

Japji

Recite Pauri 32 to complete your karma

By chanting, old karmas become loosened and dissolve.

OF ALL THE SPIRITUAL vernacular in use today, ‘karma’ is the word that we probably hear most often. *Karma* is explained scientifically by Newton’s Third Law of Motion: “Every action has a reaction, equal and opposite.” Simply stated, when we create a cause through our actions and thoughts, and we do not complete or resolve what we have created, we must incarnate again to complete it. Everything that we are today—both positive and negative—is a result of what we have created in the past. Everything that we become tomorrow is the result of what we create today. Our fears, limitations, old patterns, reactions to our environments, habits, and feelings inhibit our ability to feel the Infinity of the moment and complete what has been created. The resulting karmas create the behaviors, patterns, and circumstances in our lives that are sometimes unpleasant and can even be outright destructive. Usually we don’t understand these behaviors. Sometimes, we’re aware of them but unable to control them.

PRONUNCIATION GUIDE

Short Vowels:

A like the ‘a’ in about
I like the ‘i’ in bit
U like the ‘u’ in put

Long Vowels:

AA like the ‘a’ in want
AY like the ‘ay’ in say
AI like the ‘a’ in hand
EE like the ‘ee’ in beet
OO like the ‘oo’ in food
O like the ‘o’ in go
AAU like the ‘ow’ in cow, or the ‘o’ in God

A more complete pronunciation guide can be found in *The Psyche of the Soul*, available through Ancient Healing Ways at www.a-healing.com.

Where There is Dharma, There is No Karma

Dharma is a way of living whereby we transcend karma and live in alignment with our true purpose in life. This does not mean that we lose our humanness and capacity to feel and experience. Rather, it’s that we gain enough clarity and capacity that, in the face of great challenge, we choose actions that elevate us and bring us toward Infinity. Instead of a commotional and reactionary approach to life that creates negative consequences, we truly can channel our emotions into devotion and move through life with ease.

By chanting, reciting, and vibrating the sound current, we gradually dissolve those burdensome patterns that grip us. In time, the old karmas become loosened up enough and dissolve, setting into motion a whole domino

effect where false beliefs and scripting can fall away, resulting in a more elevated life. What a relief.

It’s like paying off a high-interest credit card. You feel awful that you have the debt but have a hard time shaking it. Finally, after facing the music, you discipline yourself and begin pecking away at the debt and eventually pay it off. You feel better—uplifted and released from being beholden to a creditor. ■

*See Glossary, page 41.

THE 32ND PAURI

Reciting the 32nd pauri (*stanza*) of *Japji Sahib** pays your debts and completes your karma. As you can see from this translation, Guru Nanak states that choosing an active path of deep devotion yields Grace—a state of ease, virtue, and divine assistance—as a gift of the Creator.

*Ik doo jeebhao lakh ho-eh lakh hoveh lakh vees
Lakh lakh gayraa aakhee-a-eh ayk naam jagdees
Ayt raa-eh pat pavaree-aa charee-ai ho-i ikees
Sun galaa aakaash kee keeta aa-ee rees
Nanak nadaree paa-ee-ai kooree koorai thees.*

ENGLISH TRANSLATION

If my one tongue were to become two,
And the two to become one million,
And the million to become 20 million,

Then millions and millions of times
I would recite and speak of the One Spirit
Pervading and guiding the Universe.

On this path, the spouse climbs
With devotion step by step to Union with Thee.

Hearing what is recorded in the Akashic records,
Even the lowest beings have a longing to return home.

Nanak, grace is brought in as a gift of the Creator.

Those who praise themselves-
False and ever false are they.

SUGGESTIONS FOR PRACTICE

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* using the 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 carefully to pronounce the words properly.

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