



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

Part 1: Make the hands into receptive Gyan Mudra (the index fingertips touch the tips of the thumbs and the other three fingers touch the base of the palms.) The hands are on the knees and the arms are straight.

Eyes: Close the eyes and focus at the Tenth Gate—the fontanel, or soft spot on the top of the head. If you put your chin down into the cavity in the middle of the collarbone, it will give you the power to sense the breath. **MANTRA:** Mentally vibrate the sounds: SAA TAA NAA MAA. Inhale deeply with SAA, hold it with TAA, exhale with NAA and hold it out with MAA. Continue in an unbroken moderate to slow rhythm. On the sound SAA, the mental concentration should travel to the tip of the nose; on the sound TAA, it should rest at the top of the head. On the sound NAA, the mental concentration should go out of the top of the head and on the sound MAA, it should be totally projected out to Infinity.



Time: 11-31 minutes.

Part II

Follow Part 1 by creating a vibratory effect with the following eight rhythmic sounds. Chant aloud, continuously, and at a rhythmic and rapid rate:
SAT NAAM, SAT NAAM, SAT NAAM, SAT NAAM,
SAT NAAM, SAT NAAM, WHA-HAY GUROO.

Time: 11-31 minutes. (In proportion to how long Part I was done).



Comments: You can alter the functional part of the brain with this meditation any time you choose. You'll have this experience when you do the first meditation. Then when you do the eight-rhythm mantra, the energy will start flowing towards your head. You should be able to feel the flow of that energy. "In our human relativity, in our sensitivity, our mental projection and our mental activity, there's going to be a great change. It is very essential for the human race to be watchful, to be creative and to be equipped with a positive channelizing method for mental energy. There will be new changes and new trends in the human race. It's a fundamental, basic change which is happening. So for certain people like you who are now in your twenties and thirties, in twenty or thirty years when you'll be in your fifties and sixties, it will almost certainly be a very lonely period, because it will be impossible for you to relate to the little ones. There'll be a gap. You will not understand them. About 900 B.C. the humanity had the same problem. It is called the Blue Gap and you will experience it on this Earth again within one hundred years. "That shall be the coming race, because the sensitivity in man's own self is going to increase, and the mental mind projection is going to be very much activated, whereas the procedure to protect and channelize will be less known to people. If that happens, the net result will be what I have explained to you in a picture. A man is doing his work—he's working, and his pen stops. He'll be paid for those four days, but his pen shall be like this (suspended in midair), because he has projected out. Then he will return in, you see. I have taken you out into the future of the human race just for a couple of minutes. If your mind, your meditation and your sensitivity can be together, and your polarity of the male and female will be very systematic, and your union will create a projective self, which will manifest as your children, then you can be assured. There will be a sensitive race anyway, but that race will sense everything clear, calm and quiet. The potential human disaster has to be avoided. That's what we are talking about."
— YOGI BHAJAN (IN A MAN CALLED THE SIRI SINGH SAHIB)