

OPENING AWARENESS

AT THE RE MAN COURSE

By Guru Seva Singh Khalsa

This shabad (Re Man) is pure Naad Yoga. It has the capacity to lead to a perfect state of total health. Perfection of this shabad can make you like a Golden Buddha. You will have wisdom, you will have the purity of a yogi, and you will have an essence. **Yogi Bhajan**

Each year the senior class from Miri Piri Academy joins Guru Dev Singh¹ and sangat² members from all around the world in Rishikesh, India for the *Re Man* course. This year's course was from February 24 – March 2.

Over a six day period we repeat Guru Gobind Singh's³ *shabad*,⁴ *Re Man Eh Bidh Jog Kamao* (Oh my Mind, Practice Yoga in this Way)⁵ 11,000 times, sitting for up to nineteen hours a day (with periodic breaks) in deep meditation. The *shabad* describes in detail how to achieve the state of Yoga (union), and is said to give the practitioner yogic virtues and strengthen the radiant body. It is also said that repeating the *shabad* 11,000 times intensifies its purifying effects.

At the beginning of the course I was really excited but didn't know what to expect. I had heard many things about it. I heard that it was a direct experience of *Naad*.⁶ I heard that after several hours of repetition, one would go into a very deep state of meditation. I never thought it would be so intense, or that I would get into this state so quickly.

I remember that the first few days I 'got into it' very easily. It seemed like the hours were just flying by. I would begin chanting as I walked to my spot, sat down with my shawl and pillows, and closed my eyes. My spine easily locked into a straight position and then an hour, sometimes two or three, would just fly by.

In some way it was as if the only sound that existed was the *Naad* of the *Shabad*. After two days I began hearing the *shabad* out of nowhere, even when I was not chanting. To my mind, it had penetrated my subconscious, my unconscious, and my dreams. I could feel the beginning of a fundamental change in my mind and body.

1 The founder of the School of Sat Nam Rasayan, an ancient healing art based on the application of the meditative transcendent mind

2 Spiritual community

3 The 10th Sikh Guru, embodying royal courage and radiance

4 Sacred sound current, or vibration that dissolves the ego which prevents us from perceiving and acting from our authentic Self

5 For the complete shabad with translation, go to aquariantimes.com.

Musical versions of this shabad are available at spiritvoyage.com and a-healing.com.

6 The essence of all sound; the vibrational harmony through which the Infinite can be experienced



GURU SEVA SINGH KHALSA

On the third and fourth days, things began shifting inside of me. An enormous amount of anger and negativity boiled over, and the remaining days of the course seemed an impossibility. Time passed slowly, and it was difficult to maintain any kind of meditative space. When the breaks came, I imagined I could feel the same negative state from the other people in the course. In that state even the *shabad* itself became a focus of my anger.

Then, during the final two days, everything shifted again. I locked in, felt centered, and even though 'spaced out,' I felt a curious sense of being more present and alert than ever before. I could feel that the *Naad* of the *shabad* was working, creating an opening of awareness. When the course ended I felt like a different human being from the one who had arrived just six days before—much more aware, present in the moment, and real.

The *Re Man* course has definitely been the strongest spiritual experience in my life. It is a true experience of the power of *Naad*. The experience is so deep, strong, and meditative that it seems as if one touches the very inside of one's being. I am grateful that I had the chance to participate, and I am looking forward to another 11,000 repetitions.

Guru Seva Singh Khalsa was born in Chile, and lived in Mexico for several years. He began school at Miri Piri Academy when he was 12 years old, and graduated this year. Both of his parents are Kundalini Yoga teachers, and he credits his love for yoga and teaching to their influence.