

MEDITATION TO TAKE THE FINITE TO THE INFINITY

Yogi Bhajan, 2 October 1972



Sitting in Easy Pose and with the spine straight, place the hands in receptive Gyan Mudra. Raise the arms as though you were being held up. Concentrate at the third eye point, between the eyebrows at the root of the nose. Slowly and rhythmically chant the mantra WAHEGURU, broken up into the syllables:

WA HE GU RU

Continue for 11 to 31 minutes.

COMMENTS:

In every question (GU) there is an answer (RU). WHA is that infinite that encompasses both. "The moment you want to live in stagnation, you stink. If you want to live for something, live for infinity. The infinite is an unknown totality, while the known is individuality. Achieving neutrality will lead you through the times."

It is through practicing meditations such as this one that you will gain the experience and capacity to go into deep meditative consciousness. Use this experience and time to fully explore the infinity at the center of neutrality.