

## Healing and Flow with The Miracle mantra and Meditation



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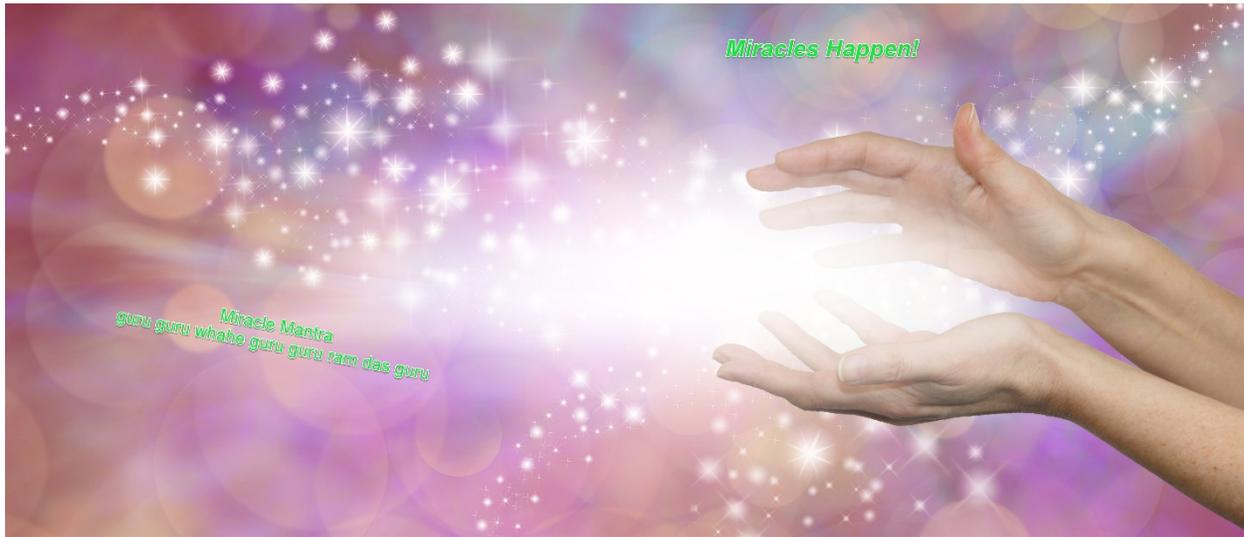
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This set has a long and storied history. What I call the miracle mantra is a repetition of “***guru, guru, whahe guru; guru, ram, das, guru***”. It comes from the healing traditions from the Sikhs. It is like an immersion in a sacred pool of healing. There are many such places where people gather, meditate, or pray. They become still and reset their emotions and mind to more possibilities and wholeness.

I found that experience strongly at the Golden Temple in India where over 6 million people visit a year. I found it in a small church in Chimayo New Mexico. Again, In the area of Lourdes. You may know others.

The way I experience it and think about this mantra is it connects us to our largest sense of wisdom. It’s sound and rhythm immerses us, merges us, in that wisdom and then brings us back into our daily flow and rhythm of life. In this sense it creates a healing wholeness. It’s tangible, practical, and immediate. That process of expansion into the infinite and back again is universal. It is not the property of only one tradition or one way of experiencing.

This mantra was given to and used by my wife when it was impossible to have a child according to the doctors. But destiny changed and we had a son! The doctors smiled and showed their teaching rounds as we all shared gratitude and joy. Such miracles are never guaranteed. But they can occur as we go into a flow that merges us deeply into the infinite and back into our self without demand or expectation.



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The first sound of guru is what we know and recognize- the most concrete thingness. The second time we say guru is what we can sense and feel as a process -revealed in the flow and change of things. That is broader and more subtle. It is a change of perspective and scope. The third sound of whahe guru is what we can experience as whole undivided Being- our transcendent self. It takes us into the most expansive vastness beyond what we normally sense. It takes us into the realm of oneness and wholeness. It is knowing without trying to know. It puts aside the frantic controlling mind for an unfettered, spontaneous, and embodied flow. It is there that we merge humbly and join with our unique total self. In that sense, this final sound expands and embodies us in a spiritual realm-a realm where we act and intuit from the ALL of time, space, and self.

The second half of the mantra brings us back from that infinite expansiveness gradually taking its power insight and revelation back into the moment. It is tangible and present in each choice we make in our daily activity. We can absorb that wholeness and healing so that each moment aligns with our values and what is true for us in every interaction with others and in ourselves. In this way the entire mantra is a cycle of energy that guides us from fragmentation into wholeness- the essence of healing.

In the second half of the mantra, the first sound of guru is the practical wisdom and tacit knowledge we sense consciously or unconsciously as it unfolds from our merger. Listening to the sound of ram evokes the power that we bring into our world. It is the inner strength that supports our authentic presence in the world.

The sound of das brings us to the most earthy, tangible form of our normal experience where we act with integrity from who we are. The final sound of guru is once again what we know in our elevated state of awareness matched with action and grateful agency.

Step 1 balances the nervous system so we feel and act spontaneously and unblocked.

Step 2 weaves together the top and bottom of our body. Step 3 brings our two sides and hemispheres together and boosts resilience and immune functions. Step 4 deepens our meditation process and takes this healing into the flow of our life without effort.

The set takes from 17 to 31 minutes. Its effects are with you through the day.

<b>Healing and Flow with the Miracle Mantra</b>	
<b>Steps</b>	<b>Meditations, Breath Work and Music</b>
<p><b>1</b> Centering and Nervous System Balancing</p> 	<p>Sit comfortably with your spine straight. Attune yourself. Begin the Master Breath with your palms together in front of the heart. Continue for 3-5 minutes. End with a smooth deep Inhale and suspend the breath briefly- 15-20 seconds. Exhale and repeat the suspension.</p> <p>With breath relaxed sit meditatively for 1-2 minutes alert, mindful and noticing inner and outer sensations and flow.</p> <p>To do the Master Breath:</p> <p>Pay attention to your breath. Make your breath continuous and very smooth. It is not jerky. I think of the smooth motion of a dolphin swimming in calm waters.</p> <p>Your nostrils remain relaxed and not squeezed closed by the force of your breathing. To exhale, expel air as you contract your diaphragm and lift your solar plexus up as you gently lift your navel point and draw it in. To inhale, relax your abdomen so that your diaphragm extends downward but keep your chest lifted slightly. Adjust your inhale with a gentle assist- not by just relaxing to let the breath seep in. Adjust the inhale and exhale to equal. When you have it right and you do not use unnecessary muscles, your breath comes in naturally with little effort.</p> <p>Concentrate as if breathing from the solar plexus and engaging the navel automatically from there. This will feel like an automatic, smooth flow if you contract and relax your diaphragm steadily and rapidly at 120 bpm: steady not erratic. Your chest should stay relaxed and slightly lifted throughout the breathing cycle. Keep the ratio completely equal.</p>

<p>2                  Transform Anxieties,                  Create Somatic Wholeness.                  Support your heart.</p>   	<p>Bring the fingertips of both hands together with the base of the palms separated. (A variation on Hakini mudra).</p> <p>The hands are centered at the chest at the level of your heart without touching the torso. Fingers are pointed upwards.</p> <p>With eyes closed, attention focused on your brow point and feeling from the heart. Inhale slowly through the nostrils. Inhale for the full length of the mantra (5 repetitions) and you are filled.</p> <p>Then exhale smoothly for about the same time (5 repetitions) as you inhale with the hands rotated pointing downward keeping the same mudra/hand gesture. As you exhale through puckered lips open your eyelids and gaze downward. Gradually pull in the navel as you exhale without collapsing your chest or dipping your head forward. Stay balanced.</p> <p>Continue to switch hands pointing upward with the inhale and downward with your exhale as you listen to the mantra music of the miracle mantra in its slow version by myself and Gurusangat Khalsa.</p>
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 	<p>After 3- 7 minutes, end with an inhale as you bring the hands into a prayer pose. Suspend your breath for 15-30 seconds. Exhale and repeat the suspension.</p> <p>Then relax your breath and sit still as you notice mindfully all senses and flows in your body, mind, and space for 2-3 minutes.</p> <p>Inhale and suspend briefly (5 seconds) Release the breath.</p>
<p>3 Integrate body and brain sides Release Inner Looped Narratives that Limit Healing</p>  	<p>Begin to tap gently with your fingertips your chest at the midline at the level of your heart center. Tap in rhythm with the fast miracle mantra music as you chant with it out loud.</p> <p>Use your left fingertips to tap for one phrase (5 repetitions) of the fast version of the mantra.</p> <p>Then seamlessly switch to use your other hand with the right fingertips to continue tapping. Inhale quickly as you switch hands for 2-3 seconds.</p> <p>Switch between the left and right hands tapping synchronized with the music of the fast version of the miracle mantra.</p> <p>Keep your eyes closed and attention through your brow point as your sense the tapping and areas around your heart center.</p> <p>Continue for 3-7 minutes.</p>

 	<p>End with a deep inhale as you bring both hands together all fingertips together (as in step 2) but with the fingers parallel to the ground pointing out from the chest. Suspend your breath for 15-30 seconds. Exhale and repeat the suspension.</p> <p>Relax your breath as your hands come into a prayer pose of balance. Breath naturally and meditatively. Notice mindfully all senses and flows in your body, mind, and space for 1-2 minutes.</p>
<p>4 Integrate into Flow, Action and Effortless Awareness</p> 	<p>Relax with hands in your lap. No tasks to do. Imagine flowing through each action of your day fully calm and energized by your whole body and mind. Joyful, effective, and playful. Imagine being clear about what is important to you as you flow through all the situations and obligation that arise.</p> <p>Listen to the gentle music for 2-3 minutes.</p> <p>Then still, perfectly present, and aware for another 1-3 minutes.</p> <p>You can extend this final time longer as you like.</p>

Music used in the steps. Licensed and links. For master Breath: <https://linktr.ee/hargokhalsa36> By Hargo and myself.

Link to slow and fast versions of the Miracle Mantra for steps 2 and 3. Plus, an introduction track. [The Miracle Mantra of Guru Ram Das by Gurucharan Khalsa & Gurusangat Singh - DistroKid](#)

For the 4 th step Licensed (3427368) from Premiumbeat.com “Crystal Peaks” by artist “Sirus Music”