

UNTO INFINITY
HANSU JOT + ZA RAH KUMARA





1. Har Guru, Wahe Guru, Siri Guru, Wahe Guru
2. Ek Ong Kar Sat Kartar, Sat Kartar Gur Bar Akaal
3. Wahe Guru Wahe Jio 8x (Meditation to Change Your Destiny)
4. Trust in Infinity (Tej)
5. Ad Such Jugad Such Hai Bhay Such (Planetary Meditation)
6. Gobind Gobind Haree Haree (Mental Purity & Deep Relaxation)
7. Universal Laws from Yogi Bhajan (Tej)
8. Hum Dhum Har Har, Har Har Hum Dhum
9. Haree Naam Tat Sat Tat Sat Haree
10. Waho Waho (Meditation for Guidance)
11. Sat Nam Wahe Guru 3x (For Stress or Sudden Shock)
12. Sat Nam Wahe Guru (Blue Gap Meditation)
13. Prayer by Tej

You are the master of your destiny. You are the leader of your day. You are the light of your life.
You are nothing but a representation of God on this planet. That is the Will and decree,
and that is God. In God you dwell, and God dwells in you.
Yogi Bhajan

Infinite gratitude to:

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Please tune in with the mantra Ong Namo Guru Dev Namo 3 times before practicing these meditations.

Har Guru, Wahe Guru, Siri Guru, Wahe Guru

Decrease Pain - Ensure Liberation of the Soul

Taught by Yogi Bhajan

Posture:

Sit with a straight spine.

Mudra:

Put your hands in Gyan Mudra or in your lap.

Eyes:

Close the eyes.

Mantra:

HAR GURU, WAHE GURU, SIRI GURU, WAHE GURU

Time:

Any length.

End:

Inhale and relax.

Comments:

It is ideal if you can chant this mantra with the person who is dying. (In this mantra, "Siri Guru" refers to Guru Ram Das, who becomes the custodian of the Soul.)

As death approaches, this mantra is to help decrease pain and ensure the liberation of the Soul.

Ek Ong Kar Sat Kartar Sat Kartar Gur Bar Akaal

Mantra for Protection

Taught by Yogi Bhajan - September 9, 1983 - Los Angeles, California USA

The Siri Singh Sahib, Yogi Bhajan came into the Gurdwara during the morning ceremony, which was held at Guru Ram Das Ashram after the full morning sadhana. He walked into the room through the inside door leading from the private quarters and kitchen. He sat down among the sangat members, at the end of the ceremony. It was September 9, 1983. He began reciting this mantra. He said this mantra had been going through his head all night and wouldn't let him alone. So he had Sat Peter Singh (a musician in our sangat at the time) put it to music, and we chanted it there on the spot. During the lecture class that night, we also chanted it before Siri Singh Sahib, Yogi Bhajan arrived to teach.

He then told a story about how Guru Nanak had traveled to a place where a Mogul emperor ruled. The emperor heard him chanting some of Japji, and he knew he must be "similar to a pagan". The Mogul emperor requested that his son go out, and throw big stones on Guru Nanak, and kill him.

Immediately, Guru Nanak began to recite this mantra, and the stones would not even leave the hands of the son. So then Guru Nanak took this opportunity to teach the boy that there is "One God".

Guru Gobind Singh would have his Sikhs chant this mantra when going into battle. When the Sikhs were in battle, and outnumbered, they would chant this mantra, and become invincible, and were not even touched.

It means, "By the Grace of God, God has become my Protector".

Chant this mantra any time you feel in danger and need protection, and chant it when you want victory and invincibility.

Meditation to Change Your Destiny

Taught by Yogi Bhajan - July 9, 1982 - Espanola, New Mexico USA

**Posture:**

Sit with a straight spine in easy pose.

Mudra :

Bring the thumb and index fingers to touch in Gyan Mudra. Place the wrists on the knees, elbows straight.

Eyes:

Close the eyes and focus at the 3rd eye.

Mantra:

Inhale deeply, recite out loud in a monotone the mantra 8 times:

WAHE GURU, WAHE GURU, WAHE GURU, WAHE JEE-O
WAHE GURU, WAHE GURU, WAHE GURU, WAHE JEE-O
WAHE GURU, WAHE GURU, WAHE GURU, WAHE JEE-O
WAHE GURU, WAHE GURU, WAHE GURU, WAHE JEE-O
WAHE GURU, WAHE GURU, WAHE GURU, WAHE JEE-O
WAHE GURU, WAHE GURU, WAHE GURU, WAHE JEE-O
WAHE GURU, WAHE GURU, WAHE GURU, WAHE JEE-O
WAHE GURU, WAHE GURU, WAHE GURU, WAHE JEE-O

Time:

Continue for 31 minutes.

Effects:

This meditation brings deep relaxation, strength and mental clarity. It brings the experience of the soul on the spot; it is soul talk. It enables one to give and keep on giving to a friend. It can change your entire destiny if you do it honestly. If you do this meditation for 31 minutes per day for 6 months you will experience the cosmos before your eyes. If you chant it 2-1/2 hours straight you can command the five tattvas.

If you ever sincerely want to be a yogi, and want to work hard for it, if you have made up your mind that you really want to be one, then do this meditation.

STUDENT: How can we develop the capacity to be a friend, to give endless help?

REPLY: By doing this meditation.

Planetary Meditation with
Ad Such, Jugad Such, Hai Bhay Such
Nanak Hosee Bhay Such
For:
Good Luck & Opportunities

Taught by Yogi Bhajan - September 28, 1978 - Los Angeles, California USA



Mudra:

Relax the elbows by the sides. Bring the forearms and hands up at a 45 degree angle. Do not bend the wrists.

Place the hands together and press the entire length of the fingers from each hand together from the fingertips to the mounds. The palms are spread far apart, they do not touch. Keep the fingers tight together with no space between them. Cross the right thumb over the left thumb.

Make sure that the fingers to the mounds are pressed firmly together with tremendous pressure and that the palms absolutely do not touch.

Eyes:

Unspecified.

Breath:

Inhale and exhale deeply at least five times before beginning the meditation, to open up the lungs.

Mantra:

This mantra must be chanted in a monotone for a minimum of 2 times and a maximum of 5 per breath:

AD SUCH, JUGAD SUCH, HAI BHAY SUCH, NANAK HOSEE BHAY SUCH

Translation:

True in the beginning, True throughout time, True even now, "Nanak, Truth shall ever be".

End:

Inhale and relax.

Time:

Up to 31 minutes.

Comments:

This is a very powerful meditation. It is highly recommended that it only be practiced when there is nothing scheduled for 3-4 hours after the meditation. It can totally take you to a different frequency of your own meditative capacity. For one who chants and perfects it, this mantra has the capacity to open all doors. It is a Kundalini Mantra; it is a diagonal force which opens up and breaks the blocks into two trines, bringing all adversity and bad luck, into the best of the good luck. When things are not moving, chant this. It will set the roots of prosperity into your personality.

Gobind Gobind Haree Haree

Mantra for Mental Purity and Deep Relaxation

Taught by Yogi Bhajan

What It Will Do For You:

This mantra has the ability to make your mind clear as a crystal. It has the capacity to purify the mental bodies and is deeply relaxing.

Mantra:

GOBIND GOBIND HAREE HAREE

As you say “Go”, pucker your lips, as if to kiss someone, and relax them on the syllable “Bind.” On Haree, the accent is on the ‘ee’ which is held a a bit longer.

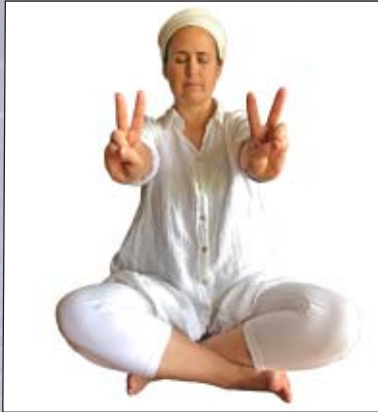
Translation:

Gobind: God, the Sustainer and Support of all.

Haree: God, the fresh green energy flourishing, the healing energy that exists within each of us.

HUM DHUM HAR HAR HAR HAR HUM DHUM

Taught by Yogi Bhajan - May 27, 1981 - San Diego, California USA

**Posture:**

Sit with a straight spine. Extend the arms straight in front of you, parallel to the ground, palms down, with no bend in the elbows.

Mudra:

Bend the hands back at the wrists. The hands form a 90 degree angle pointing towards the ceiling so the palms are flat and face forward. Bend the ring and pinky fingers into the palms and hold them there with the thumbs. Spread the index and middle fingers into a "V" shape, pointing towards the sky. Hold the fingers tight.

Eyes:

First come into the posture, and look straight. Then bring the eyes to focus at the tip of the nose.

Mantra:

Chant continuously in a monotone. Chant from the Navel Point. Pump the navel point as you chant.

**HUM DHUM HAR HAR
HAR HAR HUM DHUM**

Translation:

We are Breath and we are God.

Time:

11 minutes.

End

- * 1. Inhale. Hold this breath. This is a precious breath. Stretch the arms forward and concentrate. Pull tight. Hold 30-40 seconds. Let the breath go. (Don't let the hands get loose.)
- * 2. Inhale deep, and stretch. It will create a totally strong nervous system. Stretch straight forward in the posture, tight. Hold 10-15 seconds. Let the breath go.
- * 3. Once more, inhale deep, exhale deep, inhale deep, exhale deep, inhale deep, deep, stretch forward tight, don't leak out. Hold 10-15 seconds. Let it go.
Relax.

Comments:

This is a meditation of the Celestial Angels. God is my Breath, Breath is my God. In this, how you have transformed the three energies: Sympathetic, Parasympathetic and Action nervous systems. As the circulatory system, nervous system, and pranic bodies are intermixed, then prana and apana combine and cleanse each other. It only takes eleven minutes and if you have already done a good yoga practice it should not even take that long to put you into the space and beyond.

This is the Shakti mantra. Hum Dhum means "I am the Breath of life."

These two words mean:

- *Hum - We,
- *Dhum - Breath.

If you realize that subtlety, that beauty, you can never do wrong.

Cremation Mantra

Meditation to Be Done at the Time of Cremation

Taught by Yogi Bhajan - September 21, 1978 - Los Angeles, California USA

**Posture:**

Sit with a straight spine and place the hands in the lap, palms down.

Mudra:

Grasp the left thumb with the right hand. Then wrap the fingers of the left hand around the back of the right hand.

Eyes:

Eyes are 9/10 closed. Focus eyes on the tip of the nose.

Mantra:

HAREE NAAM TAT SAT TAT SAT HAREE

Chant 3 times on one breath.

Translation:

God Thyself – Thou art Truth. Thou art Truth, O God!

Time:

31 minutes.

End:

Inhale and then for a few minutes chant:

Sat Nam, Sat Nam, Sat Nam, Sat Nam, Sat Nam, Sat Nam, Wahe Guru

in a steady monotone.

Comments:

This mantra is chanted during the time of cremation, as well as when you want to command your own consciousness to higher consciousness.

Meditation for Guidance

Taught by Yogi Bajan - May 27, 1974 - Los Angeles, California USA

2 Part Meditation, up to 22 minutes



Part I: 11 minutes

Sit with a straight spine. Bring the elbows down by the sides. Make the hands into a cup with the palms facing up in front of the heart center.

Leave a fish-like hole between the sides of the little fingers.

Then:

* Bow the head forward over the palms.

* Look into the palms with the eyes almost closed.

Breath:

Inhale in 10 sniffs. With each inhale, mentally recite the mantra WAHO.

Exhale in 10 sniffs. With each exhale, mentally recite the mantra GUROO.

Make each inhale and exhale very powerful.

Eyes:

1/10th open.

Time:

Continue for 11 minutes.

End:

Move immediately into Part II.

Meditation For Guidance Part 2



Part II: 5 to 11 minutes

Straighten the head and spine, and chant WAHO aloud 8 times and then chant GURU aloud 8 times:

**WAHO WAHO WAHO WAHO
WAHO WAHO WAHO WAHO**

**GURU GURU GURU GURU
GURU GURU GURU GURU**

This mantra is chanted in a monotone.

Time:

Continue for 5 to 11 minutes.

Comments:

Build your practice of this meditation slowly up to 31 minutes. At times when the path of truth and clarity seems lost, calm yourself and still your mind, then the path will come to you. In the first part of the meditation, the head is out as if to be sacrificed and given to the Guru or the Higher Self. Besides strengthening your mental direction, it can help with blood diseases. For yogic therapy, this meditation can slowly be built up to 2-1/2 hours.

To live life according to the guidance of the inner truth is essential. If you do not, you will have doubts. If doubts are not removed, then frustration comes in. Frustration, when not released, leads to anger. Anger then leads to destructive action either to the Self, others, or both.

To stop this vicious cycle, create the habit to still the Self and ask questions of your own Higher Consciousness. This meditation can develop that capacity.

Meditation for Stress or Sudden Shock

Taught by Yogi Bhajan - January 29, 1979



What It Will Do For You:

This meditation balances the western hemisphere of the brain with the base of the eastern hemisphere. This enables the brain to maintain its equilibrium under stress or the weight of sudden shock. It also keeps the nerves from being shattered under those circumstances.

How to do it:

Sit straight. Relax the arms down and rest the right hand in the left hand, palms up. The thumb tips are touching and pressed together above the palms. Place the hands one inch above the navel.

Eyes:

Look at the tip of your nose.

Mantra:

Deeply inhale and chant the following mantra **three times** on one breath, in a monotone.

SAT NAM SAT NAM SAT NAM SAT NAM SAT NAM SAT NAM WA-HEY GUROO

The entire mantra must be chanted on only one breath. Use the tip of the tongue to pronounce each word exactly. The rhythm must also be exact.

Time:

Begin with 11 minutes and slowly build up to 31 minutes.

End:

Deeply inhale and completely exhale 5 times.

Then deeply inhale, hold the breath and stretch the arms over the head as much as possible. Hold 10-15 seconds. Exhale and relax down. Repeat three times total. Relax.

Blue Gap Meditation

Meditation to Keep Up with our Children

Taught by Yogi Bhajan - 1973

2 Part Meditation, 38 minutes total

What It Will Do for You:

"The human race is getting into a very mentally sensitive era. The new generation is nothing but a bunch of vibrations. People are going to become more and more sensitive and not understand why they feel the way they do. 90% of people will go crazy. Because of Uranus we are heading towards more sensitive brain activity. The mental mind projection is becoming activated, and controlling and channeling it will be a problem. Out-of-body trips will be almost uncontrollable. The children being born and raised now are much more sensitive than we were as children. By the time we are 50-60 years old we will not be able to understand the children at all, the gap will be so wide."

This meditation will help you handle your more sensitive brain activity and allow you to keep up with your children.



Part I: 31 minutes

Posture:

In easy pose, sit straight and drop the chin forward into the notch of the collarbone.

Mudra:

Place the back of your hands on your knees, palms flat, face up, with elbows straight. Touch the thumbs and index fingers (Gyan Mudra). Bring the other three fingertips to rest at the base of the palms, with the fingers straight, not curled.

Eyes:

Close the eyes. The eyes are focused at the top of the head, the tenth gate.

Mantra + Breath:

Silently vibrate the mantra, **"Saa Taa Naa Maa"** in the following fashion:

- * Inhale: **Saa** – Bring the breath in from the tip of the nose.
Taa – Continue bringing the breath to the top of the head.
- * Exhale: **Naa** – Project up and out of the top of the head.
Maa – Pulling Mul Bandh as you project out to infinity.

Continue this sequence in silence.

Time:

Do Part I for 31 minutes.

End:

Move immediately into Part II.

Blue Gap Meditation Part 2



Part II: 7 minutes

Posture: Bring the head up, neck & spine straight.

Mantra:

Chant out loud :

**SAT NAAM SAT NAAM SAT NAAM SAT NAAM
SAT NAAM SAT NAAM WAA-HEY GUR-OO**

rapidly in a monotone in a steady rhythm.

Time:

7 minutes.

End:

Inhale and relax.

Comments:

This meditation will help us relate to our future children.