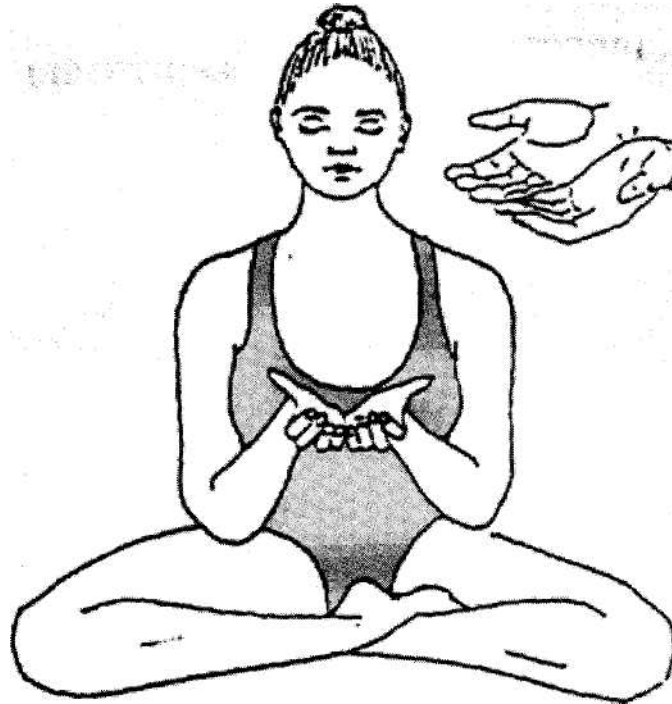


## ***MAGIC MANTRA MEDITATION***



### **DIRECTIONS:**

Sit in a comfortable meditation posture. Lift hands to level of the heart, palms up, elbows relaxed at the sides. Form a shallow cup with the hands, sides of the palms and mercury fingers comfortably together. Thumbs are out and away from the hands. The edges of the "cup" are about 300 up from parallel.

The important thing is to keep the line of Mercury connect at the edges of the palms and little fingers. Ideally there will be no opening whatsoever. Keep any gaps to a minimum.

*Look into the hands with closed eyes and chant*

Ek Ong Kaar Sat Gur Prasad

Sat Gur Prasad Ek Ong Kaar

Chant in a monotone. Let the breath naturally stabilize itself. One cycle takes about 4-5 seconds.

Continue for 11, 22 or 31 minutes.

### **COMMENTS:**

31 minutes can get you very high. A couple of days practice can give you a certain stimulation which is beyond explanation. It is very rare that the mercury fingers are joined in this way, but that is what makes the difference.

This is one of the most powerful mantras. There is nothing equal to it. The entire Siri Guru Granth Sahib is nothing but an explanation of this mantra. It is so strong that it elevates the self beyond duality and establishes the flow of spirit. It will make the mind so powerful that it will remove all obstacles. We can call it the magic mantra because its positive effect happens quickly and lasts a long time.

This mantra must be chanted with reverence, in a place of reverence. When you meditate on this mantra, be sure that your surroundings are serene and that you chant with reverence. You can mock any mantra but this one because it is known to have a backlash effect. This mantra is not secret, but it is very sacred. So chant it with reverence, write it with reverence and use it in reverence.

It is best to chant to God before practicing this mantra. Either chant the Mulmantra or the "Mangala Charan Mantra" before to prepare yourself.