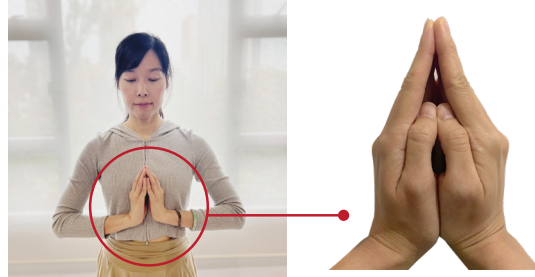




How to do prostration:

Half-length prostration

1. Place hands together, thumbs cupped inside, at heart with fingertips pointing upward (prostration mudra).



2. Move joined hands to crown of head, fingertips upward.



3. Using prostration mudra, touch forehead, throat, and heart, keeping fingertips upward.



4. Kneel down, place your hands flat onto the floor, forehead touching the floor.



4. Stand up, place the prostration mudra in front of your heart.



- After prostrating for the last time, place hands in mudra, touch crown, forehead, throat, and heart, finishing with mudra at the heart. (please refer to Step 1-3)