



Sit in an Easy Pose, with a light jalandhar bandh.

**Mudra:** Place the palms together at the Heart Center in Prayer Pose. The thumbs are crossed.

**Mantra:** Chant the Mangala Charn Mantra:

Chant: AAD GURAY NAMEH

As you extend your arms as shown in picture. The arms return to the Heart Center as you chant:

JUGAAD GURAY NAMEH

and again extend the arms up, as you chant:

SAT GURAY NAMEH

Returning the hands again to Prayer Pose at the Heart Center, chant:

SIREE GUROO DAYVAY NAMEH

Project the mind out as you chant. The full extension of the arms is timed to the chant.

**Time:** Continue for 11 minutes, adding 5 minutes per day up to 31 minutes, until you perfect it.

**Comments:**

This meditation gives you an enchanting, magnetic personality, with many unexpected friends. The Mangala Charn Mantra surrounds the magnetic field with protective light. It means:

AAD GURAY NAMEH

I bow to the Primal Wisdom

JUGAAD GURAY NAMEH

I bow to the wisdom through the Ages

SAT GURAY NAMEH

I bow to the True Wisdom

SIREE GUROO DAYVAY NAMEH

I bow to the great, unseen Wisdom.

