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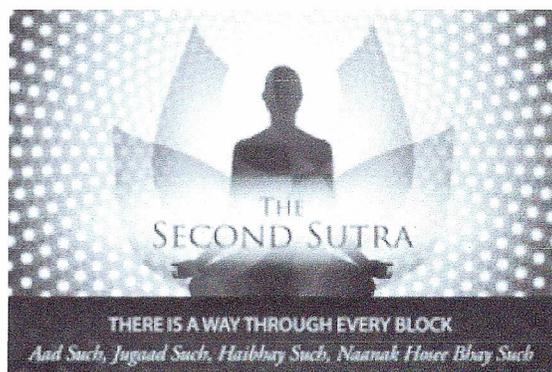
2nd Sutra Meditation: Mandhavani Kriya

The 2nd Sutra 40-Day Sadhana starts on May 13, 2014, and leads up to the Summer Solstice. Join us!

There is a Way through Every Block

2nd Sutra Mantra MP3

Meditation Instructions:
Mandhavani Kriya



"When your work doesn't proceed, you get blocked, if you chant this mantra, then not only it will start it will start like Infinity."

-Yogi Bhajan 4/11/77

Posture: Sit in a comfortable cross-legged position with a straight spine.

Mudra: Bring the hands in front of the throat, forearms parallel to the ground. The left hand is palm down; the palm is flat and the fingers point to the right. Extend the left thumb toward the throat. Bring the right thumb between the left thumb and index finger, placing it in the center of the left palm and allow the fingers of the right hand to rest on the back of the left hand. Lock the right thumb in place and apply firm pressure on the left palm. Hold the position at the level of the throat about six inches in front of the body.

Eyes: Closed

Mantra: Aad Sach, Jugaad Sach, Hai Bhay Sach, Naanak Hosee Bhay Sach

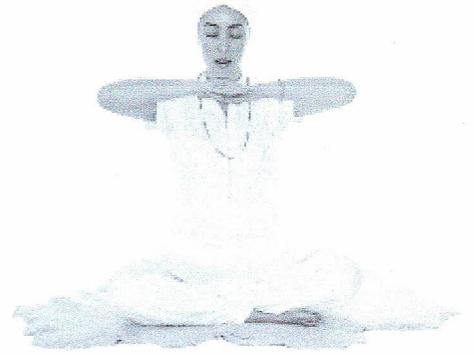
Breath: Inhale deeply and completely exhale as the mantra is chanted in a monotone.

Inhale and continue. This mantra is from the 17th Ashtapadi of *Sukhmani Sahib*

Time: 31 minutes.

Comments:

Be sure to keep the arms parallel to the ground. The key to this meditation is locking the right thumb and keeping firm pressure on the center of the left hand. Your thumb may become sore after a while but be strong and don't give an inch.



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Further Comments by Gurucharan Singh: Let each sound resonate through your whole being like a pebble across the calmest of ponds. And in that complex matrix of ripples you are still personally present and feel your vastness in equal proportion to your specific finiteness. You are in this body—at this time—timelessly and fully engaged. When you listen from the doorway between the finite and Infinite, the mantra you recite becomes the *shabad*—a sound that dissolves the ego as it invites the Infinite through the heart that you embody. As Yogi Bhajan instructed us:

"This is a Shabad. If you can perfect that Shabad—perfect means when you can recite it correctly at any time without any hindrance while reciting, this is the perfection of the Shabad. While reciting you can hear it accurately. You hear it within yourself, not anybody else. That means it is perfected. Then whenever you will perform it the master miracle will happen."

The practice of this meditation, even briefly, locates you in your heart, opens your perception, and lets you immediately recognize the way forward. All the blocks that seemed absolute dissolve. When darkness and struggle seem to surround you, a ray of light finds its way in and it is even easier to see through the darkness. This is a state of ordinary miracles. This is a steady state of gratitude to see the constant flow of miracles that accompany you on your path. That is Dharma!

Additional commentary by Gurucharan Singh on this meditation