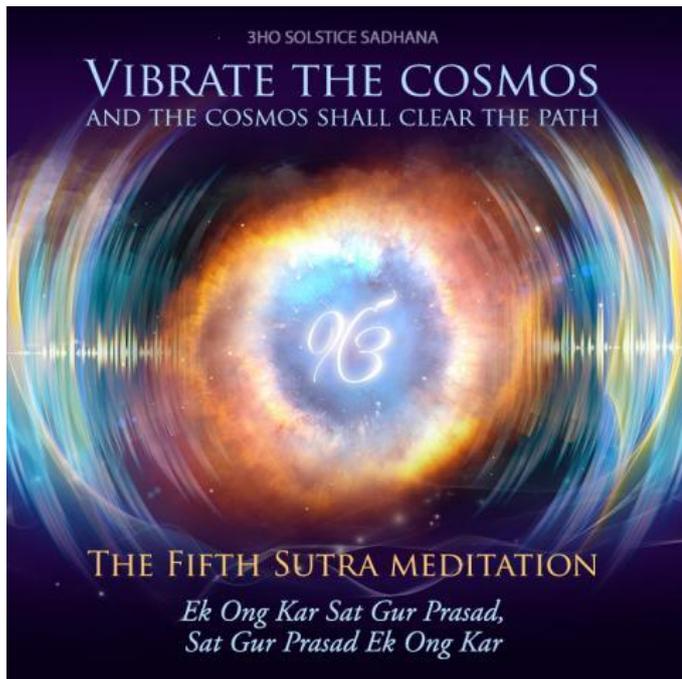


2017: Fifth Sutra for Aquarian Age

Vibrate the Cosmos and Cosmos shall clear the path



ੴ ਸਤਿਗੁਰ ਪ੍ਰਸਾਦਿ
ਸਤਿਗੁਰ ਪ੍ਰਸਾਦਿ ੴ

Indra Nitri Meditation

Posture: Sit in Easy Pose, with a light jalandhar bandh.

Eyes: The eyes are closed or 1/10th open.

Mudra: Grasp the knees firmly with the hands. Keep the chest and spine lightly lifted.

Mantra: Meditate through the Brow Point on the movements of the tongue as you chant the Siri Mantra in a steady rhythm:

EK ONG KAAR SAT GUR PARSAAD
SAT GUR PARSAAD EK ONG KAAR

Pull the Navel Point in on EK.

Release the Navel Point on KAAR.

Lift the Diaphragm Lock with SAT and GUR.

Release the lock on the sound of PARSAAD.

This will create a wave-like motion of tension and relaxation in the torso. It will release great heat in the body.

Time: Continue for 11-62 minutes.

To End: Inhale, hold the breath comfortably, and relax.

Comments:

This meditation was taught by Guru Nanak to his second son, Baba Siri Chand. His son became a great *baal* yogi. That is a yogi who does not age, who still looks like a young boy, even in his old age. It is said Baba Siri Chand lived over 160 years. He was acknowledged by all the schools of Siddhi Yoga to be a great yogi.

Under his guidance all the heads of the schools of yoga came and bowed to Guru Ram Das to seal for the future the lineage of the royal throne of Raj Yoga to his guidance and to his Radiant Body. The yogis who practiced with him were called *udasis*. This mantra—the Siri Mantra—contains the essence of the wisdom of the *Siri Guru Granth Sahib*. It brings great intuition to the practitioner.

Indra Nitri means the eyes of Indra. It connotes the feeling that every pore of the body becomes an all-seeing eye. It represents knowledge that comes through the soul and intuition. The body is a temple through which you can experience the consciousness of the Infinite. As that happens, all knowledge and bliss flow through you.

After you chant this mantra do not say anything negative for some time. It is a very creative chant. Anything you say will be amplified and created with great force. When you are in this state give your prayers and most positive projections for health, happiness, and holiness.

Yogi Bhajan's Comments:

This chant is a master key. After you chant this mantra, never utter a wrong or negative word. The entire Universe and its energy follows this mantra.

There is nothing in the hand of God that you cannot take, and it won't even bug Him. But there is a secret to it. The secret is in the reverse of it. Anything which goes this way must come back, too. That is the secret in it.

It makes you totally intuitive. When this mantra becomes understood, there is nothing you don't know. Do it anytime, anywhere for any reason. It opens up the Third Eye. It is open all the way. This is a trick, a gadget; that kind of master key or gadget which can open up everything.

There is no such thing as "Om"; it is "Ong." The conch must come out of the nose, it is a simple thing. Fire comes out of your nostrils, "Ong." Both nostrils work. *Ek Ong Kaar* is chanted at the Navel Point. Always remember to chant it with the navel movement. On *Ek Ong*, the navel goes in; on *Kaar*, the navel goes out. *Ek Ong Kaar*: there is always a little jerk. *Ek Ong Kaar* is always at the navel.

This meditation was originally taught by Yogi Bhajan on July 18, 1975

©The Teachings of Yogi Bhajan

jogazdrowia.pl

ੴ ਸਤਿਗੁਰ ਪ੍ਰਸਾਦਿ
ਸਤਿਗੁਰ ਪ੍ਰਸਾਦਿ ੴ