

The Magic Mantra

April26, 1976 Excerpts

"Ek Ong Kar, Sat Gur Prasaad is most powerful of all mantras. There is not anything equal to it, nor can anything explain it. Ek Ong Kar, Sat Gur Prasaad is a pritam mantra, the entire Siri Guru Granth Sahib is nothing but an explanation of this mantra. It is so strong that it elevates the self beyond duality and establishes the flow of the spirit. This mantra will make the mind so powerful that it will remove all obstacles.

"We call it the "magic mantra" because its powerful effect happens quickly and lasts a long time. But it has to be chanted with reverence in a place of reverence. When you meditate on this mantra, be sure that your surroundings are marked by serenity and reverence and that you practice it with reverence. You can mock any mantra you like except this one, because this mantra is known to have a backlash. Normally mantras have no backlash. When you chant them well, they give you the benefit, but if you chant them wrong, they don't have any ill effect. If they don't do any good, at least they won't hurt you. But, if you chant Ek Ong Kar, Sat Gur Prasaad wrong, it can finish you. I must give you this basic warning. This mantra is not secret, but it is very sacred So chant it with reverence, write it with reverence, and use it with reverence.

"Normally we chant to God before practicing this mantra. Either chant the Mul Mantra (Ek Ong Kaar, Sat Naam, Kartaa Purkh, Nirbho, Nirvair, Akaal Moort, Ajoonee, Saibhang, Gur Prasaad, Jap: Aad Such, Jugaad Such, Haibhee Such, Nanak Hosee Bhee Such) or the Mangala Charan Mantra (Aad Gureh Nameh, Jugaad Gureh Nameh, Sat Gureh Nameh, Siree Guroo Deveh Nameh) before meditating to prepare yourself" YB

760426 Meditation With the Magic Mantra

April26, 1976

Mudra

Sit in a comfortable meditative posture. Lift your hands to the level of your heart, palms up, elbows relaxed by your sides. Form a shallow cup of your hands by placing the side of your hands together from the base of the palms to the tips of the Mercury fingers (pinkies). All the fingers are together but not rigid. Open the thumbs out away from the hands. The cup is not deep, the edges of the cup are about thirty degrees up from the parallel plane.



It is important to keep the "line of Mercury" connected; the outsides of the hands touch from the Mercury fingers to the base of the palms. Normally there will be no opening whatever, but some people will have a gap between their little fingers. Keep this gap to a minimum.

Close your eyes and look into your hands through your closed eyelids. Chant "**Ek Ong Kaar, Sat Gur Prasaad**" in a monotone, letting the breath find its own pace. One repetition of the mantra takes between four to five seconds.

31 Minutes.

Begin with three minutes and work slowly up to the full time. Thirty-one minutes of this meditation can keep you in a very elevated state. Practicing this over time can give you a certain stimulation which is beyond explanation. Remember to practice this mantra with reverence in reverent environments at all times.

Audio 14 minutes



LECTURE

760426 Magic Mantra

...Songs....

Yogiji's 3HO 6:15 advance class Monday April 26th 1976.

Songs...

YB: Oh she left the title.

(Student's laughter)

In the cross section of our fiber which is our personality, our dignity and integrity. We are all in equal trouble I am almost forty-seven year old and in my research I have read the history of many, many, many men. But it is surprising to see that people have not yet established one little small thing in their life. That is in this woven fiber, this is woven fiber it is north to south and east to west or west to east and south to north doesn't matter. As the weave goes you have to explain through yourself the trend who is the lover and who is the beloved. The problem of the society is that today you are a lover tomorrow you are a beloved and doesn't work that way and that's the tragedy of all human. One is a giver and it's a giver and giver for all time to come and one is a taker, he is a taker, taker for all time to come. It cannot be you are a giver and a taker and taker and a giver and back and forth. First you give attention you give attention and you go and find the attention till the end of you. Because love is a one minded, it has no duality in it. It is beyond polarity that's why it is beyond space and time, now in our phenomena of life we do not have the spirit in the right direction we believe that if we love somebody then somebody should return in love, if we hug somebody, somebody in return should hug us. If we care for somebody, somebody in return should care for us. Now this is a fundamental betrayal of a human existence because law of level in the cross fiber does agree to one factor level shall always be determined once for all. Now you can't say yesterday this mountain was twenty thousand feet high and today it is seven feet below the sea level can you do that? Is there something like that? If a man is a lover and he is a lover throughout or if a man is beloved he is a beloved throughout it does not relate to sex, it does not relate to position. It is beyond environments and circumstances.

Well, don't talk of America where people do not live they only cash on emotions. And when you cash on emotions then you are cashed on emotions too. That is why I have found out in this country if you people are not going to change your pattern and lifestyle you can never be happy granted. Now I after seven years of being in this country I can vouch very clearly and honestly those who shall not change their pattern of life will live miserably. Because you have reached a point of emotional insanity and in character you have found yourself so weak that you do not apply yourself to the basic characteristics of human support. There is a beauty in human mind when I say and I stick to it, if that is missing what kind of human you are. If you love, love, keep on loving and to the end of you, today you love tomorrow you hate, today you are good, tomorrow you are bad what is this going on? I have a doubt, today I have a understanding, I have understanding yesterday I had a doubt tomorrow I will have a doubt people are so much into the future that's why your normal saying is I don't know, I can't say it, I don't believe. Within yourself there is a self which is your basic foundation, have you found that self? Everything else which you are trying to find know and feel has no values. I have never seen a single person who doesn't want to be loved. Now tell me how you can be loved when you do not have a foundation, which one, one has to love. That floating self, that floating personality, which is nothing but a bunch of emotions. In the morning he tell you good morning I love you, in the afternoon it curses you, in the evening it run away, at night it disappear. You make a statement you do not mean it, you mean it you don't live it, you don't live it you expect somebody to believe you, what is going on. I mean to say you do not even not only you don't find yourself you do not live it and then you expect peace, happiness, divinity, God. You want to live in a camouflage. you want to cover things, all right cover them cover them once for all. In the cross weave just cover them. No, you don't do that, you cover them when you want it and you open it when you want it. And you are not you because you have not found who you are. In human relationship in psychological behavior in your category of love and likes you have no purpose of sincerity, sincerity comes from the spirit, separate come from the self, self come from the experience of self, experience of self comes from the knowledge of self, knowledge of self from the infinity of self. What you have found? Where are you? Who you are? What area of stay you have touched? Being miserable and making everybody else miserable do you do anything more than that in human life?

Is it that your achievement is so limited? Have you understood your beauty? Have you understood your personality? Have you understood the truth about you? Even the prophets have said you have been built in the image of God and I say little further than that you are the only one faculty available on the planet Earth which can talk, feel and lie about God. Everything other than a human is normal and the fundamental cross problem of the total polarity of law of life is that your life is a challenge to yourself and instead of accepting the challenge and knowing the challenge and living

within the rule of the game you are trying to divert that challenge you want somebody else to accept the challenge of life. Now this is not possible.

You know one guy walked into a village and somebody looked at him and he said, "You look very beautiful."

He said, "Yes sir."

"What do you know?"

"I know cooking."

"What else?"

"I know serving."

"What else?"

"I know grazing, I know this, I know everything, yes, yes, yes, yes..."

"What you like for the salary?"

He said, "Nothing, I want to live have a living place food and clothes to wear and sometime little bit money here and there."

He said, "Very cheap."

He said, "Yes, sir I am very cheap."

"Why?"

He said, "Because I have one difficulty."

"What is your difficulty?"

He said, "Once a while I freak out."

The gentleman thought once a while, "what do you mean once a while?"

He said, "Just one time in a year."

Look around he said, "Well, I accept you."

The guy started working the work was so beautiful he built such a faith that he was unbelievable meanwhile his guest came and he saw that worker, he say, "Hey so and so you have employed him?"

He said, "Yes."

He said, "Do you know he totally ruined me?"

He said, "What do you mean ruined don't talk about him I don't want to listen he is my special servant and he is so cheap and he is so good and he is available and my God what kind of friend you are."

He said, "Look, he served me also once a while did he tell you once a while he does one thing?"

He said, "Yes."

He said, "What he did with you?"

He said, "He did one thing very wonderful."

He said, "What was that?"

He said, "He served us so well for one year that we thought that God in heaven has sent an angel to us till one day he told my wife that I am very sick and I want copper oxide to be mixed in the food so that I have to put on this sick place of my body. So he got copper oxide put in the food and told me that my wife has sent a special gift it should be immediately eaten."

And this man said, "Well, he wanted to poison you?"

He said, "No, that was his ordinary goof."

This guy confronted him, He said, "Do you know this man?"

He said, "Yes sir."

"Did you serve him?"

He said, "Yes sir."

"What you did to him?"

He said, "Nothing, I am a very truthful man I don't do anything."

"But something."

He said, "I did told him and I did told you, once a while I make a goof."

He said, "What is this goof that you wanted to poison this man?"

He said, "Sir, goof has no limit."

(Student's laughter)

"I never said I am going to goof this much or that much all I said one time to goof."

This is what your life is, you build it through the time and space of year and year and time and then without knowing any situation or finding any foundation you just goof. Many, many lives you work to have a human body of intelligence of awareness to find the truth, you request for it you pray for it and you work for it. When it is given to you then you goof, in real essence in life you never determined the flow, pillar is supporting the roof. Instead of supporting the roof if the pillar star hammering the floor can there be any home? It has to be a determined flow, who is the lover and who is the beloved. Who gives whom that should give who enjoys in infinity of giving and that should take who enjoys in infinity of taking. It has got nothing to do with sex, position, time and space. You know those relationships somewhere you just like to give it makes you happy to give and if you give and the other person refuses it hurts you. And somewhere you like to take and if you can't take, it really hassles you. But the problem in this whole belittlement of our limited world is we are not honest about it. That's why our soul suffer because we play the material game we play the dust the Earth, against the ether. If giver knows that giver is a giver and giver is going to give, let the giver give and the taker knows he is a taker and let him announce his identity that he is a taker and let him take. If the taker takes and the giver gives there shall be always be a balance and happiness. But when a giver gives and taker doesn't receive what it causes, overflow. It creates a mess. And that is what is mess we talk on this Earth.

Woman marries the man they live happy they have honeymoon they promise each other, moment she gets pregnant she goes crazy because she is no more a young married woman, then she delivers a child she forget about husband who was also a part of all that problem, she becomes totally independent, child and she and she and child. Then poor man start looking left and right, so the men. Marry the woman honeymoon beautiful darling she becomes pregnant now she cannot cater to his emotion physical and mental all that, he start going round and looking left and right. Why? There is no stability. There is no direct communication between the two human there is no establishment of the relationship, who has to take and who has to give. That's why in all your action in subconscious and conscious mind you try to prove you are great. Why you have to prove great? Somewhere you might have to prove you are weak. It is not essential then every corner of your life you have to prove you are great? Live to reality.

I remember and I never forget that instance there was a student of ours and she had a baby child and she wanted me to hold the child, I held the child and I started playing with it, after a minute she came with a terrible anger. I looked around, I said, "Have I done something wrong?"

She said, "Yes, you have not handled it right."

And while snatching the child she bruised the child.

And I said, "Yeah you have handled it really right."

And she looked back she said, "You know Yogiji this is my child."

I said, "Yes fool, it is definitely yours."

And then I closed my eyes and I cut my tongue I never wanted to say one thing more, which I could say very affectively which was a truth in time to come. At that moment I wanted to tell her that this child is so and so and he is going to this, this, this in your life and you are going to get through this, this, this. But I just stopped, I let her be, law of karma is a law of infinity, until you are not exalted by the power of the holy naam and builds up a communication with the divinity of infinity and you do not put up your fiber into that projectile state of consciousness you cannot escape from the cause and affect. Within this woven fiber you wanted flat, can this be possible? The law of nature is everything is around. Have you seen anything grown naturally square or triangular? Because everything has to have a start of the point and D, destruction. Every height has a low, everything has to have a flow, everything has to have a direction even the magnetic waves have a direction, you are the only one who have no direction.

Today you give somebody everything tomorrow you want everybody else to give you everything, impossible. And you have been a taker and you keep on taking and the other man gives and you stop taking what happens? Something that giving has to go if you don't take somebody else has to take. If nothing will take it will overflow. And that has brought a very beautiful human setback instead of drawing the attention of another person by a tantrum which you are all very expert in you could win the heart by service, Seva. Simran gives the power of seva people who do not do the Simran cannot do seva, selfless service, selfless service is a constant giving that makes you a giver and God real form is a giver. If you want to see a personified God, personified God is a giver. And there are two ways of giving charity and present. Charity you give to the low and present you give to the equal or to higher. Things may be the same but with giving of a present there is a grace and in a charity there is a pride and a height, oh I gave. While giving as a present you feel grateful if somebody accepts it. While giving charity you don't care, mostly in charity your ego is involved because you could give therefore you gave. Both are giving there is no difference in that, paying attention is paying attention one is paying attention to the tantrum other is paying attention to beauty of the soul. One is living with somebody with confidence one is living with somebody like a volcano God knows when it is going to burst out.

I always used to say somebody can love a miss or a mess. Miss is which doesn't miss anything positive and mess is where there is nothing positive. After all in every relationship in this world of ours our mind has a great expanded self and you can be betrayed once, twice, three times, four times, fourth time you may not accept that as betrayal because you have been hurt so much now that hurt doesn't bother you. Many people, eighty percent of humans live with a hurt self, sometime the wounds are so many that another wound doesn't bother. They call the state of numbness. Sometime when an individual behaves lays the tantrum the other man is a giver he gives attention another tantrum gives attention, it becomes a routine it takes a route. As the patient of the cancer knows that he has to live with it till it finishes it and then in that helplessness he lies hopelessly. That's why most of our relationship are hopeless they are relationship, they are our relationships, but they are hopeless they are hopeless in the sense because it is an injury after injury after injury, after injury, finally the cuts becomes so deep and so sore no injury bothers. You go on listening to lies and lies and lies and lies and sometime it comes to a state of consciousness you don't care who lies and who speaks the truth. And it is not all eastern it is total western, don't cry wolf. You know that story you know that story from as a little child. Don't give false alarms don't cry wolf but when the wolf will come nobody will come because you have already exhausted their patience and their compassion.

Why you do it? Question is not that stop doing it, you won't stop doing it until you do not know why you do it. You do it because you do not establish the level from which end has to flow to which end. Who is the giver and who is the taker. To start off the relationship somebody becomes a giver and somebody become a taker, in the middle of the relationship taker wants to become giver and giver is forced to become taker in the end of the relationship both do not know who is the taker and who is the giver.

Guru Nanak said very beautiful,

"Ek na kahi dosarey manee Nanak jano dono gyani"

Both are wise one has said other has agreed. You think there is no beauty in said and agree? Then you see people neurotically arguing, it is very vitally said God gave us the precious life and we wasted in time and space of arguments. Argue such a nature in arguments we are so afraid of giving and we are so afraid of taking.

Once somebody told me such and such person is very greedy he accept anything you give him.

I said, "All right we'll try to see that I'll go every week to invite him and take a present there at home. On fourth day he told me, he said, "Bhajan wait a minute what are you up to?"

I said, "What is wrong with you?"

He said, "Have you come to invite me?"

I said, "Yes."

He said, "No, I am not going to go, why you are inviting me?"

I said, "You fool you always don't care you accept everything that's your reputation and I am inviting you to take you out on dinner what is wrong with you to go?"

He said, "No, no, no, what man one dinner, two, three, fourth now this is fifth dinner what is going on?"

I said, "Nothing I just want, I enjoy to take you out on dinner."

He said, "No, no, no I don't believe you there is something fishy."

I said, "Well, what the hell you have not to believe me for. I am telling you that four times I took you to the dinner did I ask you anything?"

He said, "No:"

I said, "I am taking you on dinner just watch."

He said, "Okay, okay I'll go with you."

We went, we had a dinner and then I dropped him back, didn't say a thing and I appeared the same day and the same time of the week, I said, "Hi so and so."

He said, "Now what? Again dinner?"

I said, "Why, why you are losing your heart, come on let us go for a dinner."

He said, "Today absolutely not."

I said, "What is the position?"

He said, "You have dinner with me."

I said, "How can it be?"

"I am going to take you tonight on dinner you have not eaten I know you are waiting for somebody to come I am here, let us go for dinner."

He said, "No, no, no you are putting me to shame."

I said, "What shame? Five times you have not been ashamed now what is wrong in the sixth time?"

(Student's laughter)

"And what is shame about it? I enjoy serving you dinner."

He said, "Wait a minute then I am missing something."

I said, "Yes, you are missing not trusting me right now let us go for a dinner not mess up a dinner."

You know you will be shocked to know I took him on a dinner that day he couldn't eat anything.

He said, "I am not hungry."

Came the next week the same day the time I went there, there was a lock and there was a note, I have already eaten and I am gone.

(Student's laughter)

There was a note hanging outside, I have already eaten and I am gone please don't wait for me.

(Student's laughter)

You know I won't give up I took the backyard and I took the staircase and I went in and I found him sitting there.

I said, "Where are you gone?"

(Student's laughter)

"And who has eaten?"

He said, "But how you knew I am inside?"

I said, "The note was written in such a hurry that I knew after writing the note you must only could have gone in."

He said, "You mean I have to go for a dinner even today?"

What I am trying to emphasize to you, you do not know your nature because you do not establish direct relationship therefore you do not know who is the taker and who is the giver and you all live in a mess. The fundamental the foundation of our relationship is based on total non-reality. Guru gives the disciple takes, Guru gives the discipline disciple takes, when the Guru gives the hard discipline disciple refuses to take. Why? Established relationship one is a giver the other is a taker. Now after a while the disciple thinks he is the Guru, let me give little experience to the Guru, they start commenting now you are old the time has changed modern technology has changed. This is what children do they think their parents are insane. They are not insane parents are not insane the problem with parents is they just want to give everything they don't care whether it is a garbage or it's a good thing. By habit they want to give. And it is very difficult for children after certain age and time to take anything. Don't take and don't refuse, you know where we spoil the relationship, in refusing. You know why we are refusing? Because we are not aware what we are taking, what for we are taking and what for somebody is giving. The relevancy of life is a direct challenge and things will never change in your life if you will not try to find the fundamental self and the fiber in the self and self in the fiber. One has to say other has to obey, if the obedient has to start saying and the saying has started obeying the relationship is finished there is no flow. Teacher teaches student learns it relationship is established, otherwise its argument. Back and forth, back and forth. Now problem is you look at the reality of your life you are all tired and sick of this back and forth. Therefore one should not start relationship without establishing who is the giver and who is the taker.

In our married life one is a male one is a female, one is a ying and one is a yang. Nobody establishes this thing wait a minute who is going to give and who is going to take. Who is going to lead who is going to follow. They never established this. They both want to lead, they both want to follow and they never reach anywhere. In a house also the same problem happens. But in a job the boss says and you don't obey you go.

(Student's laughter)

And there you follow why? Because it is required to be in harmony you think the same harmony is not required in home, in relationship among friends? This unestablished direction of life creates many, many problem in many, many lives.

I have also seen a relationship where woman was the boss and the husband was the servant. They were most happy, once I asked the servant, I said well we are going on a tour.

He said, "Yeah."

I said, "There are four days, could you tell the home government to allow you to be on four days at my disposal or she wants to be you at her disposal."

She said, "I'll check and see."

I said, "Well, I'll be on the other line."

So he called, he said, "Hi darling how are you, fine."

He said, "Well, if he says you got to go on tour with me and there are four days I have three options, one is you can come and join me the other is I can come and join you or I can be at his disposable."

She said, "Do, what he says."

I was on the phone line here I said, "Well, you are a great boss, you know how to keep the servant in tune."

He never felt freaked,

He used to tell us in conversation, he say, "Well, folks."

Once we said all right; let us pool a lottery you know all the officers put a X amount every month and one officer should take away all the money to do whatever he likes to do, so in a couple months we all will get X amount at one time and we'll pay little, little, little and we all agreed.

He said, "Wait a minute I'll tell you tomorrow."

And we agreed, we said, "Yeah, we know you."

Until the home department doesn't clear your action you can't say yes and no.

He said, "Well, that's the way I want."

After a while his reputation become so good we used to call him home department direct.

(Student's laughter)

In any emergency we'll pick up the phone and we'll say, look ji this is the situation and he is going to ask you anyway could you just tell us what is it? Yes or no so that we can start the negotiation. And in my experience she never said wait I'll think or discuss with him, either she will say come out yes or no, established relationship.

I remember once I told him I said, "How about coming just about one minute straight on night duty?"

He said, "Well, I do not know I have to check it out."

I said, "We have already checked out you can be allowed."

He said, "Then its fine with me."

Side-B

So in experience you have to understand there is no question who has what ego, who is a male chauvinist and who is a female brute, that doesn't work out. Why we call it female brute in the psychology because the fineness of behavior and temperament is woman first treat and when she loses that she is nothing but brute. And male has absolutely a defenseless situation because he is a multiple in time and space so he has to protect himself with nothing but a totally monstrous ego, these two are essential at times. But not for those who have established themselves in a gentle awareness, now this little world of ours, which we live how many relationship we can create? On average person has fifty friends maximum, fifty two is the number you count your life. Even you can ask your daddy, very rare shall be a person who will have, acquaintances I am not talking in friendship you can have only fifty-two relationships. You are not made humanly more than that. In group consciousness you can be multimillions and you don't care because it's a kind of a flow and flood like a lava everything goes that way. And in misery you can be hurt only one hundred and eight times. If tragedy after tragedy hundred eight tragedy you will be through, voluntarily you give away the life to live, desire to live. To avoid hopelessness one has to establish what they call is flow of the spirit that is where the word came leader, who shall lead. I always see this picture that in the frozen wilderness there is no chance of life, a team of huskies time themselves together and they pull together the weight till they reach the point of safety. Moment they are told with

the lash go they don't stop because they know that what they are rescuing from this wilderness of this frozen wilderness of this part of the world if they do not make it in time they shall be frozen with it. Therefore everybody puts his best, common danger and common goal brings unity. But common danger and common goal where bring unity and unity builds up the highest average of power in the human potential there is a danger of false leadership. But the right leadership in consciousness shall make things easy and the qualification of leadership it has to be impersonal. And it has to be personally impersonal anytime leadership is personal it will end up in disasters. Therefore it's the constant flow of the energy in the world of our own fiber we do build a surface but we must establish the flow. And it must be automatic, it must be straight and it must be the beginning of everything not the end. If you ever want to be spiritual you must establish the flow of the spirit.

"Tan phirey na akihey ben ikatthey hoey, ek jyoth duo moorty tan phir kahey sohey"

Don't call them great those who sit together and live together and be together for many purposes or many things, ek jyoth do moorty, those who have one spirit in two bodies they are the great. And sometime you are confused mind said if somebody tell me weird things should I obey or not? No, fact is if you have the capacity to tell a weird thing and whether the other person obey or not and if you know the person is going to obey what you are going to say you will never say weird thing. Do you hit and kick your pets? No, because you know the guy is going to obey. Happiness of life even does not start showing up if the relationship is not established who commands and who obeys. But the problem is everybody is afraid of the fact to establish it. Because that is the belittlement of the mind. And it takes centuries and traditions and family after family and generation after generation to establish a rightful way of life. It takes a lot of sacrifice. It takes a lot of doing. The example in the Sikh Dharma you can understand is of the Guru Amar Das, every year Guru Angad used to give one turban tie it, when he was asked to be ready for the Guruship they had to unwove twelve turbans. And you know when the turban is not removed for twelve years what shall happen there. And they brought the man before the Guru, "Sir we can't wash his head."

And Guru Angad said, "Amar Das what you have been keeping this eleven turbans for?"

He said, "Sir, it's a very simple thing you said me tie it you never said untie the first and tie the next, you said tie it so I tied it, next year you again said tie it I tied it and thus one over the other this is the twelfth you said tie it, it is here. Where is my fault?"

Guru Angad said, "Amar Das who so ever shall even dream of you the darkness of the evil shall not even come in shadow over that being. And Amar Das one who shall follow you, who shall follow you if one think of Him the godliness shall dawn in the radiance of that being."

Has anybody ever achieved anything without the law of obedience? Has anybody got any gift without proving that he is obedient, his love means anything other than ultimate obedience? If you have any other comments you are still mistaken as human beings you should start walking on four legs. Human caliber is obedience to the infinite spirit, which we'll take up in the series of the little world next and now we'll have a meditation which should elevate our consciousness to the extent to see and say the righteousness.

The posture is very simple, posture is just exactly the same, it's a open hand but the little finger the pinky meets all the way eyes are closed but just looking into this hand. The mantra with this is Ik ong kaar Sat Guru prasad this is the only great posture which you must do because line of communication life of mercury must be joint together between the Ida and Pingala left and right hand remember that. And there should be no disconnection and the mantra is Ik ong kaar Sat Guru prasad. Could you please chant it with me?



The class chants: Ik ong kaar Sat Guru prasad....

Inhale, relax half an hour of this can keep you enough high and practice of couple days can give you a certain stimulation which is beyond explanation because the mercury line is when joined it's very rare in human body that you join the mercury line. There is nothing big in this only simply pinky from the end to the end is joined together. This line of

the hand and this line of the hand they are connecting together and there should be no gap that's all and the hands are just like that in a very simple form. But just keeping the hands together does the whole thing. And mantra is a worded mantra Ik ong kaar Sat Gurprasad.

Yes?

Student: (....)

YB: No, they are not to be staggered they have to be totally equally and totally straight from that point down the way.

Student: (....)

YB: Well, the nature means something indifferent normally there should not be a space, your case must be abnormal, as much there shall be in between less pressure and flow, it is not a question of that you are some people once a person had a situation that his half of the pinky was chopped off, we found it out in his progress it didn't bother much but it did make little difference. Because in the scripture it is not written what that shall do therefore there cannot be any comment why don't you do it and check it out yourself? What it will do? Ik ong kaar Sat Gurprasad is the most powerful and potent mantra of all the mantras. There is neither anything equal to it, neither anything can explain it. Ik ong kaar Sat Gurprasad is a pritham mantra entire Siri Guru Granth is nothing but explanation of this one mantra. And its combination is so strong that when you do the japa, Ik ong kaar Sat Gurprasad its combination is so strong that it elevates the self beyond the duality and it establishes the flow of the spirit. If you meditate on it, it will make the mind so powerful that it will remove all obstacles and establish the flow of the spirits. We also call it as a magic mantra because its affective soon and positive and its durance, its very durable, therefore please remember there is a one problem with it, if it would have been so easy everybody would have chanted it. It has to be chanted in a place of reverence and with reverence. When you meditate on this mantra just see the place and the surrounding has a serenity in reverence and you do it with a reverence. You can mock on any mantras if you like but except this. This mantra is also known to have a lash back. Normally mantras have no lash back, you chant them well they give you benefit. But then when you chant them of topsy-turvy they don't have ill affect like this homeopathic medicine. If you won't do good to you it won't do any bad. But allopathic medicine if given wrong can take you through, so that is why coming on this chant and giving you this mantra I like to give you a basic warning. It is not secret but it is very sacred, so chant it with a reverence, write it with a reverence and use it with a reverence. Normally we were told when you start meditating for this mantra chant to the God first either chant first once mool mantra,

"Ik ong kaar Sat Nam karta purakh nirbao nirvair akaal moorat, ajoonee saibhung Gurprasad, jap."

"Aad sach, Jugad sach, Hai bhee sach Nanak hosee bhee sach."

Or mangala charan,

"Ad Guray Nameh Jugad Guray Nameh

Sat Guray Nameh Siri Guru Devay Nameh"

Or some other mantra before it just to purify the sense of saying and then go. These are the only precautionary steps which should one take.

The class sings: May the long tine sunshine upon you....

Oh divine in every divided cell of the being, oh beyond bound by the power of love, oh unknown known through thy creation and self oh giver of the imagination of thee and infinity and the caretaker of ourself in existence, may this day of the existence and our gathering in thy name in congregation and be the powerful established love of humanity and the light to guide us in the future of peace, joy and happiness. Give us our innocence so that we can live in trust and enjoy the life in peace.

Sat Nam.

We'll be pursuing these series of mental approach and the spirit till we finish this semester and some how we have to arrange, we have four series we didn't start that way. We'll cover them somehow so that we may finish it in time.

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