

Meditation for Stress

Tune-in with the Adi Mantra 3-5 times: Ong Namō Guru Dev Namō, which means “I bow to the subtle divine wisdom, I bow to the teacher within.”



Ong Na - mo Gu - ru



Dev Na - mo

Part One—Pavan Guru

Breath of Fire with hands in Prayer Pose at the Heart Center. Equal inhalation and exhalation through the nose. The Navel Point will move with the breath. 3-11 Minutes. To Finish: Inhale deeply, suspend the breath, exhale relax.

Part Two—Shabd Guru

Press the thumbs together in front of the Solar Plexus/Heart Center. The remaining fingers curl into fists and the knuckles point down.

Inhale in four equal strokes through the nose. Exhale with the mantra Wahe Wahe Wahe Guru, repeated four times on the breath.

Wha-hay Wha-hay Wha-hay Guroo Wha-hay Wha-hay Wha-hay Guroo Wha-hay Wha-hay Wha-hay Guroo Wha-hay Wha-hay Wha-hay Guroo

Time: 11-31 Minutes.

To Close: Inhale deeply. Exhale and then meditate in silence. Experience Wahe Guru.