

Hatsada (Hastha-sadhana)

Hand Practice

1.

1	2	3	4
	/	•	
te	re	khe	ta

2. te re khe ta
te re te re khe ta

3. te re khe ta te re khe ta
te re te re khe ta

4.

	•		•		/	•	
ti	khi	ta	khi	te	re	khe	ta
•	/		•		/	•	
khe	ta	ta	khi	te	re	khe	ta

5.

	/	O		O	/	O	
te	re	ghe	na	de	re	ghe	na
O	/	O			/	•	
de	re	ghe	na	te	re	khe	ta

6.

O	/		/	O		O	^
ghe	ne	ne	re	ghe	na	ghe	da
•	/		/	•		•	^
khe	ne	ne	re	khe	na	khe	ta

See the video for this at:

<https://www.youtube.com/watch?v=ag3BdZRtHbw>