

MEDITATION ON YOUR 3RD CHAKRA TO ENHANCE YOUR RADIANT BODY

*Given by Yogi Bhajan
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Mudra: Spread the fingers of the left hand wide apart. Place this hand, palm flat against the heart center. The thumb will be stretched away from the hand, and points towards the chin.

Place the right hand into a fist and extend the index (Jupiter) finger straight up. Bend the right elbow down by the side, and place this hand, palm facing forward, to the right of the right shoulder. Have the tip of the extended index finger at the level of your eyes.

Mantra: “Aad Sach, Jugaad Sach, Heibhee Sach, Nanak Hose Bhee Sach.” Chant this mantra, pulling in on the word ‘Sach.’ Connect ‘Sach’ with the navel point. (Tape by Kirtan Singh was played in class.)

Eyes: Closed.

Time: 8 minutes.

End: Inhale, and relax.

Comments/Effects: Connect ‘Sach’ with the navel point. Your breath has a length of 36 inches. And when you press the navel to create the sound, ‘sach,’ then after a long practice or a short practice, depends upon how prone you are to things, you’ll become intuitive, provided all the five fingers of the left hand are open, and right hand index finger is up. The Length of the mantra is the time acknowledged by the breath of life.

The word ‘sach’ must touch your belly button with your spine. Simple as that. But you say it is difficult. It is not. Once you start practicing it, you will be very well with it. And then you will have many, many experiences which are way, way beautiful and luxurious. I have practiced it, I have known it, I am aware of it. And you will be surprised how people will change their opinion towards you. Because it magnifies your radiant body.

The proportionate of the breath, coming to the lungs and getting out, and the navel point pushing the energy upwards, is combined in a ratio where you can find yourself very augmented with power.