

EARTH TO SELF

Extend your Jupiter (index) fingers on both hands. Lock the other fingers down with your thumbs.

Close your eyes and concentrate on the movement.

Touch your Jupiter fingers to the floor on either side of you when you chant "Sat."

Touch your Jupiter fingers together in front of your chin when you chant "Nam."

Touch your Jupiter fingers to the floor on "Sat."

Touch your Jupiter fingers in front of your chin on "Nam."

Touch your Jupiter fingers to the floor on "Wah-hay."

Touch your Jupiter fingers in front of your chin on "Guroo."

Touch your Jupiter fingers to the floor on "Wah-hay."

Touch your Jupiter fingers in front of your chin on "Guroo."

Continue for 3 Minutes.

Use this mantra if you are feeling tense, or 'out of sorts' and it may help you become calm, quiet, peaceful, and tranquil.

If you get a headache doing this mantra, it may mean that you have poor circulation.

If you miss when you try to touch your fingers, it means you are not concentrating.

Satnam (Gurmukhi:ਸਤਿ ਨਾਮੁ) is the main word that appears in the Sikh sacred scripture called the Guru Granth Sahib.

Waheguru is a term most often used in Sikhism to refer to God, the Supreme Being or the creator of all. It means "Wonderful Teacher" in the Punjabi language, but in this case is used to refer to God. Wahe means "wonderful" and "Guru" is a term denoting "teacher".

True is my identity, Great is the Guru, the divine teacher who brings us from darkness to light.