

# Sahaj Yoga

January 12, 1976



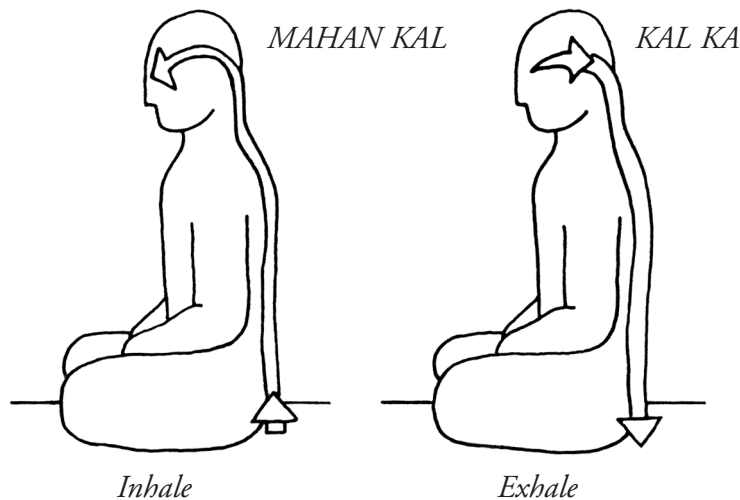
Sit in Easy Pose with a straight spine. Sit like a yogi, in a very relaxed manner. Place your hands in your lap, right hand resting in the left hand with the thumbs gently touching. The eyes are almost closed, allowing for a little bit of light to come in and out at the bottom.

As you inhale, mentally travel along the spine from the tailbone up the spine to the head and then to the tip of the nose, mentally chanting the mantra "Mahan Kal."

As you exhale mentally travel from the tip of the nose back down along the spine to the tailbone, mentally chanting the mantra "Kal Ka." A white radiance may be envisioned along the spine as the breath travels up and down. (Like the mercury rises in a thermometer, the divine power rises in the spine as you inhale. As you exhale the divine power goes back down into the tailbone.)

*"Happiness is not in wealth. Happiness is in your values... Be contained, content, and conscious... that's happiness."*

YB



Mahan Kal

Kal Ka

Translation:

Great Flow of Being

Flow of Eternal Power (the Kundalini)

Begin by practicing this meditation for 11 Minutes. At the finish, inhale, raise the arms up over the head and vigorously shake your hands. Relax, stretch the arms up once again, and shake the hands rapidly. Relax.

*This meditation was practiced by Guru Gobind Singh ( the Tenth Sikh Master) three hundred years ago. Any person, in any non-improved state of mind, body, and soul can rise to any level of consciousness by doing this. Get into it. With a little practice you will always be in a state of bliss. Establish the rhythm.*