

Peace Meditation

Posture

Sit and put arms at the side of the body like a 'W'. Elbows are relaxed at the sides and the forearms up near the shoulders. Palms face forward, hands in Gian Mudra.

Eyes

1/10th open, look at the tip of your nose.

Mantra

Sat Narayan Wahe Guru
Hari Narayan Sat Nam

Chant the mantra continuously taking breaks as needed. Chant with a melody or in monotone.

Taught by Yogi Bhajan in march 1979

Comments

Yogi Bhajan: „Even the most lowly person who have or feel like nothing can become completely majestic by chanting this mantra. Like you can see through clear water you can see through the clear mind & beyond this phenomenal world realize God.“
Shiv Charan Singh: „It gives you the link to the Subtle Body, therefore you get through the surface perspective and penetrate deep into the essence.“

Yogi Bhajan: „(Sat Narayan is....) the most powerful ashtang (8-part) mantra. It cleans out the subconscious as well as impurity from your surroundings. When perfected, man rules the heavens. When the navel vibrates, earth and heaven's axle starts vibrating. That's the human power.“



Source: Millenium Meditations, Connect Up to Infinity January 11th, 2000 – Espanola, NM, USA # 0335 MEDITATION

Extra

The Mantra follows the sequence of natural unfolding 1-2-3-4

1/9 Sat Narayan – True is only God (Ad Gure Nameh)

2/8 Wahe Guru – Infinite is Her wisdom

3/7 Hari Narayan – God is an expression of God

4/6 Sat Nam – Truth is my identity

Nar means person. Narayan then is the primal person, like the blueprint of a all people so it fits well with 1/9.

Narayan is also translated as *The One who rests on water.*

Another meaning of Narayan is *Resting place for all living entities.*

Though Narayan has been associated with water i.e. Narayan is the God of the water, does not mean that Narayan is itself a water quality. Resting on the water can imply staying dry, and being prior to water and, indeed resting place suggests the Subtle Body.

Wahe Guru is the flow, it is purifying mantra, purifying body and mind.

It is the prakirti giving birth to the light, becoming a pure channel for the light.

Hari is God in action both through creating and destroying (Hariang)

Sat Nam - here is the beauty of it that Sat Narayan becomes Sat Nam.

Sat Narayan Wahe Guru = the true god person is in the state of Wahe Guru

Hari Narayan Sat Nam = the god person in action has become Sat Nam

It is a bit like the master creating a puppet in his own image, the breathing the breath of the spirit (Sat Nam) into it to bring it to life.

Each line closes with a bij mantra *Sat Nam & Wahe Guru* to ingrain the seeds of wisdom & truth in your heart.

This Mantra is sowing the seeds of peace & patience inside you. It supports you to pause in peace as it subtly trickles into your being like golden dust. Peace is not to be born or created. It is the pure essence of what you are. Practice patience for peace to be.

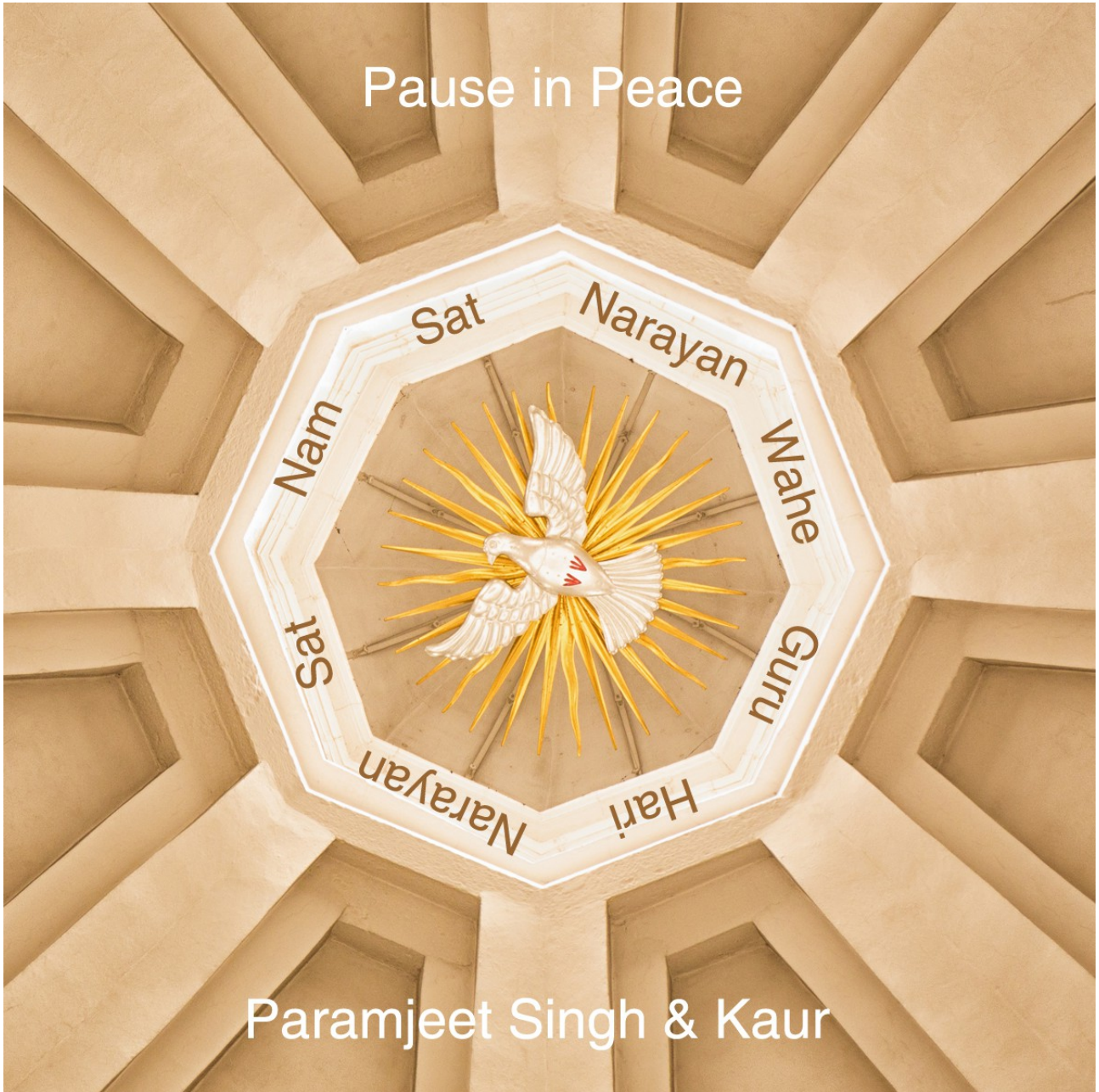
Let your longing for peace flow into the sound current and nourish your connection the the One who is always peaceful.

Let forgiveness be an expression of granting peace for everyone including yourself.

Maintain a conscious peaceful attitude which in some moments may call you to fight for it.

Reflections by Shiv Charan Singh & Paramjeet Singh

Pause in Peace



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