

## **Meditation for a Neutral Mind**

It is easy to hear a truth and difficult to live it, to embed it deeply into your heart and mind. The Neutral Mind opens the gate to that deep remembrance of the self and soul. Jappa done with the refined Neutral Mind leads to Naam chit aveh. The Neutral Mind lives for the touch of vastness. It lets all other thoughts be without disturbance in your constant inner light. Sit in easy pose with the spine straight. Put both hands in the lap with the palms facing up. Rest the right hand into the left. The thumb tips may touch or not. Remove all tension from every part of the body. Sit straight by achieving a balance. Close the eyes. Imagine seeing yourself sitting peacefully and full of radiance. Then gradually let your energy collect like a flow at the brow point. Let the breath regulate itself into a meditative slow, almost suspended, manner. Concentrate without effort at that point and mentally vibrate in a simple monotone, as if chopping the sound, projecting each syllable distinctly:

**Wha-hay gu-roo**

Infinity identity from darkness to light. Call on the higher self and keep going steadily through all barriers. Let go and let God. Practice this meditation for 11 to 31 minutes at a session ©  
*The Teachings of Yogi Bhajan*