

Meditation to Heal the Wounds of Love

February is the month of love—or so our commercial world would have us believe. The truth is, each day, each moment, each breath is an opportunity to dance in the arms of the Divine, to know Infinite Love. How do we prepare ourselves to meet this possibility and make it a reality—with our every breath? Heal the wounds of love and become one with Infinite Love.

POSTURE: Easy Sitting Pose

CHANT: The Four Letters of Guru Arjun to Guru Ram Das from Shabd Hazaray

There are four verses that make up **Shabd Hazaray**. Let's call them 1, 2, 3 and 4 in the normal order that they are read.

To that sound current we interweave the mantra:

Aad such, jugaad such, haibhay such, nanak hosee bhay such.

Let's call that mantra M.

Recite the four verses of Shabd Hazaray and the mantra in this order:

M, 1, M, 2, M, 3, M, 4, M, M, M, M

EFFECTS: Repeat this sequence 11 times to have the deepest effect. If you want to change your relationships, drop the pain, empower them with clarity, sensitivity and authenticity do this 11 times once a day for 11 days. Of course you can do it each day for as long as you feel necessary or as long as you are enthralled with the beauty and space it creates.

COMMENTS: These sounds are mantras—verses—written in the form of letters between Guru Arjun, the fifth Guru, and Guru Ram Das, his father, the fourth Guru. There was perfect longing, love and fulfillment in the sentiments, feelings and projection of these letters. Repeating these mantras takes you out of the normal internal chatter and emotional games of the mind we usually live with. It purifies, aligns and strengthens the heart and soul.

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<http://www.youtube.com/watch?v=-cyIRIAJoAE>