

MEDITATION TO STRENGTHEN THE INNER VOICE

PART ONE

POSTURE: Sit with a straight spine in Easy Pose or Lotus Pose.

MUDRA & BREATH PATTERN: Cup the hands lightly together. Leave a slit between the outer sides of the little fingers. Bow the head forward over the palms. Look into the palms, eyes barely open. Inhale in 10 strokes, mentally vibrating WHAA-HO with each stroke. Exhale in 10 strokes, each time mentally vibrating GURRO.

TIME: Continue for 11 minutes. Then inhale powerfully, exhale powerfully, and relax.

PART TWO

Still sitting in Easy Pose, hands in Gyan Mudra, chant in a continuous monotone:

WHAA-HO WHAA-HO WHAA-HO WHAA-HO
WHAA-HO WHAA-HO WHAA-HO WHAA-HO
GURRO GURRO GURRO GURRO
GURRO GURRO GURRO GURRO

TIME: Continue for 5-11 minutes. You may build up to 31 minutes on this meditation.

About This Meditation

At times when the path of truth and clarity seems lost, calm yourself and still your mind. Then the path will be shown to you. In this meditation the head is bent as if in offering to the Guru or the Higher Self. Besides strengthening your mental direction, it can alleviate any blood disease. To live life according to the guidance of inner truth is essential. If you do not, you will have doubts. If doubts are not removed, then frustration comes in. Frustration, when not released, leads to anger. Anger then leads to destructive action either to the Self, others, or both. To stop this vicious cycle, create the habit to still the Self and ask questions of your own higher consciousness. This meditation can develop that capacity.

"Watch out for your worst enemy—that is whosoever steals your stability is your worst enemy. It's not evil—that makes you strong. Rather it is those who lay emotional tantrums. They say, "You are no friend if you are not miserable when I am." We must work together against our own sickness." —Yogi Bhajan

