

GANPATI KRIYA

JANUARY 1988

POSTURE: Sit in Easy Pose with a straight spine, and a light Neck Lock.

MUDRA: Hands in Gyan Mudra, wrists on the knees, with the arms and elbows straight.

EYE FOCUS: The eyes are 1/10th open. Concentrate at the Third Eye Point.

MANTRA:

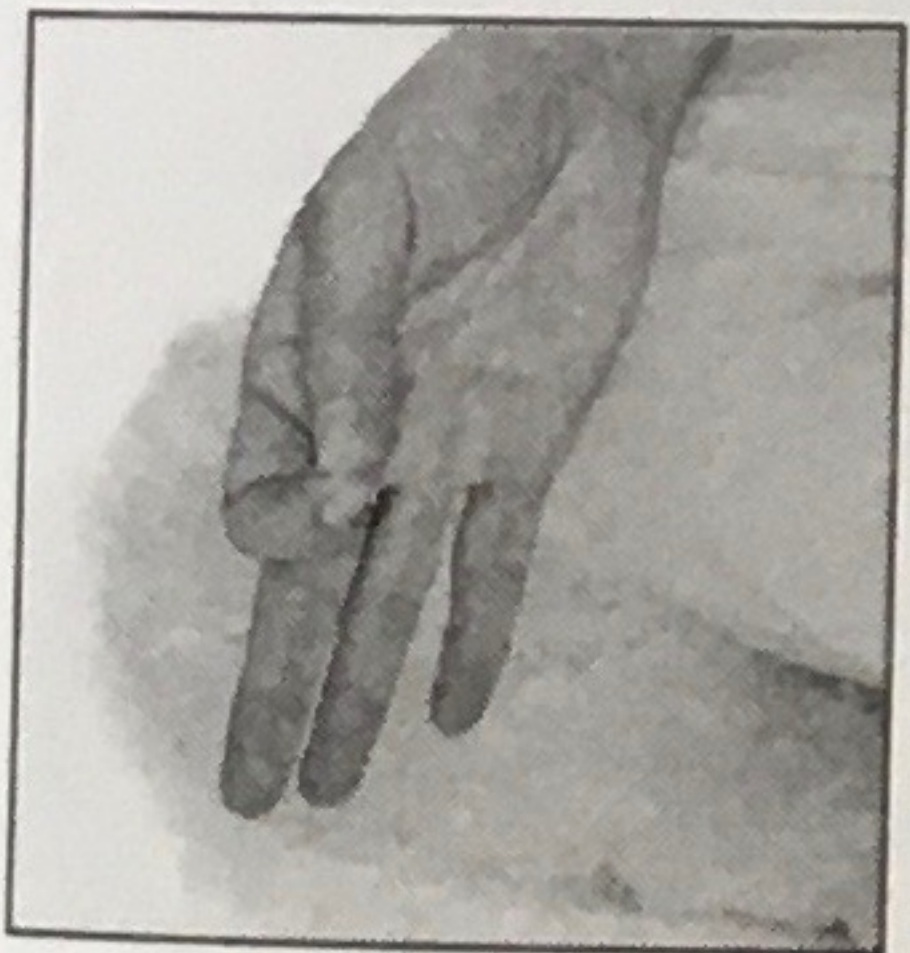
SAA TAA NAA MAA
RAA MAA DAA SAA
SAA SAY SO HUNG

PART ONE

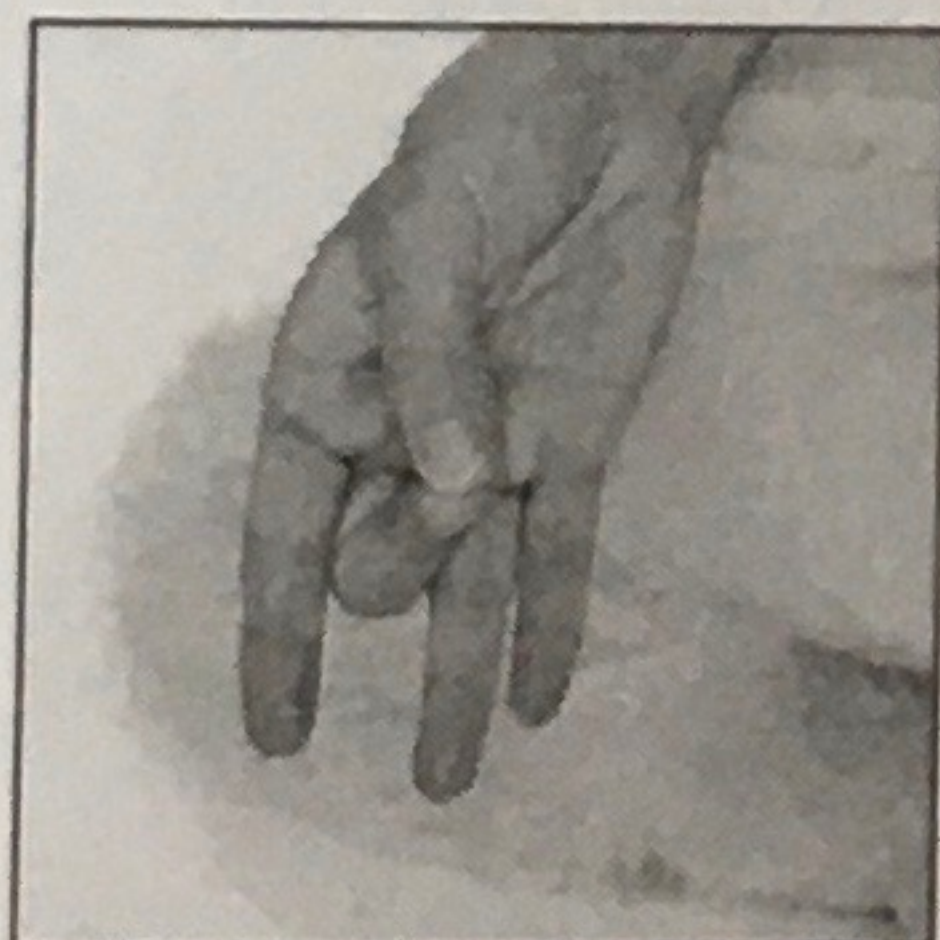
Chant the mantra on a single breath, as you press the fingertips sequentially with each syllable. Use a monotone voice in a Tibetan-like form or use the same melody you would use for Kirtan Kriya.

TIME: Continue for 11-62 minutes.

Read from Left to Right, chanting the mantra; always begin with the Jupiter finger and end with the little finger.



SAA
RAA
SAA



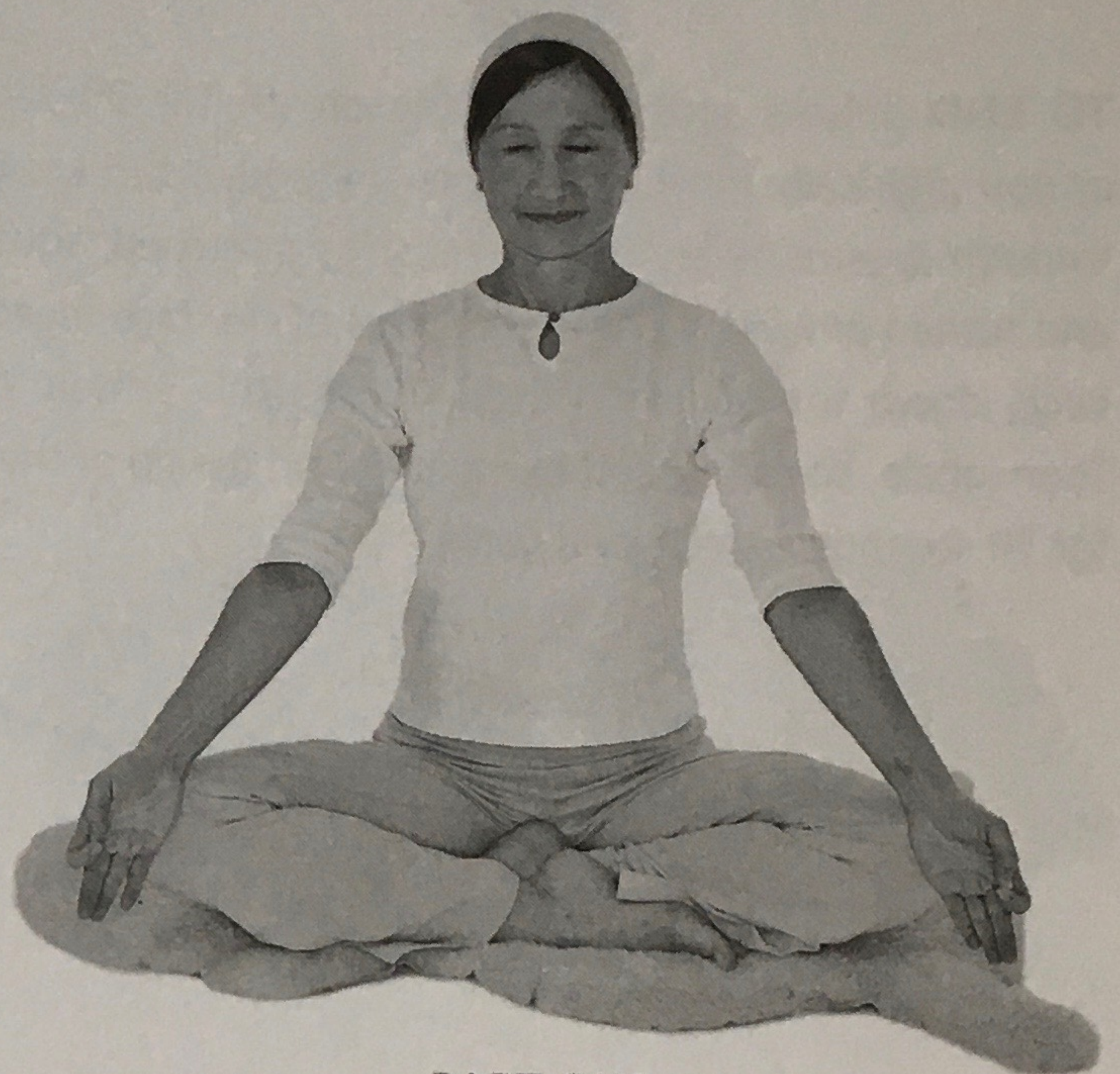
TAA
MAA
SAY



NAA
DAA
SO



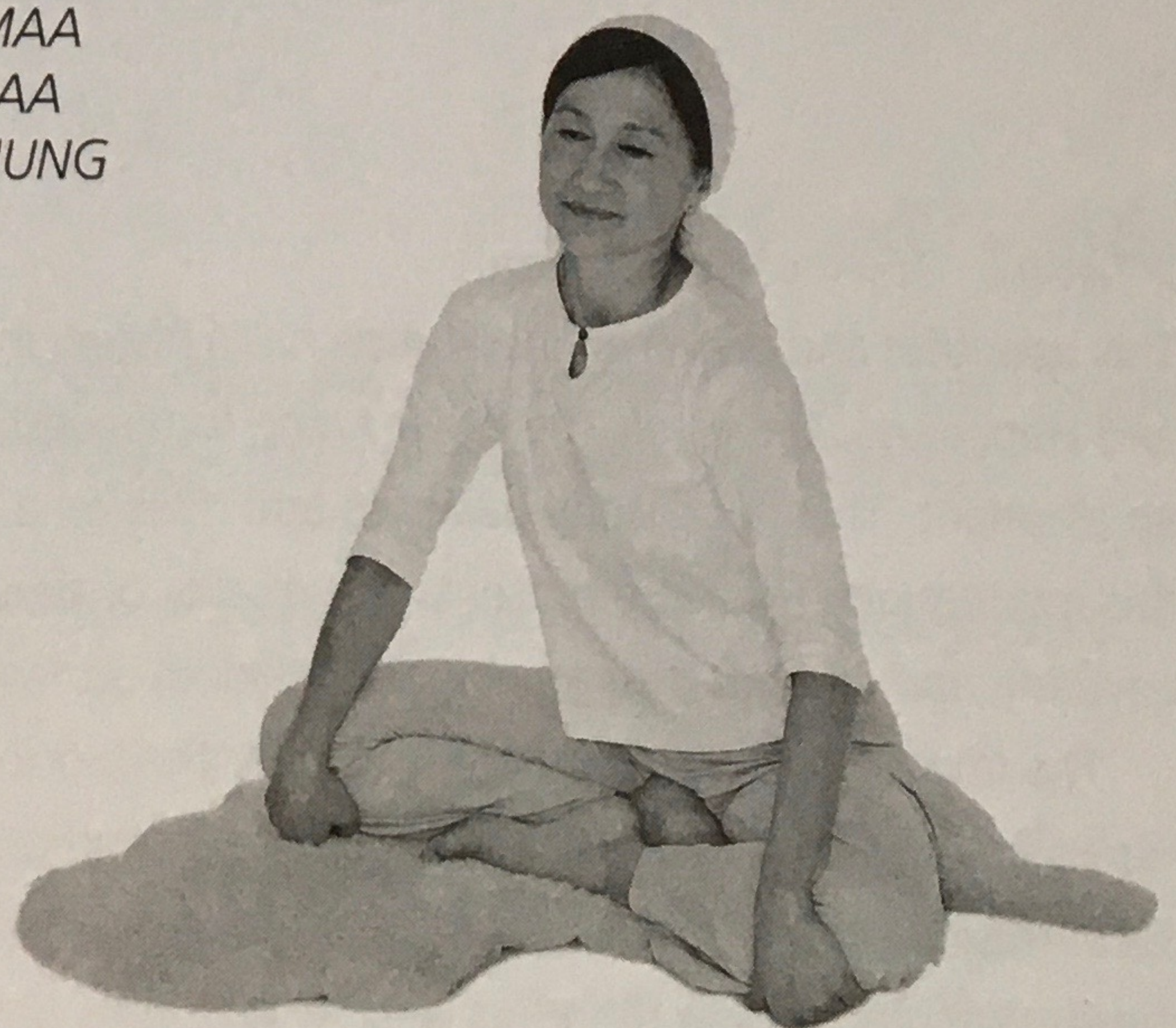
MAA
SAA
HUNG



PART ONE

PART TWO

Inhale deeply and suspend the breath. Move the body in a slow twist and stretch motion. Move each muscle of the body. Move the head, torso, arms, back, belly and hands. Then exhale powerfully. Repeat this 3-5 times.



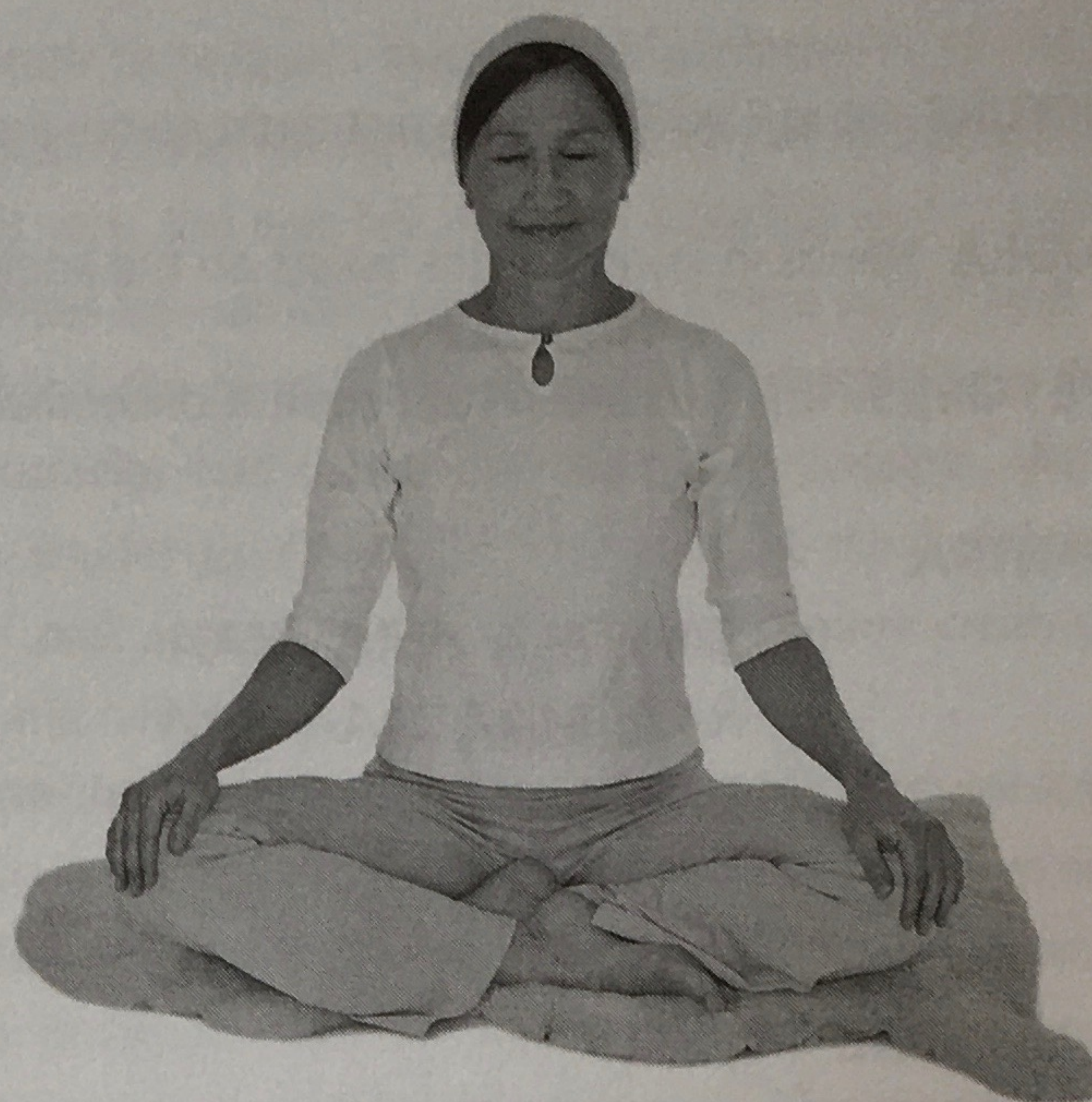
PART TWO

PART THREE

Immediately sit straight. Look at the Lotus Point, the tip of the nose. Become totally calm, absolutely still.

Meditate for 2-3 minutes.

TO END: Inhale and suspend the breath for 30 seconds as you physically move and rotate the body as if it is going through spasms. Every muscle must be stretched, squeezed and turned around, from the muscles of the face, head and neck, down to the toes. Exhale. Repeat this 3 more times. Then inhale, sit calmly and concentrate on the tip of the nose for 20 seconds. Exhale, and relax.



About This Meditation

This beautiful and powerful meditation has a history in its name. The ancient symbol for this was the Hindu God of Knowledge and Happiness, Ganesha. The other name for Ganesha is *Ganpati*. Ganesha was depicted as a rotund man with the head of an elephant. This huge body balances and rides on a rat, conveying the message that even the impossible can be done with this meditation. The rat represents the quality of penetration. A rat can reach into almost any place. So Ganesha can know anything and can get past any blocks. Wisdom and wise choices grant you happiness in your life.

The impact of this meditation is to clear the blocks from your own karma. Each of us has three regions of life to conquer: First is past which is recorded in our *samskaras* and brings us the challenges and blessings of fate—balanced by these sounds. Second is the present which must be mastered by Karma Yoga—the practice of action with integrity in the moment. Third is the future, recorded in the ether and, which at its best and most fulfilled, is called dharma. This kriya allows you to let go of the attachments of the mind and the impact of past actions so you can create and live a fulfilled life and a perfect future.

MEDITATION TO REMOVE FEAR OF THE FUTURE

OCTOBER 26, 1988

POSTURE: Sit comfortably in Easy Pose.

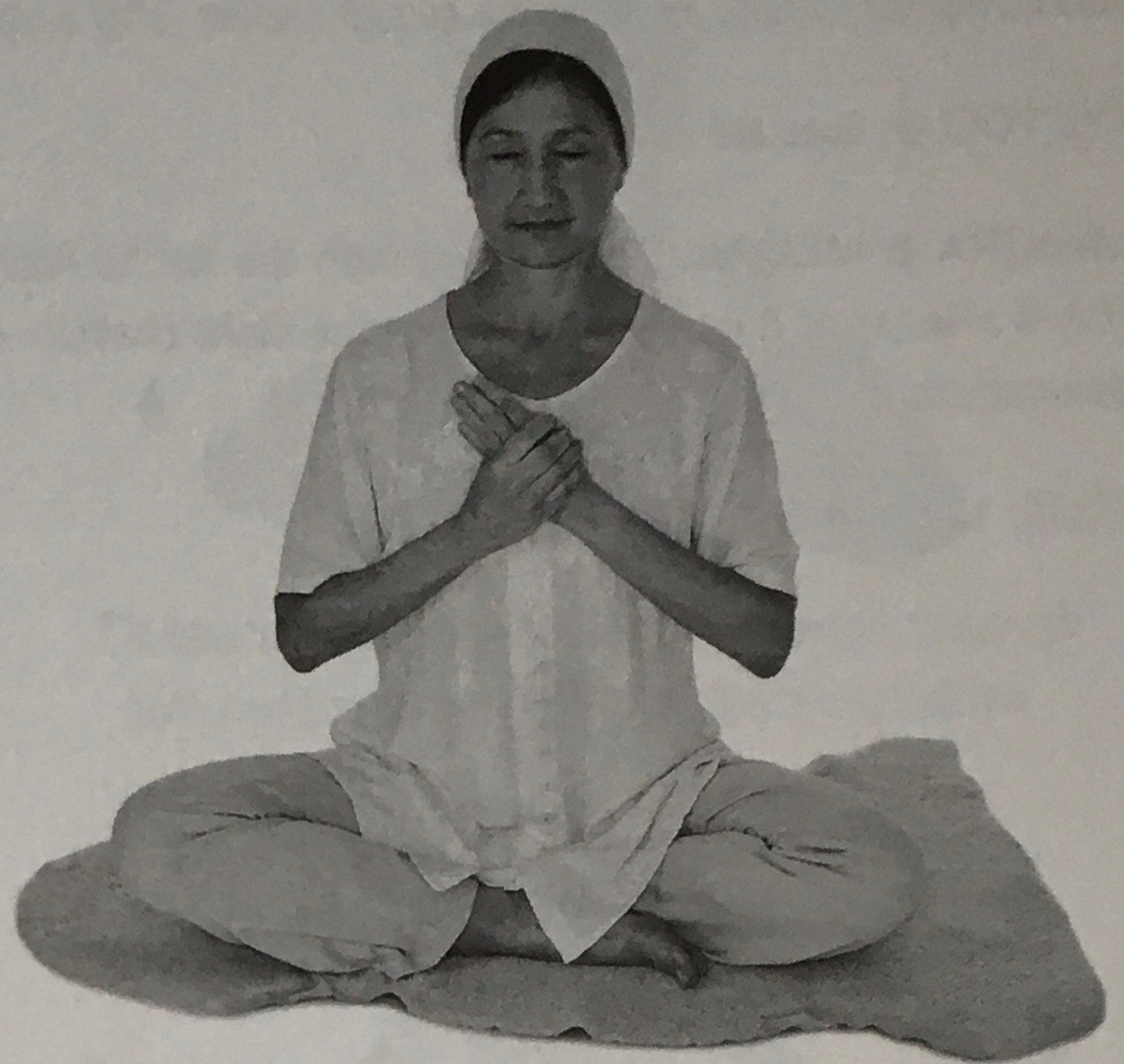
MUDRA: Begin by resting the back of the left hand in the palm of the right hand. Grab the left hand with the right, so that the right thumb nestles in the left palm. Cross the left thumb over the right. The fingers of the right hand curve around the outside of the left hand and hold it gently. Holding your hands in this way will give you a peaceful, secure feeling.

Place this mudra at the Heart Center, resting against the chest.

MANTRA: Meditate to your favorite version of the *shabd*:
Dhan Dhan Ram Das Gur.

TIME: Start with **11 minutes** and gradually work up to **31 minutes** of practice.

TO END: Inhale deeply and relax.



About This Meditation

This meditation clears the fear of the future which has been created by your subconscious memories of the past. It connects you to the flow of life through your Heart Center.

"The beauty in you is your spirit. The strength in you is your endurance. The intelligence in you is your vastness." — Yogi Bhaian

"The crossed thumbs help neutralize your mind's frantic calculations to avoid fear and pain. It is the calculations themselves that produce anxiety and get you out of touch with the resources of your intuition and heart." — Gurucharan Singh Khalsa, Director of Training

First dimension: the Physical Body

I AM FOOD

Mā aham

Mā aham annam

Mā mā aham annam

Mā mā aham aham annam

Second dimension: the Vital Body

I AM VITAL ENERGY

Mā aham

Mā aham pranam

Mā mā aham pranam

Mā mā aham aham pranam

Third dimension: The Intellectual mind

I AM MIND

Mā aham

Mā aham manah

Mā mā aham manah

Mā mā aham aham manah

Four dimension: The Personality

I AM DISCRIMINATION

Mā aham

Mā aham vijanam

Mā mā aham vijanam

Mā mā aham aham vijanam

Fifth dimension: The Heart

I AM JOY

Mā aham

Mā aham anadam

Mā mā aham anandam

Mā mā aham aham anandam

Final dimension: Consciousness

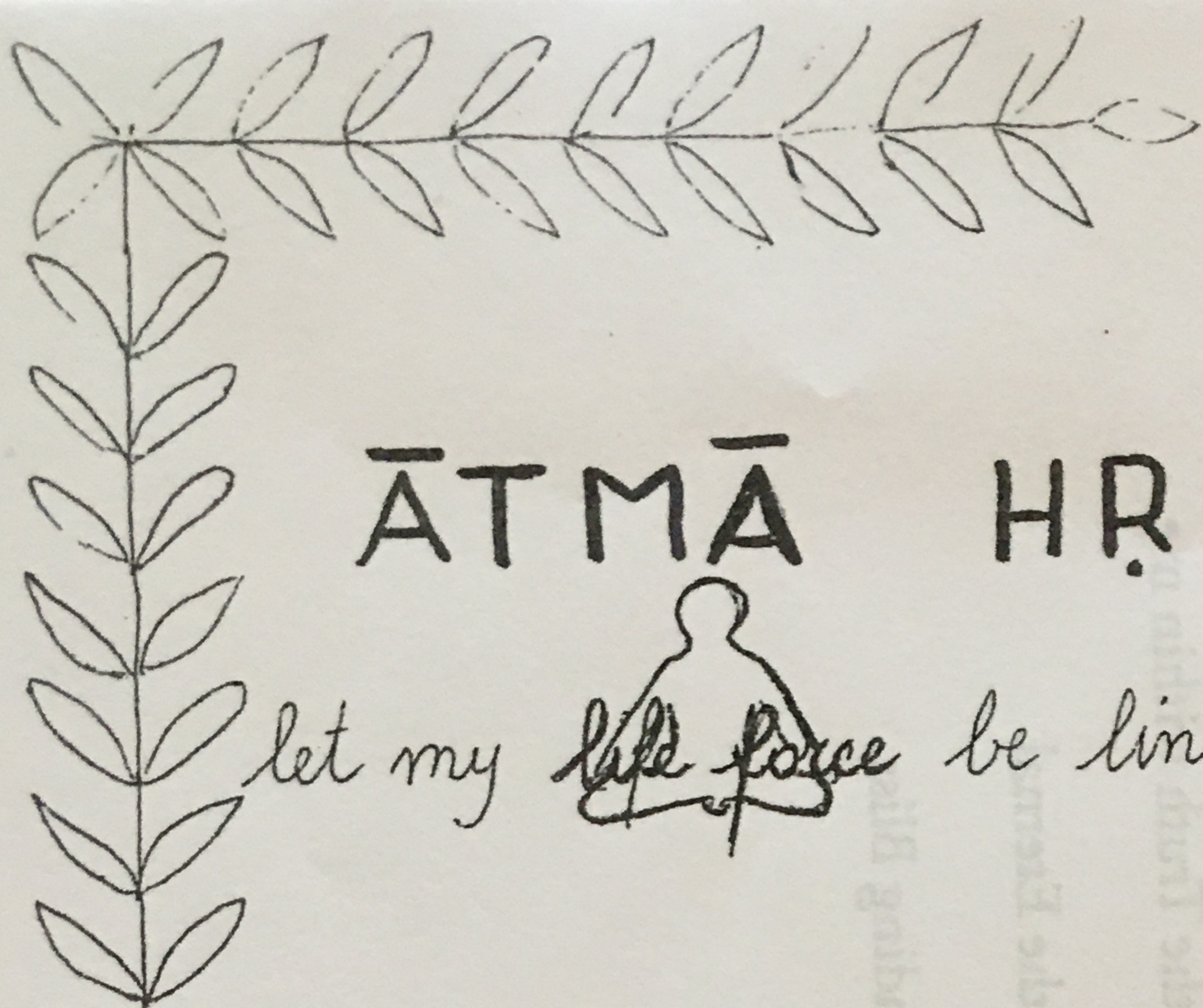
I AM EVERYTHING

Mā aham

Mā aham sarvam

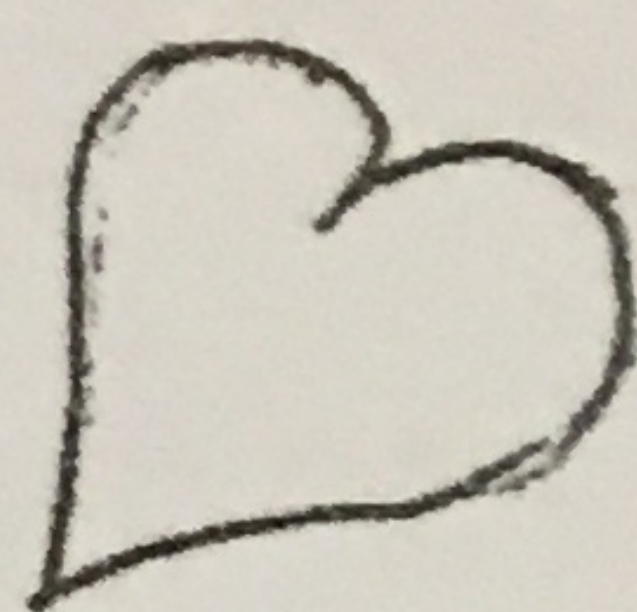
Mā mā aham sarvam

Mā mā aham aham sarvam

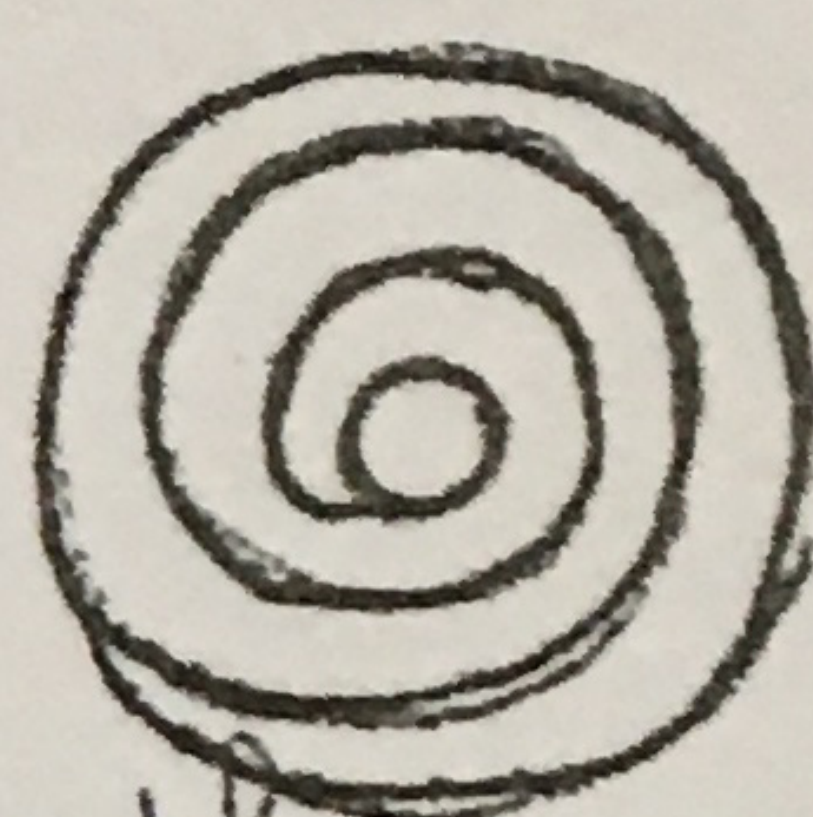


ĀTMĀ HRDAYE

let my ~~life force~~ be linked to my heart



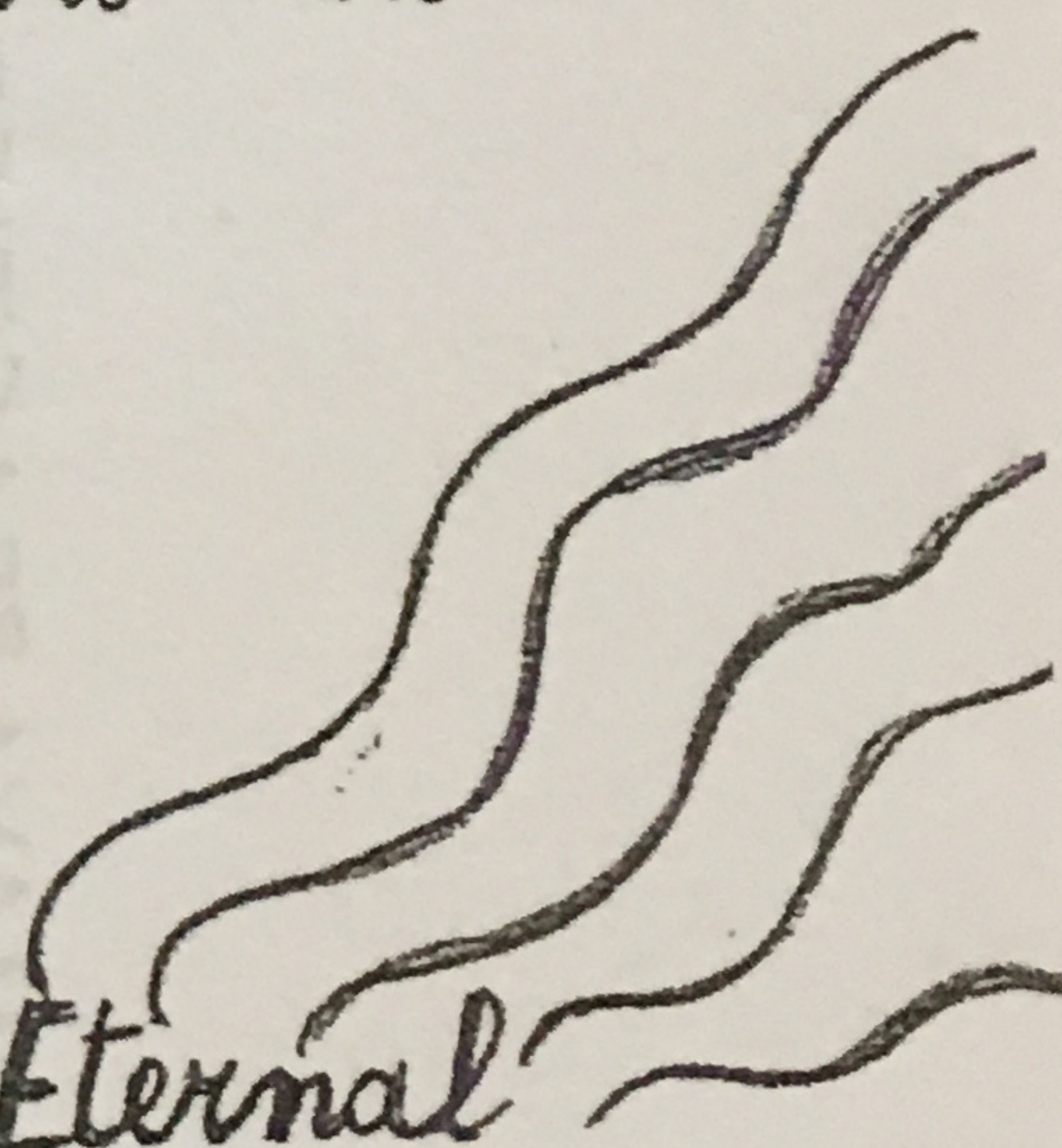
HRDAYAM MAYI



let my heart be linked to the Truth within me

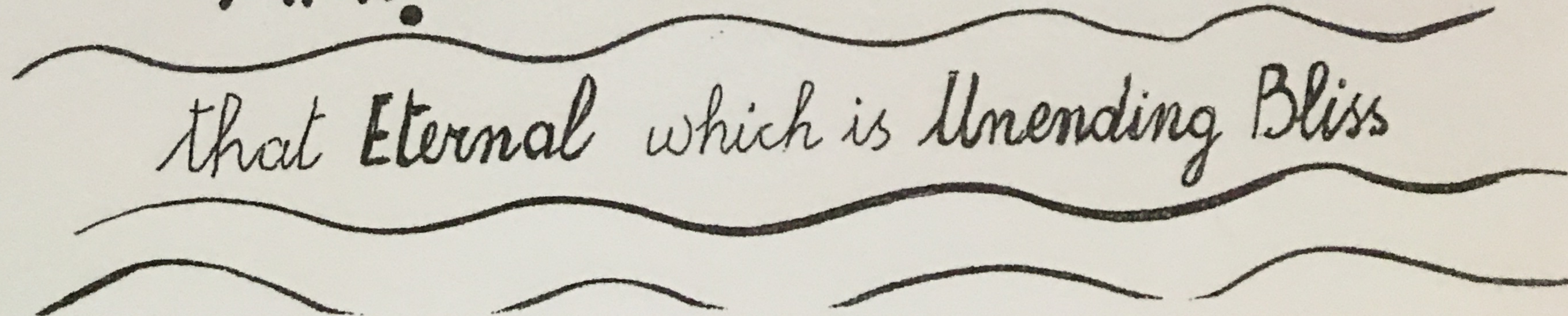
AHAM AMṚTE

let this Truth be linked to the Eternal



AMṚTAM ĀNANDAM

that Eternal which is Unending Bliss



ĀNANDAMAYA PRACTICE

Ātmā Hrdaye

Let my life force be linked to my Heart.

Hrdayam Mayi

Let my Heart be linked to the Truth within me.

Aham Amṛte

Let this Truth be linked to the Eternal.

Amṛtam Ānandam

That Eternal which is Unending Bliss.