



Sit in an Easy Pose, with a light jalandhar bandh. Sit very saintly, like you are the greatest incarnation of Lord Buddha.

Eyes: The eyes are slightly open, focused at the tip of the nose.

Mudra: Maha Gyan Mudra. Place the pad (finger print) of the right index finger (Jupiter finger) on the pad of the left index finger, right palm facing out from the body, left palm facing in towards the body, forming a 45 degree angle of the fingers pointing upwards. Other fingers are curled into the palms with thumbs over. Hold the mudra at the Heart Center, shoulders relaxed.

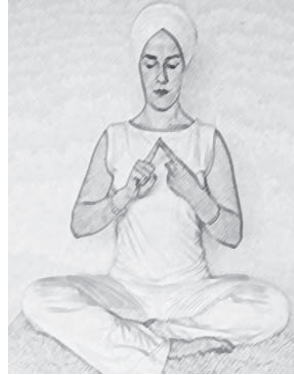
Mantra: From the navel sing:

AAD SUCH, JUGAAD SUCH, HAI BHEE SUCH,
NAANAK HOSEE BHEE SUCH

You may sing or chant the mantra, but it must be done in a monotone. The "suchhh" sound is emphasized as you pull the navel in on each repetition of the word. As you chant aloud, listen with your inner ear. Let the inner ear vibrate. Tune your inner ear so that the hammering of the hammer bones enables your brain to analyze the sound as you hear it.

Time: Continue for 2-1/2 hours.

To End: Inhale, hold the breath. Exhale, relax the mudra and the breath. Close your eyes and rest for 2 minutes.





Comments:

The mantra translates as: Primal Truth, True for all Time, True at This Instant, Oh Nanak, Forever True. These are the four stages of truth that must prevail through one touch. It is recorded in the scriptures that this meditation is to be practiced for 2 1/2 hours. However, it is up to you how long you practice. This is a personal sadhana and does not replace group sadhana in the Amrit Vela Yogi Bhajan says about this meditation, "In this kriya that I am giving you, you have to tune your ears.

“As an apprentice to this process, you offer yourself in surrender to receive the Master’s Touch. You stand on the root of the tree like a little bear, who reaches up to hold the trunk and climbs to the top-most branch to get to the beehive, unaware of bee stings—intent on getting the honey. He drinks the honey, is satisfied, and descends to the ground, falling through the branches which break his fall. After stretching and nurturing himself, the little bear remembers the taste of honey and the sense of achievement. He goes up the tree again and again, reaching that achievement in ecstasy, and nothing else matters. “Life is a lie if you do not achieve your Self for yourself. That is your honey, your sweetness.

You must achieve Infinity where your identity is such a non-identity that it merges in Everything. Once you are that, you bless everybody. You are honored and in bliss—limitless, with no confinement, no territory, no demands, no requests. “In this process, you provoke, offer, surrender, achieve, and descend. Provoke, because everything is provocation, either to control or to receive. Offer, because you must decide how to offer, or present yourself. Surrender, because when you surrender, your working self becomes zero, shuniya. Surrender is the highest power to gain all that you want to gain.



Comments (continued):

Achieve, because once you have a sense of achievement and say, 'My God!,' if you convert that 'My God!' into 'My Soul!' you have already found God. You have a soul—achieve it! When you find your soul or yourself you are complete. Descend, because like a forklift, you may descend, go into the dirt and move up. This descent is in the highest state of mind and spirit. "When the Age of Aquarius comes and people seek you out, you will have no time but to touch them and say, 'Bless you!' to bring the entire psyche and being of a person into balance. That touch will create a state of Aad Such, Jugaad Such, Hai Bhee Such, Naanak Hosee Bhee Such. Original Truth, Truth through time, Truth now, and forever Truth. These must prevail through one touch.

This mantra will give you the power of the Master's Touch. And when you perfect this mudra with the Jupiter fingers touching, chant the mantra in one sitting for 2-1/2 hours—one tenth of your day—it will bring you this Touch. There is no power or magic on this planet that can stop it. It has a permutation, combination, projection and power which brings the entire Prakirti, the Existence, into the being of Purkha, the Divinity. All will be grateful to you; you will find grace, respect, love, and satisfaction that you are serving the creation of God. Then you will see God in everybody, in yourself, and in every facet of life. It will come true: 'If you don't see God in all, you don't see God at all.' You will see God."