

## Guru Ram Das: Rhythmic Harmony for Happiness

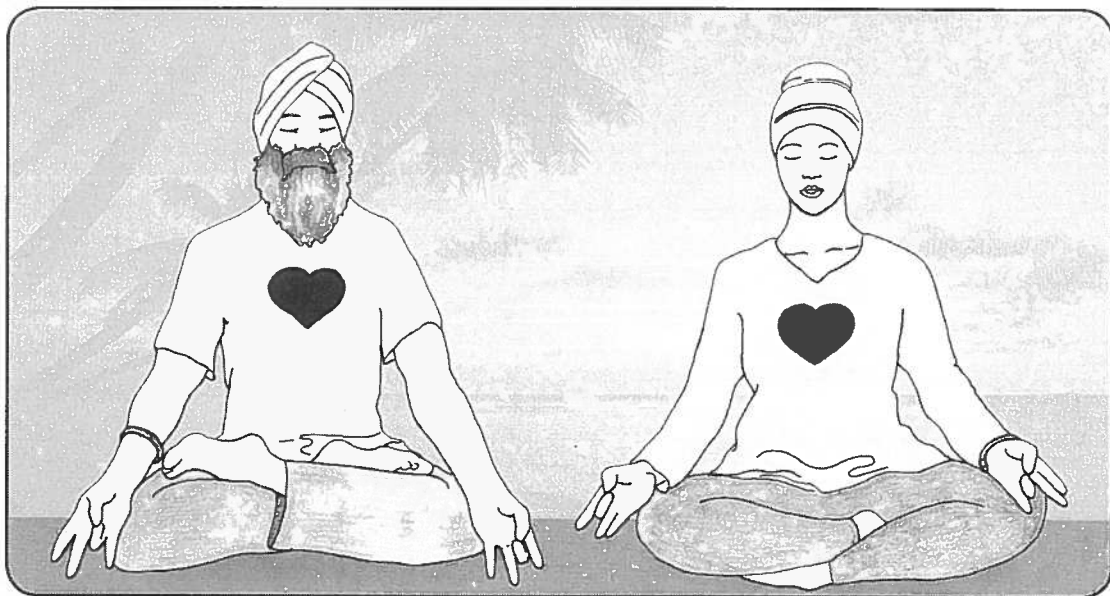
Sit in a peaceful meditative pose. Keep your eyes one-sixteenth open. The mudra is gender specific:

**Men** make the mudra with the left hand, touching the thumb and the Saturn (middle) fingertip. With the right hand, they touch the thumb to the tip of the Sun (ring) finger.

**Women** make the mudra with the right hand, touching the thumb and the Saturn (middle) fingertip. With the left hand, they touch the thumb to the tip of the Sun (ring) finger.

Rest the hands on the knees and chant in a soft monotone: *Guroo, Guroo, Wha-hay Guroo, Guroo Ram Das Guroo*. Each repetition takes about 8-10 seconds. Practice time: 11-31 Minutes.

*Guroo, Guroo, Wha-hay Guroo  
Guroo Ram Das Guroo*



Yogi Bhanan said that this meditation is "to bring to the self a meditative peace. This is a *maithuna*; it is so vibratory even your lips, your upper palate, your tongue, your entire surroundings feel a vibratory effect. It's my personal mantra. It was given to me by Guru Ram Das in his astral self."