

# Clarify the Subtle Body

October 11, 1996

Sit in Easy Pose with a straight spine, chin in and chest out. Place your arms down by your sides (but not touching the floor), palms facing upward. Move your arms upward from this position bringing your palms to overlap each other a few inches above your head. Your arms make an arc around your head. "This is your arc line, actually." The left palm will lie flat on top of the back of the right hand. The thumbs do not touch. Then return your arms to the starting position.

The movement of this kriya is done to the rhythm of the *Tantric Har* CD by Simran Kaur Khalsa. Make an "O" of your mouth. Inhale through the *mouth* as you raise your hands overhead on "Har." On the next "Har," exhale through the "O" *mouth* and lower your hands back to the starting position. Continue moving rhythmically with the chanting. Use the navel point and diaphragm to powerfully exhale as you bring your arms down. Keep the inhalation and exhalation of equal force and power. 11 Minutes.

"Begin -with eleven minutes of practice. When you can do eleven minutes correctly and powerfully, without spacing out, you can extend your practice to twenty-two minutes. After much practice, the maximum (time) you can do (it for) is thirty-three minutes. That is the maximum limit."



To Finish: Interlace your hands over your head with your elbows straight, inhale, hold your breath 10-15 seconds, as you actively stretch your body all around without letting go of the hands. Stretch as much of your body as you can. Exhale. Repeat this breath sequence two more times.

"We have some little faculty to stimulate in us our 'Thou-ness.' In this kriya we can clarify our subtle body: the body which attracts opportunities to us; the body which brings us good news; the body which collects the Universe for us." This kriya also strengthens the arc line: "You will be so shiny and bright that people will not be in a position to look at your face."

**LA890 961011**  
**Chiarifica la parte centrale del Corpo (l'area del Diaframma)**  
**Over doness: Supera la pigrizia**

**11 minuti:** Bocca ad O Ispira quando le braccia salgono su ed espira quando le braccia scendono.  
Con potenza dalla bocca Su e Giù al ritmo del mantra Tantric Har



***ESPIRA - HAR***



***ISPIRA HAR***