# The rules of the seven movements in the prayer in each unit

1. Standing straight touching the ear lobes with the thumbs with the palms of the hand fully stretched open facing the same direction as one’s face.

2. Standing straight with the right hand resting on top of the left hand on the chest.

3. Place hands on knees and bend at 90 degrees angle to the ground keeping the back straight.

4. Stand up straight with hands on either side of the body.

5. Sit with the legs folded underneath and touch the nose and the forehead on the ground with the thumbs of the hands touching the earlobes and the palms of the hands fully stretched with spaces between each finger resting on the ground.

6. Sit up with legs still folded underneath and place both hands on the knees.

7. Repeat movement 5. (Then stand up for the second unit of the prayer to start.)

These movements must take place in the correct sequence.