


*Spring / Summer  
Meditation*



# Order of Events

Tune In with the Adi Mantra and Mangala Charan

Warm Up with Cat / Cow

Sitalee Praanayam

Laya Yoga Chant

Closing with Long Time Sun & Prayer for Prosperity

# Tune In Adi Mantra

Ong Namō Guru dev Namō

Meaning: "I bow to the Creative wisdom; I bow to the Divine  
Teacher within"

This sacred sound connects us with the divine and sets the  
vibration for your practice. It also 'tunes' us together.

# Mangala Charan

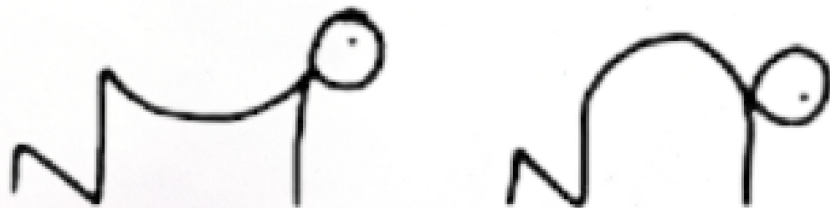
Ad guray nameh, jugad guray nameh, say guray  
nameh, siri guru devay nameh

Meaning: I bow to the primal wisdom. I bow to the wisdom true  
through the ages. I bow to the true wisdom. I bow to the  
unseen wisdom.

This mantra creates a protective energy barrier that  
prevents energy of other people from imposing on your own.



# Cat Cow



# Sitalee Praanayam

"Sitalee Praanayam is the breath of the nectar of life, which cools. Sometimes you don't understand the breath through the rolled tongue. It is very cooling. It is best for kidney and it is wonderful for adrenals. Wonderful, absolutely wonderful for urinary systems, best for testosterone and most helpful to pituitary..very good breath." Yogi Bha jan lecture 11/94

## Practice



Sit in easy pose with a straight spine.

Curl the tongue and extend the tip of the tongue just past the lips (see illustration.)

Inhale through the rolled tongue and Exhale through the nose

Continue for 2-3 minutes

Breath of Fire (to balance the metabolism) 1 minute

Good to do 26x in both morning & evening. This gives you power, strength & vitality.

# Laya Yoga Chant

Laya Yoga chant brings presence to your soul and destiny. It lets your activity serve your purpose, by connecting you with creativity and focusing your attention toward your true priorities. The mantra encourages you to remember and experience the link between you and the Creator, and it awakens the kundalini force that is the energy of creation.

## Mantra

*Practice* Ek Ong Kar Sat Nam Siri Wahe Guru

Sit in easy pose with a straight spine & a slight jalandhar (neck lock)  
Hands at heart center in prayer pose or in Gyan Mudra with wrist over knees  
Eyes focused at the brow point on the Third Eye  
On Ek pull the Navel Point in lightly, and hold. Lift the diaphragm up firmly as you chant each line of the mantra. The "uh" sound is created as the diaphragm powerfully moves up. It is not another pronounced word. Relax the Navel Point and abdomen on Hay Guroo. With the breath, visualize the sound or energy spiraling up from the base of the spine out the top of the head spinning in 3-1/2 spins. (The spin is counterclockwise as though you are looking down at a clock on the floor.)

Ek Ong Kaar-uh (One Creator Creation)

Sa Ta Na Ma-uh (True Identity)

Siree Wa-uh hay Guru (Great Indescribable Wisdom)



Continue for 11-31 minutes

# Closing

## Long Time Sun

"May the long time sun shine upon you. All love surround you. And the pure light within you guide your way on."

## Prayer for Prosperity

I have faith, not fear. Through faith I build a kingdom of inner security. I am blessed with the knowledge in the use of the resources that come to me. I use what I have freely knowing that my supply is continuous. I renounce poverty and accept prosperity as my way of life. Infinite intelligence guides me into channels of right activity. I give freely and receive joyfully from a consciousness of abundance. I am prosperity