

Planetary Meditation with Ad Such, Jugad Such, Hai Bhay Such Nanak Hosee Bhay Such



For Good Luck & Opportunities

Mudra:

Relax the elbows by the sides. Bring the forearms and hands up at a 45 degree angle. Do not bend the wrists. Place the hands together and press the entire length of the fingers from each hand together from the fingertips to the mounds. The palms are spread far apart, they do not touch. Keep the fingers tight together with no space between them. Cross the right thumb over the left thumb.

Make sure that the fingers to the mounds are pressed firmly together with tremendous pressure and that the palms absolutely do not touch.

Eyes: Unspecified. Default to Third Eye Gaze.

Breath: Inhale and exhale deeply at least five times before beginning the meditation, to open up the lungs.

Mantra: This mantra must be chanted in a monotone for a minimum of 2 times and a maximum of 5 per breath:

AD SUCH, JUGAD SUCH, HAI BHAY SUCH, NANAK HOSEE BHAY SUCH

Translation: True in the beginning, True throughout time, True even now, "Nanak, Truth shall ever be

End: Inhale and relax

Time: Up to 31 minutes

Comments:

This is a very powerful meditation. It is highly recommended that it only be practiced when there is nothing scheduled for 2 hours after the meditation. It can totally take you to a different frequency of your own meditative capacity. For one who chants and perfects it, this mantra has the capacity to open all doors. It is a Kundalini Mantra; it is a diagonal force which one and breaks the blocks into two trines, bringing all adversity and bad luck into the best of the good luck. When things are not moving, chant this. It will set the roots of prosperity into your personality. - Yogi Bhajan Teachings

