

Long Ek Ong Kaar—Morning Call

Long Ek Ong Kaar can be done for many different time periods; even saying it 1-7 times can change your consciousness. The first sadhana given to us by Yogi Bhajan was 2 ½ hours of Long Ek Ong Kaar. He used it in many different kriyas for many different time periods, 11 minutes, 22, etc. When he explained the benefits, the first thing he said was to do it for at least 37 ½ minutes for the following reason: Think of the kundalini rising until all the fibers of your aura are vibrating and the circumvent field is fully activated so that you, as an individual unit, your psycho-electromagnetic field, can now project into the universe; it takes this amount of time for the Self to reflect the Total Self—the macrocosm of you to the microcosm of you—to awaken the kundalini and create the communication with our universal self. Follow this with 11 minutes of the projection meditation because at that moment you're open, beyond whatever emotional pattern you might have, to allow your larger self to be able to guide you and expand you. When you get your entire self vibrating—*ang sang wahe guru*—it allows this connection. When you allow the universe to come in, at that moment, the meditation can become very effective. Most of the time we are afraid to make that connection, to allow that kind of union; so the benefit of Long Ek Ong Kaar for 37 ½ minutes is that it reaches that very human moment, that point of *antar naad gyan*, where the inner power of the *naad* brings knowledge to you, and at that point of openness, you do the projection meditation and it accelerates the progress. Every Teacher should master this.

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