



## JAPJI: SOUNDS FROM THE ANCIENTS

# Conquer Your “Monkey Mind”

The yogis often refer to the freewheeling, erratic nature of the mind as the ‘monkey mind.’ A scattered mind creates scattered habits. Commanding the mind and stilling its chatter are considered keys to yogic discipline and are a direct source of mental health. Throughout the years, Yogi Bhajan has repeatedly stressed that it is imperative to have a clear relationship with the mind. In innumerable lectures, he has referred to a single line in the 28th verse of *Japji Sahib*\*—*Man jeetai jag jeet*. This line translates simply as “By conquering your mind, you can conquer the world.” The mind is given to you to serve you, not to control you. This is why his main message has been to meditate, recite the Shabd Guru,\* and do sadhana\*—so we can conquer the mind. All the academic degrees, material achievements, and trappings of success will not give you self-command and self-mastery. Such things only come from mastery of the mind. Mastery of the mind comes from a regular spiritual discipline and practice.

### How-to’s:

A shabd should be recited 11 times a day for a minimum of 40 days to experience its power. Recite in English or in Gurmukhi\* transliteration, both are beneficial. However, reciting in Gurmukhi allows you to better access the power of the mantra, and as the words are recited in proper Naad, or sound current, the tongue hits the meridian points on the upper palate, effecting a change in consciousness. Work care-

fully to pronounce the words properly. A complete pronunciation guide can be found in *The Psyche of the Soul*.<sup>1</sup> The 28th pauree (verse) of *Japji Sahib*, which contains the line *Man Jeetai Jag Jeet*, is said to unite you with God. These lines contain perfect instructions for how to live your life. When we recite these words, it is exhilarating to realize that by simply mastering one line of instruction—for example, being centered in the center of your being—many of our problems and frustrations will fall away.

### 28th Pauree of Japji Sahib: *Man Jeetai Jag Jeet*

*Mundaa santokh saram pat jholee dhi-aan kee kareh bibhoot*

*Khinthaa kaal ku-aaree kaa-i-aa jugat dandaa parteet*

*Aa-ee panthee sagal jamaatee man jeetai jag jeet*

*Aadays tisai aadays*

*Aad aneel anaad anaahat jug jug ayko vays*

### Translation

*May you wear the earrings of deep contentment.*

*May humility be your begging bowl and the shawl in which you carry your belongings.*

*May being centered in the center of your being be the ashes that cleanse you.*

*Wear the patched coat of Death.*

*Keep your body pure, like a virgin.*

*And may the staff that holds you upright as you walk along your journey be the constant remembrance of Spirit within you.*

*Let the highest and best company be the company of all people.*

*Conquer your mind to conquer the world.*

*I bow to the very act of bowing to Thee, oh Divine One.*

*Beyond Time. Beyond Color. Beyond Sound.*

*Beyond Form and Containment.*

*Age after age, You are the One.*

(English translation by Ek Ong Kaar Kaur, Espanola, New Mexico)

\* See Glossary pages 85-86

<sup>1</sup> Available through *Ancient Healing Ways* at [www.a-healing.com](http://www.a-healing.com).

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## PRONUNCIATION GUIDE

### Short Vowels:

A	like the ‘a’ in <u>a</u> bout
I	like the ‘i’ in <u>i</u> bit
U	like the ‘u’ in <u>u</u> t

### Long Vowels:

AA	like the ‘a’ in <u>wa</u> nt
AY	like the ‘ay’ in <u>sa</u> y
AI	like the ‘a’ in <u>ha</u> nd
EE	like the ‘ee’ in <u>be</u> et
OO	like the ‘oo’ in <u>fo</u> od
O	like the ‘o’ in <u>g</u> o
AAU	like the ‘ow’ in <u>co</u> w, or the ‘o’ In God

