

Meditation - Power of Prayer

(Fountain of Youth, Kundalini Yoga as Taught by Yogi Bajan, p. 45)

Posture: Sit in easy pose or in a chair with a straight spine with a light neck lock (*Jalandhar Bandh*).

Focus: The eyes are closed.

Breath and Mudra: Meditate to the sound of the mantra *Rakhay Rakhanahaar*. Pray silently. Hold each of the following positions for one line of the mantra and repeat the cycle.

Prayer Pose - Bring your palms together at your heart center applying a slight pressure to your sternum with the knuckles of your thumbs.

Rest your hands at the heart center. The finger tips of both hands are touching.

Bring your hands back to Prayer Pose.

Rest your hands on your knees.

Mantra: *Rakhay Rakhanahaar* is a victory song which allows us to be guided by God's graceful and merciful hand. It does away with the obstacles to fulfilling one's destiny.

Rakhay rakhanahaar aap ubaaria-an

Gur kee pairee paa-i kaaj savaari-an

Hoaa aap da-iaal manaho na visaari-an

Sadh janaa kai sang bhavajal taari-an

Saakat nindak dusht khin maa-eh bidaari-an

Tis sahib kee tayk Naanak mania maa-eh

Jis simrat sukh ho-i sagalay dukh jaa-eh

Jis simrat such ho-I sagalay dukh jaa-eh.

Meaning of Mantra:

The protector who shields all has liberated me.

By falling at the Guru's feet my life is made beautiful.

He is the merciful One who does not forget.

In the company of saints you can cross the ocean of fear.

The worshipper of this world, slanderers and enemies he destroys.

O Naanak, take refuge with the Lord in your mind.

Remembering Him, you shall have peace and suffering shall depart.

Time: Continue for 40 minutes.

End: Not indicated. Inhale, hold briefly and relax.

Notes from Yogi Bhajan: *“Do a prayer with your head and your heart, like Jesus on the cross. No prayer on earth can save you but your personal prayer. Pray that all misfortune and negativity shall depart. Always pray for light, bright, victory. You can do this meditation for as long or as little as you like.”*

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