

Kundalini Surjhee

“The meditative key to the entire kundalini yoga.” ~ Yogi Bhajan

Jinho baat nischal dhru jaanee

tayee jeev kaal tay bachaa.

Tin tario samundar rudar khin ek meh

jalahaar bimb jugat jag rachaa.

Kundalini surjhee satsangat

paramanand guru mukh machaa.

Siri guru sahib sabh upaar

man bach karam sayveeai sachaa.

Those who realize the Eternal, Unchanging Word of God, like Dhroo, are immune to death.

They cross over the terrifying world-ocean in an instant; the Lord created the world like a bubble of water.

The Kundalini rises in the Sat Sangat, the True Congregation; through the Word of the Guru, they enjoy the Lord of Supreme Bliss.

The Supreme Guru is the Lord and Master over all; so serve the True Guru, in thought, word and deed.