

The Divinity *IN* for Self

Ware Soku Kami Nari

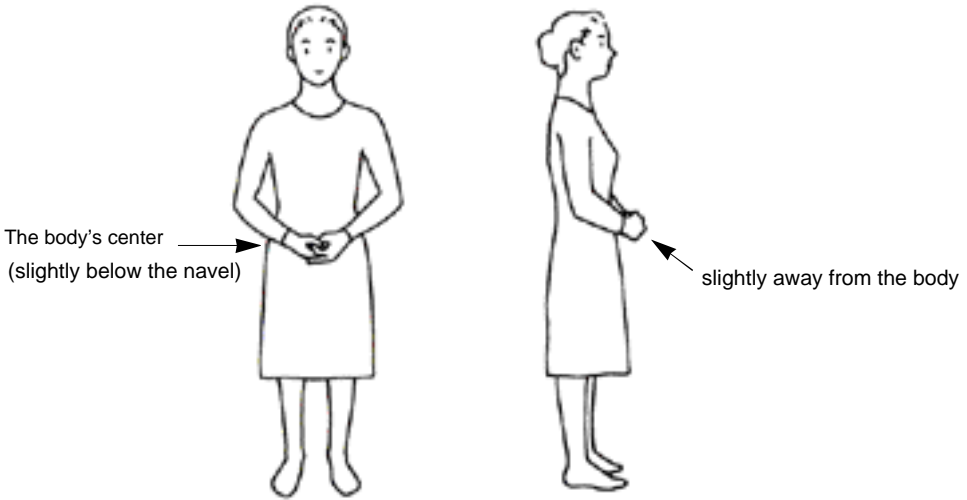
I am a Divine Being

1

Starting position: The *In* of Great Harmony

Front View

Front View

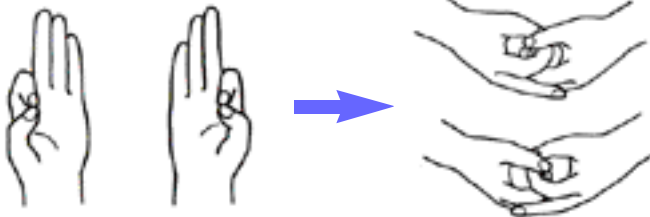


How to form the *In* of Great Harmony

Meaning of the *In* of Great Harmony:
Great Harmony is achieved through the
exchange of plus (Heaven) and minus
(Earth) energy.

1. Make circles by joining the tips of
the forefingers and thumbs.

2. Link the two circles together.



The palms face up.
Either hand can be on top.

2

With the hands in the starting position, begin to lift them from the body's center. While making the sound 'uu', keep the circles linked and extend the remaining fingers. Lift the hands in a curving motion until they are level with the eyes.

Make the sound

'uu'

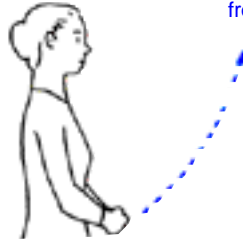


Front View

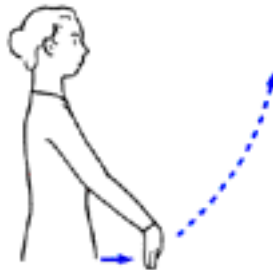
Side View

Think: I am one with the Universe.
I receive infinite life and energy
from the Source of the Universe...

1



2

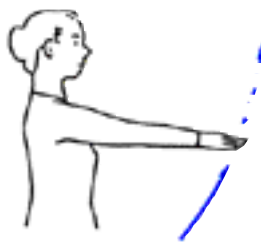


magnified view

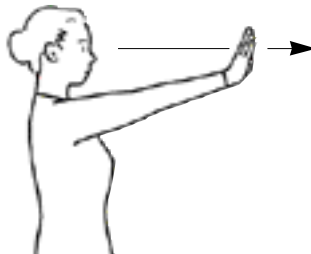


3

Press the middle fingers together.



4



Extend the arms fully.
Make sure you can see
between
the middle fingers.

Now inhale
(after completing the movement)

3

While making the sound 'uu,' gently bring the hands toward the face. While doing this, release the linked circles and cross the right hand fingers in front of the left hand fingers, the palms facing you. Touch the fingers to the forehead once, then extend them outward a little.

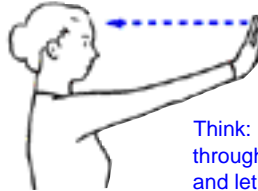
Front View

Side View

Make the sound

'uu'

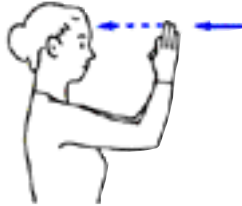
1



Think: ...and bring it into my body through this spot in my forehead, and let it travel through each cell of my body.

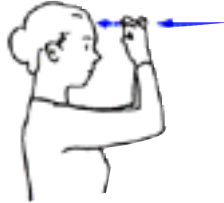
Retract the hands.

2



Release the linked circles as you bring your hands toward you, the right in front of the left.

3



magnified view

Bring the fingers toward you until the fingers of the right hand touch your forehead.

4



5



Keep a distance the width of a fist between the hands and forehead.

Now inhale
(after completing the movement)

4

While making the sound 'wa,' bring the right hand down in a circular motion toward the left, moving round and returning full circle. (From your point of view the circle will be counterclockwise.)

Make the sound

'wa'



Front View

Side View

1



about one fist's distance from the forehead

2



The palm is toward you, but if this becomes difficult you can let the palm turn naturally.

3



Keep the circle smooth and round.

The hand passes in front of the body's center.

4



Think: My original Self is the truth and light of the Universe.

5



Now inhale (after completing the movement)

5

While again making the sound 'uu,' lower the hands, starting from in front of the forehead. While lowering the hands, again link the two circles formed by the forefingers and thumbs. Then stretch the hands out from the body's center and bring them back again.

Make the sound

'uu'

Front View

Side View

1



Think: My original Self came down to Earth and declared the oneness of life to all human beings and everything in creation.

2



3



Link the circles of your left and right hands.

4



magnified view

continued on the next page

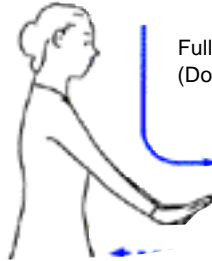
The index fingers are held apart.

continued from
the previous page

Front View

Side View

5



Fully extend the hands from the center.
(Don't lift them too high.)

Tilt the fingers slightly upward.

6



With the left hand fingers on the
inside, bring the hands back to
the center of the body.

7



Release the circles and straighten
the fingers, the left hand fingers
resting on top of the right.

The palms face up.



magnified view

Now inhale
(after completing the movement)

6

While making the sound 're,' bring the left hand up to the right and around in a circular motion in front of the body. End the movement by touching the tips of the middle fingers together.

Front View

Make the sound

're'

1



Think: While I live on Earth,
I am perfectly one with the Universe
—Infinite Light and Harmony.

center of the body.

2



With the palm facing in, make a circle.

3



The hand passes in front of the forehead.

4



When keeping the palm in becomes difficult,
just move naturally. Keep the circle smooth
and round.

The palms face up.

5



The tips of the
middle fingers meet.



magnified view

Now inhale
(after completing the movement)

7

While making the sound 'so,' extend the right hand upward to the left. Turn the upper body in that direction. Then bring the hand back and place it by the right hip.

Make the sound

'so'

Front View

From Above

1



The palms face up.

Think: I am one with everything in Nature: the earth, air, water, the sun, mountains, rivers, rocks, oceans, and stars.

2



3



The eyes follow the fingertips, looking into the distance. The fingertips are level with the forehead. Extend the arms fully.

Bring the hand back.

4



Side View

5



magnified view

Keep the right arm close to the body, pressed against the hip. The palm should be visible from the front.

Now inhale (after completing the movement)

While making the sound 'ku,' extend the left hand upward to the right.
Turn the body in that direction. Then bring the hand back and place it by the left hip.

Front View

From Above

Make the sound

'ku'

1



Think: I am one
with everything in creation:
animals, plants,
and all living things.

2



The eyes follow the fingertips, looking into the distance.

3

The fingertips
are level with
the forehead.



Extend the arms fully.

4

Bring the
hand back.



Side View

5



magnified view

Keep the left arm close to the body, pressed against the hip.
The palm is visible from the front.

Now inhale

(after completing the movement)

9

While making the sound 'ka,' raise the right hand, fingers pointing up, palm to the front. At the same time, extend the left hand forward horizontally at the level of the chest.

Make the sound

'ka'

Front View

Left Side View

1



Think: I send infinite gratitude to everything in creation and all human beings. Infinite joy, infinite wisdom, infinite light, infinite life...

2



3



The fingers on both hands are extended.

Now inhale
(after completing the movement)

10

While making the sound 'mi,' reverse hand positions by bringing the left hand up and extending the right hand horizontally. Next, lower the left hand and bring the fingertips of both hands together in front of the body.

Make the sound

'mi'

1

Front View

Side View



Think: I send infinite gratitude to everything in nature. Infinite majesty, infinite dignity, infinite beauty, infinite joy, infinite life...

2



Extend the fingers on both hands.

3



Don't inhale yet. Continue making the sound 'mi.'

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the previous page

Front View

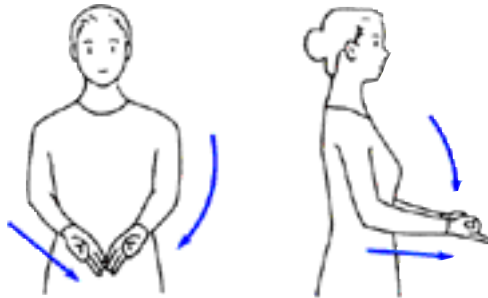
Side View

4

Lower the left hand.



5



Bring the fingertips together.

Now inhale
(after completing the movement)



magnified view

11

While making the sound 'na,' raise both hands as if scooping something up. In front of the face, again link the circles made by the forefingers and thumbs and press the palms and fingers together.

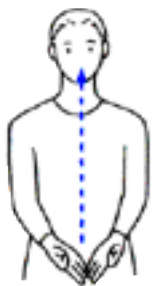
Make the sound

'na'

Front View

Side View

1



Think: I embrace and uplift everything in nature and creation to heaven while receiving infinite energy from the Universe...

2



As if scooping something up

3



4



magnified view



Link the circles and press the palms and fingers together.

Either the right or the left thumb can be in front of the other. Press the palms together as much as possible.

Now inhale (after completing the movement)

12

While making the sound 'ri,' separate the hands as you lower them to hip level.

Make the sound

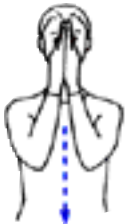
'ri'



Front View

Side View

1



Think: ...and send all gratitude to the Source of the universal law.

2



3



Unlink the circles.



4



5



The palms are visible from the front.

Now inhale
(after completing the movement)

Holding the breath and leaving the left hand as it is, extend the forefinger on the right hand. From the middle of the body, thrust the right finger straight down, emitting a silent shout in your mind and body. Turn the finger straight up and raise it until it is level with the forehead.

No sound.
(Hold your breath)

Front View

Side View

1



Think: All my mistaken words, thoughts and actions from the past are forgiven and have vanished.

2



The left hand remains as it was.
Right hand: join the tips of the thumb and middle finger to form a circle. The ring finger and little finger bend naturally alongside the middle finger.

Point the finger straight down from the middle of the body.
The palm is to the left.



magnified view

3



While making a silent shout in your mind and body, thrust the hand straight down.

continued from
the previous page



Front View

Side View

4



After thrusting the hand down,
without relaxing concentration,
turn the finger straight upwards.
Lift the finger slowly.

5



When the hand passes
in front of the chest,
thrust the finger upwards quickly.
At the same time, again emit a silent
shout in your mind and body.

Bring the hand down in front of the face and stop briefly.

6



Think: My infinite Self has appeared.

Don't inhale yet.

14

Without losing concentration, lower the hands to the starting position
and form the *In* of Great Harmony. Now release the breath.



Now inhale
(after completing the movement)