

MEDITATION TO UNLOCK THE JOY!

(*Reaching Me in Me*, aka 'Surrounding Yourself with Protection (Chii-a* Kriya),' pp. 63-64)

Center yourself with 3 deep inhales and exhales.

Posture: Sit in Easy Pose.

Mantra: *Har Haray Haree, Wahe Guru.*

Meaning of the Mantra: This is a Shakti mantra plus a Bhakti mantra. It expresses the three qualities of the word *Har*, the Creative Infinity: seed, flow, completion unto the Infinite. This mantra can bring you through any block in life.

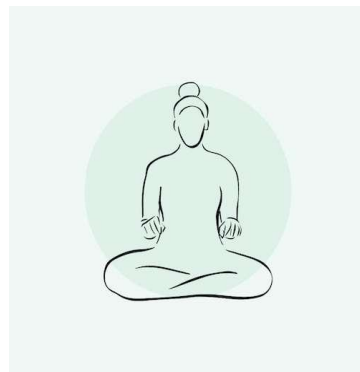
Breath: Will come naturally as you chant.

Mudra: Gyan mudra (touch the thumb tip to the tip of the Jupiter (index) finger). The other fingers are relaxed. With your hands in this mudra move your arms in the sequence below.**

Eye Focus: Close the eyelids. Look above your nose between the eyebrows.

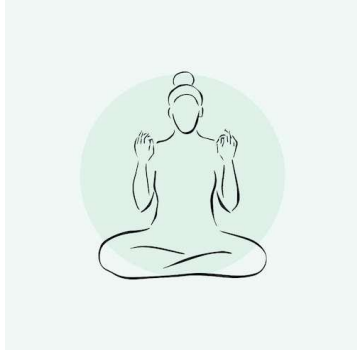


1. Chant ***Har*** as you stretch your arms out to the sides with the palms facing forward. Keep your elbows straight.



2. Chant ***Haray*** without bringing your hands near your shoulders, move your hands directly in front of you with your palms down, elbows by your sides and your forearms pointing straight out in front of your body.

3. Chant ***Haree*** as you bring your hands up to your shoulders, palms facing out.



4. Chant **Wah**, using the same as position as in step 1, with the arms out to the sides, palms facing forwards.
5. Chant **Hay**, moving your hands directly in front of you with your palms down (as in step 2), elbows by your sides and your forearms pointing straight out in front of your body.
6. Chant **Guru** and bring the arms back up to your shoulders, palms facing out.

Time: Continue for 11 mins (or you may start with 3, 5 or 7 mins).

End: Inhale, suspend (hold) the breath 15-20 seconds, keep your arms in position #6 and squeeze your ribcage as you stretch your spine upwards.. Exhale. Repeat this sequence two more times.

Comments:

When nothing in your life works; if all shelter, hope and **joy** are gone; when your friends and enemies have left, do this meditation.

“It has six sounds, don’t take it as a mantra, these are six unchangeable sounds.

What surrounds you is six: the four directions and up and down.

Meditate on these six in this way and they will cover you.

It is not an obligation; it is a directive.”

***Chii-a** is the Gurmukhi word for six. In this meditation there are six unchangeable sounds which affect the six directions.

Thank you to **Serpentine Yoga for the use of their online graphics to illustrate this meditation.