

WAHE GURU MEDITATION

From: Waves of Healing by dr. Siri Atma Singh Khalsa



Mudra: Sit in a meditative posture with the spine straight and your hands in Gyan Mudra.

Mantra: The mantra is Wahe Guru, pronounced Wha-hay Guroo.

Movement: Turn your head to the left, bringing your chin over your shoulder as you chant Wahe, then turn your head to the right and bring your head over your shoulder as you chant Guru. Focus on the union of the lower and higher triangles formed by the tip of the nose and the eyes, and the eyes and Third Eye point

Time: 11-31 minutes