

Meditation for Projection & Protection from the Heart

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 , BREATH & MOVEMENT: 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 GURUO 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:

<i>AAD GURAY NAMEH</i>	<i>I bow to the Primal Wisdom</i>
<i>JUGAAD GURAY NAMEH</i>	<i>I bow to the wisdom through the Ages</i>
<i>SAT GURAY NAMEH</i>	<i>I bow to the True Wisdom</i>
<i>SIREE GURUO DAYVAY NAMEH</i>	<i>I bow to the great, unseen Wisdom.</i>

