, is the mantra which goes along with this tape, but does not indicate to sing aloud. Rhythm is one complete repetition of the mantra in 8 seconds; 1 complete movement (a & b) per second.

Eyes: Yogi Bhajan closed his eyes while demonstrating the exercise.

Time: 62 minutes.

End: Inhale deep, and relax.

Comments/Effects: Let there be absolutely no tension in the forearm and elbow area. Let the movement be very loose, relaxed and lively. Feel there is no weight at all from the elbow to the wrist area.

This meditation was done as a preparation for the meditation that was to be done that evening. The Dancing Hand Meditation opens and relaxes the heart meridian, (one of the meridians in the forearm area), thus allowing for a deeper experience in that evening's class.

July 30, 1996



a



b