



Sit in an Easy Pose with jalandhar bandh.

Mudra: Have the hands in Gyan Mudra, or resting in Buddha Mudra in the lap. Maintain a strong Neck Lock (jalandhar bandh).

Mantra: Chant the Adi Shakti Mantra,
EK ONG KAAR SAT NAAM
SIREE WHA-HAY GUROO

One Creator created this Creation.
Truth is His Name.
Great beyond description is His infinite wisdom.



in a 2-1/2 breath cycle, in the following manner:
Inhale deeply and as you pull in the navel abruptly, chant EK. Then ONG KAAR is drawn out. Give equal time to Ong and Kaar. Inhale deeply and as you pull in the navel abruptly, chant SAT. Then NAAM is drawn out. Then, just as you get to the end of the breath, add a quick SIREE. (pronounced S'REE.) Inhale half a breath, pull in the navel abruptly, chant WHA. Then HAY GUROO (HAY should be relatively short, GUROO is pronounced G'ROO and is drawn out, but not too long.) The Ong Kaar and Naam Siree are equal in length. The Wha-hay Guroo is equal in length to Ong. Try not to let the pitch fall.

Time: This can be done for as little as 3 minutes, or 11 minutes. It is done in Aquarian morning sadhana for 7 minutes. For a powerful experience of this meditation, do 31 minutes, or 2-1/2 hours. Let the sound resonate in the upper cavity of the head, by closing the back of the throat and vibrating the upper palate, and allowing the sound to come through the nose.



Comments:

Yogi Bhajan speaks about this mantra: "This mantra is known as the Ashtang Mantra for the Aquarian Age. It has eight vibrations, and describes the glory of God. Thus said the Master, 'In the time period two-and-a-half hours before the rising of the Sun, when the channels are most clear, if the Mantra is sung in sweet harmony, you will be one with the Lord.' This will open the solar plexus, which in turn will charge the solar centers. The person will get connected with the Cosmic Energy, and thus will be liberated from the cycle of time and karma. Those who meditate on this mantra in silence will charge their solar centers and be one with the Divine. That is why I speak to you of why we should meditate and recite this mantra. "All mantras are good, and are for the awakening of the Divine. But this mantra is effective, and is the mantra for this time. So my lovely student, at the will of my Master I teach you the greatest Divine key. It has eight levers, and can open the lock of the time, which is also of the vibration of eight. Therefore, when this mantra is sung with the Neck Lock, at the point where prana and apana meet sushmuna, this vibration opens the lock, and thus one becomes one with the Divine." This mantra is used as the cornerstone of morning sadhana, and is also called Long Ek Ong Kaar's or just Long Chant. It has also been referred to as Morning Call. This mantra initiates the kundalini, initiating the relationship between the soul and the Universal Soul. It balances all of the chakras. Though it is part of morning sadhana, it can be chanted at any time.