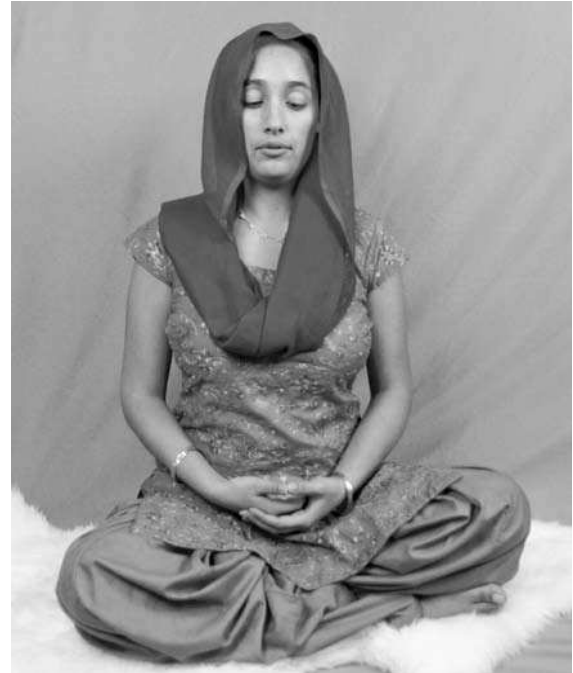
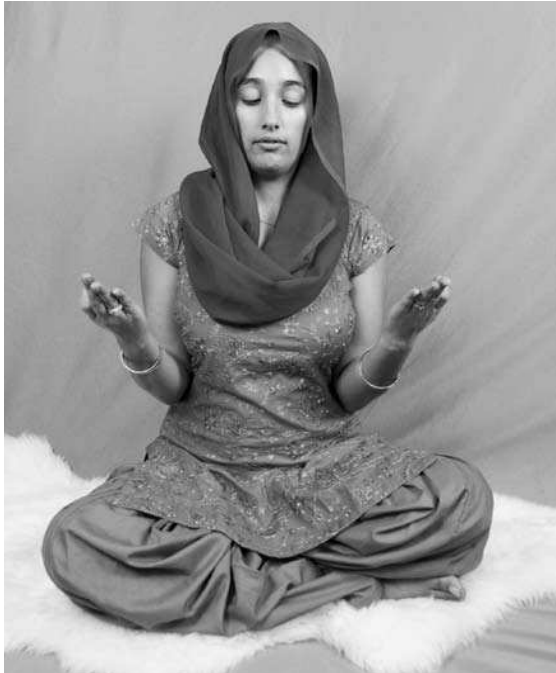


Narayan Kriya: Clearing and Clarity for Prosperity 2009 Meditation for the Water Tattva



Chant the Adi Mantra (*Ong Namō Guru Dev Namō*) 3-5 times.

Posture: Sit in Easy Pose (a comfortable crosslegged position). Tuck the elbows into the body with the forearms angled up so that the hands are at the level of the Heart Center, chest width or slightly wider. The hands are in Gyan Mudra (the tip of the forefinger touching the tip of the thumb), palms up.

Eyes: 1/10 open and focused at the tip of the nose.

Mantra: Take a deep breath and chant the mantra in a monotone on one breath. Take a deep breath before each recitation of the mantra:

*Sat Narayan Hari Narayan Hari Narayan Hari
Hari (Pronunciation: sat naraayan haree
naraayan haree naraayan haree haree)*

Use the mantra to knit back together any tears within the fabric of your relationships.

Time: 11 Minutes

To End: Inhale deeply and hold. As you hold the breath, visualize your relationships and bless, forgive, and understand. Use this breath to heal these relationships. Exhale. Repeat twice more. After doing this meditation for 11 minutes, chant *Wahe Guru* for 3 minutes. Hands are in Gyan Mudra at the knees or relaxed in the lap, right hand resting on the left, with palms up. Chant it in a slow monotone—*Wha-Hay-Guroo*—with equal time given to each of the three parts of the mantra. This seals the effects of the practice.

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