



Sit attentively and meditate at the Brow Point, with eyes closed. It is not necessary for the group to sit in a circle, though they may.

Mantra: The group begins chanting the punj shabd all together for a few minutes. SAA TAA NAA MAA. Inhale, exhale. Then, the teacher begins the first cycle alone. Best to maintain a brisk rhythm, making each cycle: 2-1/2 to 3 seconds. Someone else immediately picks up the chant as the first person ends. Maintain the rhythm. Anyone can pick up the chant at any time; it does not move in a sequential order, nor does it move around the circle.

To End: The teacher instructs the group to chant all together for a few minutes.

Comments:

The individual will become sensitized on a new level so that he or she will respond to the energy in the group. Each person is a part of the greater energy balance. Chanting will happen in response to the shift of the total group energy. Ultimately, the individual activity merges with the group activity, with no difference between them, since it is the energy focus of the group that shifts and causes someone to chant. Some may chant more than one time, while others may not chant at all. A very delicate and sublime sensitivity will be developed in this process. The effect of the chant is that you are multiplied by the total number of people participating plus twice the number squared. This number times each japa, or meditative repetition, equals the effect. This means the effect of a few hundred thousand repetitions can be achieved in a moderate size group in a short time. It requires a very perfect concentration, and it would be best if the group has already exercised and achieved a meditative state before starting a Mahan Jap.