Meditation to Invoke the Master's Touch

Posture: Sit in Easy Pose, with a light jalandhar bandh. Feel like you are the greatest incarnation of Lord Buddha. Feel saintly, concentrate.



Mudra: Place the pad of the right index finger (Jupiter finger) on the pad of the left index finger, so that the finger prints are touching (not pressing) forming an approximately 45 degree angle with the index fingers pointing upwards. Right palm faces out from the body, the left palm faces towards the body. Other fingers are curled into the palms, with the thumb over. Hold the mudra lightly at the heart center, elbows resting along your ribcage with shoulders relaxed. This is Maha Gyan Mudra.

Eye Focus: The eyes are slightly open, focused at the tip of your nose.

Mantra: Aad Such, Jugaad Such, Hai Bhee Such, Naanak Hosee Bhee Such.
True in the primal beginning; True through all the ages; True here and now; O Nanak, forever and ever True.

Chant in a monotone.

The "Such" sound is made with the tongue touching the upper palate and then coming down. Pull the navel point in on each Such.

As you chant aloud, listen to the mantra and feel it vibrating you.

Breath Rhythm: The breath rhythm is a natural deep breath for each round of the mantra. Not too long or too short.

Timing: The Meditation to Invoke the Master's Touch is recorded in the scriptures to be practiced for 2 1/2 hours in one sitting. Do less if you can't go the full time.

To End: inhale, hold, exhale and relax the mudra and relax your breath. Close your eyes and rest for two minutes.

COMMENTS:

This mantra will give you the power of the Master's Touch: Aad Such, Jugaad Such, Hai Bhee Such, Naanak Hosee Bhee Such.

These are the words of Guru Nanak. They are the permutation, combination, projection and power to bring the entire Purkirti, (the creative power that brings all of existence into being) into the being of the Purkha (the being itself)

The mantra reveals the four stages of truth, which must prevail through one touch.

From a lecture given by Yogi Bhajan on July 13, 2000, and further communication with him regarding specifics of practice:

Practice of this meditation develops the sensory system and links the subtle body of the student to the subtle body of the Master. It is a meditation of subtlety. As long as the subtle body is not invoked, happiness cannot be permanent. This meditation works on the seven chakras, the shashara, pituitary, hypothalamus and thalamus. It raises vitality and increases mental clarity. You can warm up before practice of this meditation with breath of fire, and a few minutes of Sat Kriya.