

## **Guru Ram Das Rhythmic Harmony for Happiness**

Sit in a peaceful meditative pose. Keep the eyes 1/16 open. Men form Shuni Mudra with the left hand (thumb and middle finger touch), and Ravi Mudra with the right hand (thumb and ring finger touch). Women reverse the mudras. Rest the hands on the knees. Chant in a soft monotone:

*Guru Guru Wahe Guru, Guru Ram Das Guru*

Each repetition takes about 8 to 10 seconds. Continue for 11 to 31 minutes.

Comments:

When Yogi Bhajan taught this meditation he said: “It brings to the self a meditative peace. It’s so vibratory even your lips, your upper palate, your tongue, your entire surroundings feel a vibratory effect. It’s my personal mantra. It was given to me by Guru Ram Das in his astral self, and not when I was challenged, but when Guru Ram Das was challenged. The beauty of this mantra is that it was tested. When our lives were in danger I said, ‘Folks, keep on chanting this. We’ll always be protected.’ It’s the same today and it always will be through every moment of life. It is called ecstasy of consciousness. The impossible becomes pure, simple, truthfully possible because you have the given values and you have given yourself—soul and spirit—to those given values righteously. It is then that God manifests everything. And that’s why we chant in this mudra this simple mantra.”

This meditation can be found in the *Sadhana Guidelines* Kundalini Yoga manual at [www.KRITeachings.org](http://www.KRITeachings.org), [www.SpiritVoyage.com](http://www.SpiritVoyage.com), and [www.a-healing.com](http://www.a-healing.com).

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