

MEDITATION FOR SURRENDER

Establishing the appropriate relationship between the ego and the Infinite Self

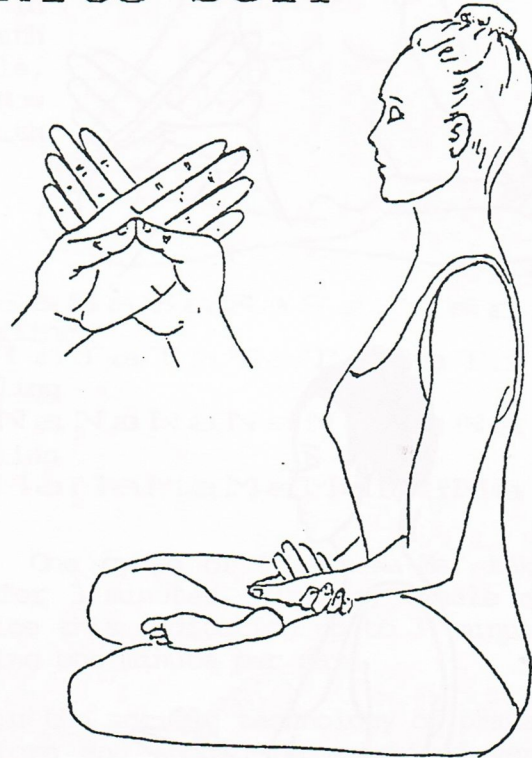
Sit in meditation pose with straight spine, hands in Buddha Mudra (left palm in right so that forefingers meet at about the first knuckle at a 90° angle, thumbs touching) in the lap. Eyes are 1/10 open, looking straight ahead, and focussed at the 3rd Eye.

Inhale in 8 equal parts so that the lungs are filled on the 8th sniff, and chant as you exhale (but not necessarily using all the air),

Wa He Guru

Enunciate clearly and project out of the 3rd Eye for 15-31 minutes. (On the inhale, I like to silently chant "Guru Ram Das, I surrender"-G.K.)

This meditation is very energizing if the breath is taken seriously and is pumped from the navel point. To get maximum benefit (especially when doing it for shorter times) pull Mul Bhand and feel the energy go up the spine to the 3rd Eye as you chant "Wa He Guru".



SELF SURRENDER: We must have faith, whatever is written in our fate. The moment you forget you are a self, problems come. So long as man lives in self, God lives in him. The truth of self-surrender is to give yourself to God - there is nothing else. Out of that nothing comes everything.

June 19, 1972

LIVE LIFE not as you think it should be, but as it should be. Merge your will with the Will of the Creator.

Undated

