



# Meditation for Projection and Protection from the Heart

1 Exercise 11 min - 31 min *KRI International Teacher Training Manual Level 1*

This meditation gives you an enchanting, magnetic personality, with many unexpected friends. The Mangala Charn Mantra surrounds the magnetic field with protective light. It means: "Aad Guray Nameh" I bow to the Primal Wisdom "Jugaad Guray Nameh" I bow to the wisdom through the Ages "Sat Guray Nameh" I bow to the True Wisdom "Siri Guru Dayvay Nameh" I bow to the great, unseen Wisdom.

Start with 11 minutes, adding 5 minutes per day up to 31 minutes, until you perfect the meditation.

## 1. Meditation for Projection and Protection from the Heart

**Comments:** *Project the mind out as you chant. The full extension of the arms is timed to the chant.*

### Meditation for Projection and Protection from the Heart (11 min to 31 min)

1. Sit in an Easy Pose, with a light jalandhar bandh.
2. Place the palms together at the Heart Center in Prayer Pose. The thumbs are crossed.
3. Chant: "Aad Guray Nameh" As you extend your arms as shown in picture.
4. The arms return to the Heart Center as you chant: "Jugaad Guray Nameh".
5. Again extend the arms up, as you chant: "Sat Guray Nameh".
6. Returning the hands again to Prayer Pose at the Heart Center, chant "Siri Guru Dayvay Nameh".

**Mudra** Prayer Pose

**Mantra**

Ad Guray Nameh, Jugad Guray Nameh, Sat Guray Nameh, Siri Guru Devay Nameh



