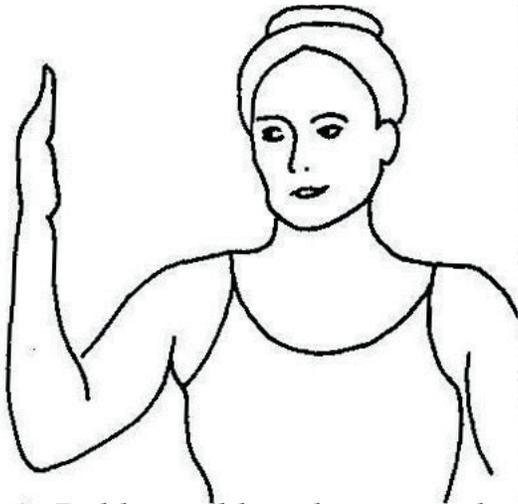


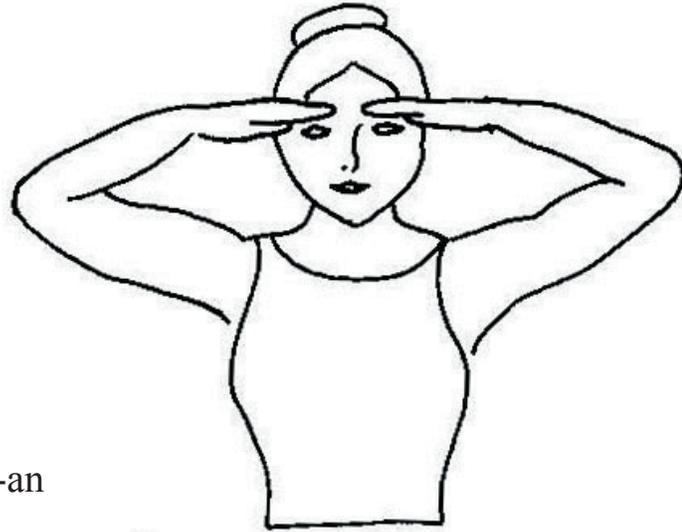
# Mental Exercises - 1 hour, 45 minutes

The shabad "Rakhay rakhanahaar" is played throughout.



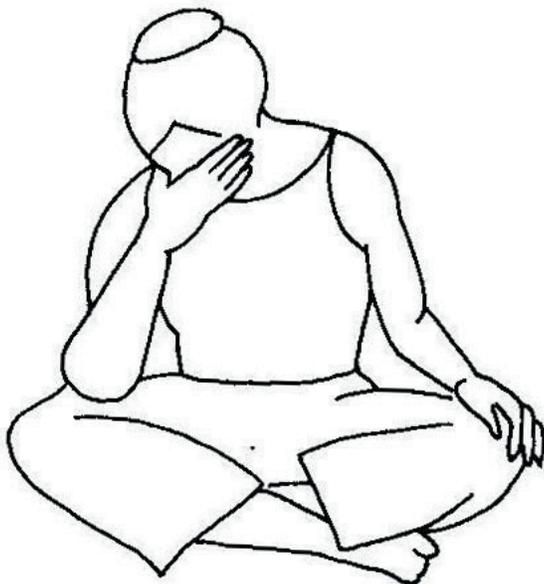
## 1. Rakhay rakhanahaar aap ubaaria-an

Bending your elbow, raise the right hand with palm inward at face level, midway between side and front. Keeping the head forward, look into hand as if hand is a mirror, shifting eyes to right so you are looking out of the corner of the eyes. *Works on optic nerve.*



## 2. Gur kee paier paa-i kaaj savaari-an

Bring both hands to the brow line with palms down, as if shading eyes. Gaze far away. *Brings the distance down and takes away blindness. Lets you see into the future.*



## 3. Hoaa aap da-iaal manaho na visaari-an

Rest your right elbow on your thigh and let the forehead rest on the right hand. *This is confirmation.*



## 4. Sadh janaa kai sang bhavajal taari-an

Bring hands to either side of the head at face level and make your hands into claws with palms forward. Lock the back teeth and squint the eyes. *Gives you grit. It is the Inner wake-up.*



5.

Saakat nindak dusht khin maa-eh bidaari-an

Turn to the left, rest the left elbow on the thigh. Rest your chin in your fingers of the left hand, with the thumb pressing underneath the chin and side of the index finger pressing below mouth. Raise and lower eyes twice, gazing off. *This is the Philosopher.*



6.

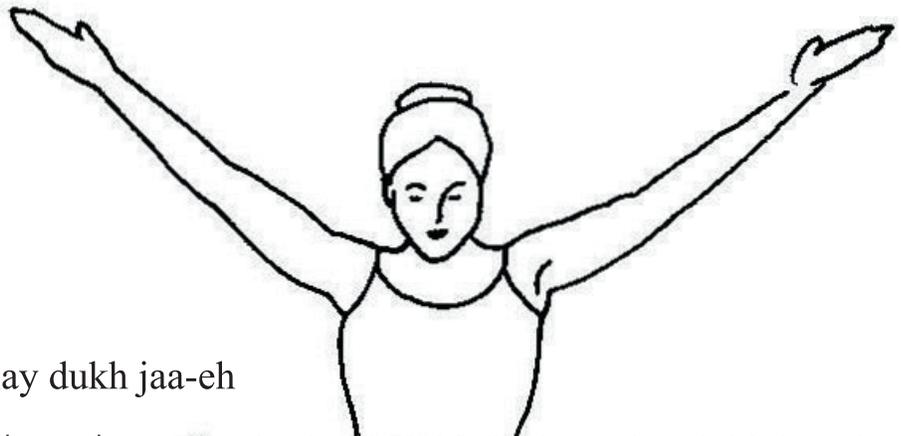
Tis shaib kee tayk Naanak manai maa-eh

Slap the cheeks with both hands simultaneously, eyes closed. Without fear. *Works on parasympathetic nervous system. This is Absolution.*



7. Jis simrat sukh ho-i sagalay dukh jaa-eh

Cross arms on your chest, arch spine, cock head back and tilt to the right. Smile. *Will give feeling of reality and adversity. This is "Macho."*



8. Jis simrat sukh ho-i sagalay dukh jaa-eh

Arms open wide to 45 degrees. This is, "Welcoming God."