

Meditation for an Invincible Spirit in the Aquarian Age

Yogi Bhajan • February 2, 1992



Posture: Sit straight. Left hand is in Gyan Mudra, the tip of the forefinger touching the tip of the thumb, resting on the knee with the arm straight. Raise the right hand to about 12 inches in front of the chest, holding the mantra sheet and concentrating on the written words as you chant. If you don't have a mantra sheet, angle your hand as if you were reading a sheet of paper, with the palm open and the wrist straight. (Ideally, you would print the mantra on a sheet of paper and read the mantra as you chant. We've created a printer friendly version for you to download.)

Eyes: Apply Neck Lock and look down the nose to see the mantra sheet or the palm. When he gave this meditation, he asked us to focus the eyes, to pay attention and not drift. If you do not have the page to read from, use the palm but continue to focus.

Mantra: Focus on the movement of the tongue and the sensation of the sound as it creates a time and space. Sing with Nirinjan Kaur's *Aquarian March*. Become a symphony. **7 Minutes** (27 Minutes for a 31-Minute Practice)

Continue chanting, close your eyes and put your hands on your heart, one palm resting on the other. Press the hands firmly into the chest. Press hard. **2 Minutes**

Keep your hands on the heart and begin to whisper the mantra. Whisper powerfully. **1 Minute**

To Close: Chant without the music for **30 seconds**. Inhale, exhale and relax.

Sat Siri	Truth, Projective Prosperity and Greatness
Siri Akal	Great Undying One Who Knows No Death
Siri Akal	Great Undying One Who Knows No Death
Maha Akal	Infinite Who Is Deathless
Maha Akal	Infinite Who Is Deathless
Sat Nam	Truth as Identity; or Identity of All That Is
Akal Moort	Embodied Form or Image of the Infinite
Wahe Guru	The Ecstatic Totality of God and Existence

Note: “Great” still has a touch of finiteness; “Infinite” in Maha has no finiteness or form. Mantra is pronounced: Sat Siree, Siree Akaal, Siree Akaal, Mahaa Akaal, Mahaa Akaal, Sat Naam, Akaal Moorat, Wha-hay Guroo. See Tools for Students/Teachers at www.kundaliniresearchinstitute.org to hear the pronunciation.

Time: 11–31 Minutes

Comments: In the face of any great change, we confront three destructive impulses: to be alone and withdrawn, to deny or fantasize about the future that’s coming, and to live with greed or scarcity instead of prosperity. This mantra counters these three tendencies and instills the mind with courage and caliber.

You can purchase the DVD of this class, *1,000 Years and Beyond*, from The Source at www.kundaliniresearchinstitute.org

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