

Kundalini Meditation n.93

Taught by Siii Singh Sahib Bhai Sahib Harbhajan Singh Khalsa Yogiji P.185

LA112 790528 Haray Haray Ram Ram in the low tone is to provide strength from the four element: earth, water, fire and air to the fifth, the unseen, that is the akasha

General Position:

Sit in easy pose with a straight spine.

Arms and Hands:

Relax the arms down by the sides of the body with the elbows bent. Raise the forearms until the left hand is to the left of the body at the level of the throat and the right hand is to the right of the body at the level of the throat. Face the palms straight out in front of the body. Find the position in which you feel the weight of the elbows to be balanced so as not to stop circulation. Extend and separate all the fingers and thumb of each hand. Bend the ring finger of each hand until it is directly above the center of the palm. Bend the thumb and place the thumb tip on top of the ring finger tip and half of the fingernail. The other fingers remain separated and point toward the sky
Eyes: closed



Mantra:

Inhale completely and chant the following mantra as the breath is completely exhaled:

RAM RAM HARAY RAM-RAM RAM HARAY HARAY

This is difficult to pick up so listen carefully to the tape. The first RAM is creativity in the blessing of the universal magnetic field. The second is the creativity to protect the magnetic. The third is to give peace in time of death. Just make that one word (the last RAM) capable in your essence. Ram Ram Haray Haray represents the four corners, char pad in which you are elevated in consciousness. Vibrate with the upper palate.

Length of time: 11 minutes

Comments:

You must understand that for five or ten thousand or 110 thousand years these were the only mantras. They contain the complete explanation of the creativity of Brahma, then Vishnu, the provider, and the god of death, all supervised by the ultimate God, Haray. Haray Haray Ram Ram in the low tone is to provide strength from the four essences: earth, water, fire and air to the fifth, the unseen, that is the akasha. Until you gain this knowledge of what the Sat Nam mantra, the panch shabd, is based on, just saying, "Sat Nam, Sat Nam" doesn't mean anything.

That's why the Siri Guru Granth Sahib is called Siri Ved, the great Ved of all vedas.