

MUDRAS TO BE DONE AFTER MEDITATION

As taught by Baba Hari Das



1 BOUND WITHIN SPACE AND TIME,



2 BY YOUR GRACE, KNOWLEDGE DAWNS



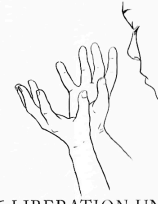
3 AND DISPASSION IS ATTAINED.



4 UNDERSTANDING THE ROLE OF CREATION,



5 IMMERSED IN OM,



6 LIBERATION UNFOLDS.



7 RETURNING TO THE SELF, WITH THE SENSES CONTROLLED,



8 I DIRECT MY MIND AND HEART TO THEE, IN COMPLETE SURRENDER.

