

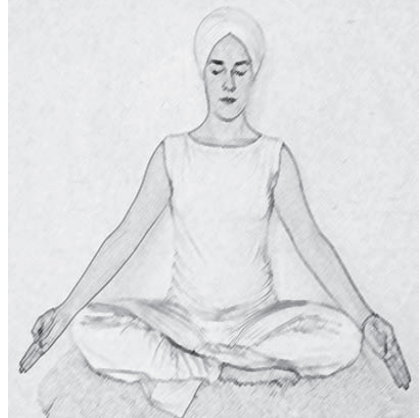


Antar Naad Mudra (Also called Kabadshe Meditation)

*"Kundalini Yoga is... a practice of experience of a person's own excellence
which is dormant and which is awakened." – Yogi Bhajan 7/26/96*

Sit in an Easy Pose, with a light jalandhar bandh.

Mudra: Keep the spine straight. Let the arms extend straight and rest over the knees. Make Buddhi Mudra with both hands (touch the thumb tips to the tips of the little fingers). The other fingers are relaxed but straight. Become completely still, physically and mentally, like a calm ocean. If listening to the mantra on a tape, listen to the chant for a minute. Feel its rhythm in every cell. Then join in the mantra.



Mantra:

SAA RAY SAA SAA, SAA RAY SAA SAA,
SAA RAY SAA SAA, SAA RUNG
HAR RAY HAR HAR, HAR RAY HAR HAR,
HAR RAY HAR HAR, HAR RUNG



Time: Continue for 11-31 minutes.

Comments:

Antar Naad Mudra is the meditation that opens the chakras for the full effect of any other mantra. It is a sensitizing meditation for the impact of the inner sound current. It is the base of all mantras. The original practice of mastery in mantra required that you master this before any other mantra practice. The esoteric structure of the mantra is coded in the qualities each of the sounds represent, and the rhythm that weaves them together into a coherent and powerful effect. SAA means the Infinite, the totality, God. It is the element of ether. It initiates and contains all other effects. It is subtle and beyond. HAR is the creativity of the earth. It is the dense element. It is the power of manifestation, the tangible, the personal. These sounds are woven together then projected through the sound of UNG or complete totality, like the original sound AUM or ONG. Anyone who practices this meditation is granted prosperity, creativity, and protection against attacks. It gives new power to your words. It brings luck even if you are a scoundrel.



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Antar Naad Mudra as
a Full Moon Meditation
(Originally taught in 1993.)

Put the hands flat together in Prayer Pose at the Navel Point. As the mantra starts with SA RE SA SA start to bring the palms up the center front of the torso, about 4-6 inches in front of the body. As you pass the Heart Center, begin to open the hand mudra to make an open lotus, by the time it reaches the level of the Brow Point. The open lotus has the base of the palms together, the little fingertips touch, the thumb tips touch, and the rest of the fingers are spread open. As the mantra begins HAR RE HAR HAR turn the fingers to point down, with the back of the hands touching — it is a reverse Prayer Pose. Slowly bring this mudra down the chakras in rhythm with the music until the fingertips reach the Navel Point on the sounds HA RANG. Then turn them around and begin again.

Comments:

This cycle of the music and mudra is a key to opening the flow of Kundalini. The new awareness will give you the authority to make the right choices to conquer the ugliness of life. You will be peaceful and secure.

