

## MANTRA STATION

### **MEDITATION TO CLEAR PAST, PRESENT, AND FUTURE**

"When you cannot be protected, this mantra shall protect you. When things stop, and won't move, this makes them move in your direction."

This mantra must be chanted aloud. But you can chant it any time, any place Sitting, standing, walking, swimming, cooking, ironing, or even jumping out of an airplane: it doesn't matter what posture you're in, or what time of day it is

**CHANT ALOUD FOR EXACTLY 31 MINUTES EVERY DAY.** Ten minutes cover your past, ten are for the present, ten for the future, and one minute is for infinity.

**Aad Guray Nameh**

**Jugaad Guray Nameh**

**Sat Guray Nameh**

**Siri Guru Dayvay Nameh**

**Aad Such Jugaad Such Haibhee Such**

**Nanak Hosee Bhee Such**

**Aad Such Jugaad Such Haibhay Such**

**Nanak Hosee Bhay Such**

This meditation combines three separate mantras, each of which enjoys its own individual power and purpose. When chanted in this sequence, they become a formula to clear our karmic debts: past, present, and future!

The first mantra of this three-part meditation is a mantra of protection. (Aad Guray Nameh... It has already been explained as the Mantra of Protection.)

- The second mantra (... "bhee" such) is from Guru Nanak's Japji Sahib. (Aad Such, Jugaad Such, Habhee Such, Nanak Hosee Bhee Such. Its literal meaning is: True in the beginning, True through all the ages, True even now, Nanak says Truth shall always exist.)

The third mantra has the same translation, but "bhay" such acts to remove obstacles. It was originally given to Guru Arjan Dev when he was composing Sukhmani Sahib and had writer's block.

BE AWARE!

- Note the important difference in pronunciation between:

Haibee: The mantra using "bhee" acts as a generator,

and

Haibhay: The mantra using "bhay" acts as a lever.

- Be sure to really emphasize the "ch" sound at the end of every "such."

## **Practice**

- We practice 40-day meditations to embody new experiences or increased capacities.
- We practice 90-day meditations to clear our subconscious and build new habits.
- We practice 120-day meditations to realize that awareness in our daily lives.
- But when we want to experience self-mastery and confirm our consciousness, beyond every change of time, space, and circumstance, we practice for 1,000 days.