

MEDITATION - Sarb Gyan Kriya [Total Wisdom]

When a woman is in love with a man her life becomes a prayer for that man. And when a man is in love with a woman, he becomes humble. Although your greatest strength is love, it is not the love you know. In modern times, love provides only emotional co-existence. Men want to conquer women, and women want to conquer men. In reality, men and women should conquer Prakirti, the creativity around them, so that they can find a Creator beyond all layers. The sages found a way. One of these ways you will practice tonight.

Sit straight in a cross-legged position. Both hands are in receptive Gyan Mudra. Cross the right hand over the left hand in front of the heart center, so that the four tips of the thumbs and index fingers are together, palms facing up. Elbows are relaxed down. Eyes are closed. Chant the Mangalacharan Mantra, "Ek Ong Kaar Sat Gur Prasaad, Sat Gur Prasaad Ek Ong Kaar" ("Ek Ong Kar Satgur Prasad" by Nirinjan Kaur). Continue for 31 minutes. To end, inhale deeply, hold, and extend the arms up straight with the palms together, like a salute, the body will distribute the energy through neutral channels itself. Exhale. Repeat 1 time, than inhale deeply, press the hands together and synchronize the body from toe to top. Relax.

As one obtains true happiness, intercommunication evolves from sexual to sensual, social, local, national, international and cosmic to the Infinite. Out of that, Prakirti, the universe, is born. The mantra "Ek Ong Kar Sat Gur Prasad, Sat Gur Prasad Ek Ong Kar" explains it, and this most sacred kriya is the seal to go with it. The mudra by itself will change the flow of the body's energy. Do this kriya, make it part of your life, and you will be surprised at the changes in you.

FROM YOGI BHAJAN 'MEDITATIONS FOR THE NEW MILLENNIUM 2 - APRIL - 2001