

## THE DANCE OF SHIVA

(11 minutes)

Place the hands like champagne glasses by the side of the shoulders.

EYES at the tip of the nose or looking down - the pearl (upper cheeks).

CHANT HAR rotate your hands inwards and pump, chant HAR rotate your hands outwards and pump, chant GUR rotate your hands inwards and pump, chant GUR rotate your hands outwards and pump.

*Balances the glandular system, stimulates the grey matter of the brain, build your endurance to face your subconscious blocks. You should not do this kriya more than 11 minutes, only after 40 days you can extend it 3 minutes a day to 31 minutes. After 13 days of doing it all the angels and demons in your subconsciousness come out.*



The HAR sound is masculine and the tongue is in the shape of a lingam which penetrates when it touches the palate, while the GUR sound is feminine and the tongue does not touch the palate and is in the shape of a spoon which lowers in the lower part of the mouth with the lips forward. With each sound you have to move the navel. It is called SHIVA because the 4 fingers are the four aspects of God: the index finger is Jupiter which is the guru of angels, the middle finger is Saturn which is the guru of demons (which are the 108 constituent elements of the universe); the ring finger: Venus is energy - the sun and the little finger: Mercury, communication and information. Of course the thumb identifies the ego. The tongue, depending on where it acts in the mouth, stimulates one of the different elements: Earth is in front at the bottom, fire is above at the centre of the palate, air is in front of the upper teeth and water above the lower teeth at the bottom.