



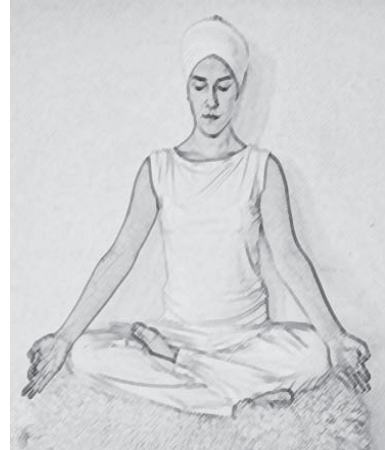
Sit in an Easy Pose, with a light jalandhar bandh.

**Eyes:** Focus through the Brow Point.

**MUDRA:** Put the palms together in Prayer Pose at the center of the chest, or in Gyan Mudra with the wrists on the knees.

**Mantra:**

EK ONG KAAR-(UH) One Creator Creation  
SAA TAA NAA MAA-(UH) True Identity  
SIREE WHAA-(UH) HAY GU-ROO Great Indescribable  
Wisdom The chant is very precise. On EK pull in the navel. On each final "UH" lift the diaphragm up firmly. The "UH" sound is more a result of the powerful movement of the diaphragm than a pronounced purposeful projected sound. Relax the navel and abdomen on HAY GUROO. The sound has a "spin" to it. It is a 3-1/2 cycle rhythm. As you chant, imagine energy and sound spiraling up and around the spinal cord in a right-handed helix, in a clockwise direction, looking from the top of the spine down to the base. Start at the base of the spine as you initiate the energy from the navel. End with the focus over the head to the Cosmos on HAY GUROO.



**Time:** Continue for 31 minutes. Practice for 40-120 days.

**Comments:** This extraordinary Laya Yoga chant brings the soul and destiny present. It suspends you above conflicts attracted by success and the activity of the Positive Mind. It lets your activity serve your purpose. It makes you creative and focused on your real priorities and helps you sacrifice what is needed to accomplish them. The word Laya refers to suspension from the ordinary world. Laya Yoga fixes your attention and energy on your essence and higher consciousness without normal distractions and attachments having power over your reactive awareness. This mantra opens the secret book of Laya Yoga.



**Comments** (continued):

It enables you to consciously remember and experience the link between you and the Creator. Practice the mantra for 40-120 days. It will etch into the subconscious the memory and experience of your true identity. This mantra was guarded like a secret gem. It is the key to the inner doors of naad, the realm of creative sound.

If you listen to the sound of the mantra and then concentrate into its subtle sounds, you will become absorbed into the unlimited domain of your higher Self. The mantra has a structure of 3-1/2 cycles in its spin. Each UH sound lifts the diaphragm which commutes the energy of prana and apana across the heart area. That transformation is one cycle. The 3-1/2 cycle is the pulse rhythm of the kundalini itself. This is why the kundalini is often represented as coiled 3-1/2 times. As with all other genuine mantras, it is discovered by the seer who travels in the subtle realms of consciousness. It has been confirmed by countless practitioners who adapted the discipline of the meditation. The inner sounds can be heard at different levels of subtlety.

The vibrations of naad have different octaves of creative impact. This mantra takes you to the most subtle realm of creativity. It awakens the kundalini force that energizes the whole Creation. It awakens your awareness and empowers the sense of the Subtle Body of the Aura. The practice of the meditation gives intuition and the ability to heal. When you practice this kriya earnestly, be conscious and graceful with each word you speak. Do not listen to negative or coarse speech from others. Remember that the sins of the past are of the past, and that some of the greatest saints were sinners first. If you have the opportunity to learn and to practice this technology of elevation, you have earned it and you deserve it. So do not hesitate to use it and to strive for progress and expansion. Feel that the Infinite Will and yours act together. Strong actions combined with non-attachment make life a dance with much creativity and gratitude.