

Meditation to Command the Five Tattvas

This simple, rhythmic mantra is said to give you the power to penetrate into the Unknown without fear. It can also give you protection, mental balance, and self-control, so you can command your five tattvas for effective living



The Practice

Posture: Sit very straight.

Mantra: **Listen to the mantra*:**

Aap Sahaaee Hoaa
Sachay Daa Sachaa Doaa
Har, Har, Har

When you hear the word Har, pull the navel point in. For the three words of Har, your breath will become a 3-stroke breath of fire. Then suspend the breath out as you keep the navel point pulled in and listen to the rest of the mantra. Just before the Har sounds come again, inhale quickly and repeat the breath stroke cycle again.

*this is a listening meditation and a mental mantra, no verbal chanting the mantra

Mantra Translation: The Lord Himself has become our protector, the Truest of the True has taken care of us. God, God, God.

