

Kundalini Meditation N. 38

Taught by Siri Singh Sahib Bhai Sahib Harbhajan Singh Khalsa Yogiji . 75

SAHAJ KRIYA {ASHTANG HARINAM MANTRA MEDITATION} LA053 780913 ways of liberation

General Position:

Sit in easy pose with a straight spine.

Arms and Hands:

Extend the arms straight out in front of the body. Bend the elbows and draw the forearms in toward the chest until the hands meet at the level of the shoulders. Face both palms down toward the ground with the fingers and thumb of each hand extended and joined. Place the right hand on top of the left with the right hand pointing to the left and left hand pointing to the right.

Legs:

Sit with the legs crossed or in a chair with the weight of both feet equally distributed on the ground.

Breath:

Deeply inhale and completely exhale as the mantra is chanted.

Eyes:

Look down at the tip of the nose.

Mantra:

Chant the following mantra as the breath is completely exhaled:

HAREE NAAM SAT NAAM HAREE NAAM HAREE

HAREE NAAM SAT NAAM SAT NAAM HAREE

HAKEE NAAM SAT NAAM HAREE NAAM HAREE

HAKEE NAAM SAT NAAM SAT NAAM HAREE

HAREE NAAM SAT NAAM HAREE NAAM HAREE

HAREE NAAM SAT NAAM SAT NAAM HAREE

This mantra is known as the "Ashtang Hari Nam Mantra." It must be pronounced exactly correctly to achieve the maximum effect.

Mental Focus:

Focus on the tip of the nose*

Length of time:

This meditation should be practiced for a maximum time of 31 minutes.

Comments:

The hand position neutralizes the energy flows within the body.

There are many **ways of liberation** and liberation through the Hari Mantra is definite. Even if a human soul should be reborn in a donkey he can get the chance to become human again or get liberated while being a donkey if he hears the mantra. Within 31 minutes it will change the "human consciousness to ultra-consciousness-" When it has been practiced for a couple of years it can take you to the "**turya**" state. This is when you "consciously know what consciousness is and consciously you can divinely know what unconsciousness is around and you can feel better." It will save you from doing a lot of dumb things due to lack of consciousness. This mediation . will "accelerate your process and progress toward God."

