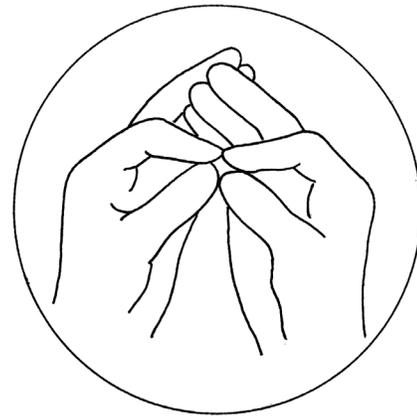


Sarb Gyan Kriya

Sit straight in a cross-legged position. Both hands are in **Gyan Mudra in front of the Heart Center**. The palms are up and the elbows are relaxed down. Bring mudra together so that the four finger tips—thumbs and index fingers—are touching. Cross the remaining three fingers of the right hand over those of the left, keeping the fingers straight. The eyes are closed. Begin chanting **Ek Ong Kaar Sat Gur Prasaad, Sat Gur Prasaad Ek Ong Kaar**. *God and We are One. I know this by the Grace of the True Guru. I know this by the Grace of the True Guru. That God and We are One.* (Nirinjan Kaur's version is recommended.)

Continue for **31 minutes**. To end: inhale deeply, hold and extend the arms straight up with the palms together; the body will distribute the energy through neutral channels. Exhale. Repeat once more then inhale deeply, press the hands together and synchronize the body from toe to top. Relax.



Comments:

The name means an action that brings all knowledge and wisdom. We lose the wisdom by becoming too narrow, limited and afraid. This mantra projects the mind in a symmetrical relationship of the finite and the Infinite. Most people do not use the true depth of the mind's subtle potential. For that to open, we need to connect and project the mind from our immediate sensory spectrum into the total sense of the universe. We are a living flow of all that information and being. This simple meditation reorients the process of the mind and our sense of connection with the universe.

"As one obtains true happiness, intercommunication evolves from sexual to sensual, social, local, national, international, and cosmic to the Infinite. Out of that *prakirti*—the universe—is born. The mantra, **Ek Ong Kar Sat Gur Prasad, Sat Gur Prasad Ek Ong Kar** explains it, and this most sacred kriya is the seal to go with it. The mudra by itself will change the flow of the body's energy. Do this kriya, make it part of your life and you will be surprised at the changes in you."