



healing meditations

Doei Ashtapad Jap

Taught by Yogi Bhajan on January 20, 1975

It is said that by practicing this meditation, healing occurs. This chant automatically balances *prana** and *apana** to energize the central channel of the life energy, *sushmana*. All physical body ailments are said to be spiritually healed—not by you, but by the grace of the infinite conscious energy. Your life will be longer and well-balanced. If you honestly master this meditation, then through the power of your hands, through His Infinite grace, you can meditate and heal the ailments of others.



Sit in Easy Pose.* Put the hands in Gyan Mudra* with the thumb tips and forefingers touching. Concentrate at the Brow Point* and begin Long Deep Breathing.* On the inhale, mentally vibrate *Sat Nam** sixteen times. On the exhale, mentally vibrate *Wahe Guru** sixteen times.

Sat Nam Sat Nam Sat Nam Sat Nam
Sat Nam Sat Nam Sat Nam Sat Nam
Sat Nam Sat Nam Sat Nam Sat Nam
Sat Nam Sat Nam Sat Nam Sat Nam
Wahe Guru Wahe Guru Wahe Guru Wahe Guru
Wahe Guru Wahe Guru Wahe Guru Wahe Guru
Wahe Guru Wahe Guru Wahe Guru Wahe Guru
Wahe Guru Wahe Guru Wahe Guru Wahe Guru
The rhythm is steady and continuous. Begin with 11 minutes and increase by 2 minutes a day until you reach 31 minutes.

This meditation is published in the *Meditation Manual* available from www.a-healing.com.

* See Glossary, p. 45.



Sending Healing Thoughts

Sit in Easy Pose and place the hands in Prayer Pose (palms together at the center of the chest). Concentrate at the Heart Center. Press the hands tightly together and press the total weight of the body against them. Fill up your Heart Center with love; hate will go. Minus hate, man is great. Continue for 4 to 5 minutes.

Then think of someone you love most and send healing thoughts. This divine medicine can heal them mentally, physically, and spiritually. Begin with someone you really love and do it sincerely; your channels will open. Once your channels are opened, you can do it at anytime for anyone. Healing thoughts can be transmitted like a wireless. Fill the whole room with them. Project. Give from your heart. It is the highest meditation to live for others. Keep up your concentration for at least 10 minutes. Then inhale deeply, fill in your chest with love and project pranas (life force) like a thunderbolt. Exhale, inhale again and send this breath to the person you are meditating on. Exhale. Inhale again, and feel the energy flowing through your hands to the person. Create this mental link. Feel this energy massaging this person. Exhale. Inhale again and be totally with this person. This will make you one with the Universal Mind. Exhale. Inhale once more as you continue, then exhale, and relax. Those who send out good vibrations will receive ten times the amount from the Universe. You gain when you give. There is no need to pray for yourself. Pray for others and the Creator will pray for you.

This meditation was originally published in *Beads of Truth*, Summer 1972. *Beads of Truth* was an early 3HO magazine, published in the late '60s through the early '90s. ■

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