

Suataam Kaur, Ras
Gurudass Kaur Circle of light

MEDITATION: TO PENETRATE THE UNKNOWN WITHOUT FEAR

Mantra: Aap Sahaaee Hoaa, Sachay Daa Sachaa Doaa, Har,
Har, Har

Language: Sanskrit

Translation:

You, Divine One, have become my refuge. True is Your support,
Great Creative Infinite.

Teacher: Yogi Bhajan

Posture:

Sit in easy pose or in a chair with your spine straight. Hands are in Gyan Mudra. For the three words of **Har**, your breath is a 3-stroke breath of fire as you pull the navel point in and expel the breath. Then suspend the breath out as you keep the navel point pulled in and listen to the rest of the mantra. Just before the **Har** sounds come again, inhale quickly and repeat the breath stroke cycle again.

Eyes: Eyes are closed

Time: Up to 62 Minutes

End: Bring the hands to the heart and begin chanting the Aap Sahaaee Hoaa mantra for 3 minutes. Inhale and hold the breath for 10 seconds and relax.



More Information:

Change and transformation is never a painless process. Uncertainty may cause stress or fear. As we walk down our path in the Age of Aquarius we must remain centered, grounded and without fear. Keeping a daily yoga practice in combination with this mantra can bring these qualities into your life.

This mantra meditation is a gift to you that will let you penetrate the unknown without fear. It will give you protection and mental balance.



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