

SHABD GURU

- **Shabd** – Sound | **Guru** – Teacher/Knowledge
- **Shabd Guru** - Sound that cuts away the ego. It removes the pain of our forgetfulness of our nature – Sat Nam – Being that vibrates & creates.
- Its pattern commands the brain and mind with rhythm, sound, concentration & breath
- Intense shift of Ages impacts the ability to assess and command consciousness, requiring us to use, master and apply inner technology of Shabd Guru.
- Each Shabd has embedded in it sounds, rhythms and words of the Infinite reality, clearing the mind and awakening the soul.

- The sound current of Shabds merges one who recites them with the Infinite, beyond time and space.
- The **key practice**, *japa* (recitation) of the Shabd Guru, shifts the frequency of all of our words.
- Its function is to make Ego zero, so we could serve all & be served by everything.
- The **source of stability & power** in this chaotic time is the experience of the subtle and the Infinite within.
- Codified in the Siri Guru Granth Sahib.
- “Granth” (knot) that binds the pattern of awareness into each Shabd, a spiritual DNA that naturally restructures the mind and stimulates the brain.

*“When you have the Shabd,
you will have the awareness,
the awakening, the knowledge
of all knowledge.*

*You will be alive and awaken
to everything. Whatever
comes your way you will know
it and that is surat. Then you
will have a body of existence
and radiance, which will
penetrate and that is when
things will come to you, you
don't have go to things.”*

--YB



QUANTUM TECHNOLOGY

the impact of Shabd Guru

Masterful use of the technology of sound & rhythm, and the application of the science of Shabd Guru by way of *japa* (continued, repeated recitation).

- Repeated pattern of sound & thought in a Shabd, thoughts counter the direction & intensity of the habitual thoughts, which usually based on ego.
- The sound patterns of Shabd Guru are based on the science of sound, the science of reflex to create change in the neurotransmitters to command the state of brain and mind.

- Quantum as it manipulates the smallest particles of sound & energy into effective combination of patterns, which will unravel the relationship of sound, brain, neuro-endocrinology, psychology and behaviour from the movement of the tongue to its reflexes to the neuro-endocrine cascades leading to the change of mental state.
- Helps regain lost balance, strengthens virtues already developed, and overcomes obstacles
- Allows us to excel with stamina & motivation, gained clarity of our values & direction in life, drop addictive habits & heal from many EMP ailments

- To vibrate perfectly requires a combination of **Shakti** [the power of precision and discipline in the repetition, form, sun] and **Bhakti** [visceral feeling of surrender and devotion, flow, moon]
- Rhythmic **Naad** (cosmic sound) of Shabd Guru engages and synchronizes the flow of thoughts, producing active stillness, **shuniya**, zero point in the consciousness.
- The mechanism and impact of Shabd Guru traces the reflexes between tongue and brain – **practice**
- Relationship between the movement of the tongue with the chemistry of neurotransmitters

SIRI GURU GRANTH SAHIB

Akhand Path experience

- Guru Gobind Singh, the 10th Sikh Guru, declared that the next living Guru → Siri Guru Granth Sahib
- A collection of high-vibrational poems, insights, words of wisdom and revelations from 34 saints
- 6 Sikh Gurus major contributors (but all 10 Gurus contributed) along with Hindu bhagats and bhats, including Poet Kabir Das.
- Akand Path (unbroken recitation) takes 3 full days)

JAPJI - L2 CC experience

- Preamble of SGGGS
- Guru Nanak → after a 3-day river meditation
- 40 verses - Permutation of 8 Chakras & 5 Tattvas

Mul Mantra – 38 Paurees – Shlok

- Each Pauree has a particular message & purpose
- To Practise: Recite 11 times a day, for 40 days

Pauree 1, Mul Mantra → **Antidote for depression, removes fate and turns destiny into prosperity**

Pauree 25 → **Prosperity** | Pauree 33 → **Break karma**

p80 for more of **The Effects of the Paurees of Japji**

THE ESOTERIC SCIENCE OF JAPJI SAHIB

You can use Japji Sahib to balance the chakras and the tattvas by reciting a particular pauri 11 times daily. Choose a chakra and an element that you would like to work on. Go down from the chakra and across from the tattva and use the particular pauri as spiritual therapy.

chakra	8	7	6	5	4	3	2	1
ether	mul mantra	1st pauri	2nd pauri	3rd pauri	4th pauri	5th pauri	6th pauri	7th pauri
air	8th pauri	9th pauri	10 pauri	11 pauri	12 pauri	13 pauri	14 pauri	15 pauri
fire	16 pauri	17 pauri	18 pauri	19 pauri	20 pauri	21 pauri	22 pauri	23 pauri
water	24 pauri	25 pauri	26 pauri	27 pauri	28 pauri	29 pauri	30 pauri	31 pauri
earth	32 pauri	33 pauri	34 pauri	35 pauri	36 pauri	37 pauri	38 pauri	slok

For example, if you wanted to open the heart chakra and lacked the water element, you might choose to recite the 28th pauri. If you needed to control your anger (fire element) and its expression from the third chakra, you would choose the 21st pauri.

SUNIAI - deep listening- PAUREES

(8-11) share experience

Sunni-ai sidh peer sur naath.

Sunni-ai dharat dhaval aakaash.

Sunni-ai deep lo-a paataal.

Sunni-ai po-eh na sakai kaal.

Naanak bhagataa saadaa vigaas.

Sunni-ai dookh paap kaa naas. || 8 ||

Deeply listening are the Siddhas, the spiritual teachers,
the heroic warriors and the yogic masters.

Deeply listening are the earth,
its support, and the akaashic ethers.

Deeply listening are the oceans, the lands of the world,
and the nether regions of the underworld.

While deeply listening, death cannot touch you.

O Nanak, the devotees are forever in bliss.

Deeply listening, pain and sin are erased.

<https://spotify.link/ofNBLwx9gDb>

Excerpted from "Call of the Soul: Japji Sahib"

By listening deeply, we merge into the vibration of a siddha – a master who has achieved spiritual perfection, a peer – a great holy man, and a sur naath – a yogi of great meditative capacity. You become the master of all occult powers and the knower of all realms. By listening deeply, the natural balance of the earth and the heavens is revealed. We intuitively understand what sustains this balance.

By listening deeply, we perceive the immense sweep of the world, the oceans, and the multitudes of people on many lands - we understand the mythical world of the afterlife and the hidden knowledge of the process of death.

By listening deeply, we are freed from the terror of the death experience. In this state of consciousness, the passage of time does not impede us and the specter of death does not frighten us – the knowledge of all things comes to us, both on the physical plane and in the subtle worlds. By listening, we are forever in bliss because all suffering, all maladies, and all karmas fall away.

MANNAI – believing - PAUREES

(12-15) share experience

Mannai surat hovai man budh.

Mannai sagal bhavann kee sudh.

Mannai mu-eh chotta naa khaa-ei.

Mannai jam kai saath na jaa-ei.

Aisaa naam niranjan ho-ei.

Jay ko maan jaannai man ko-ei |13|

The faithful have intuitive awareness and intelligence.

The faithful know about all worlds and realms.

The faithful shall never be struck across the face.

The faithful do not have to go with the Messenger of Death.

Such is the Name of the Immaculate True One.

Only one who has faith comes to know such a state of mind.

<https://www.youtube.com/watch?v=TPPQ-xyYSyE>

Excerpted from "Call of the Soul: Japji Sahib"

So great is the state of those who surrender their ego that they will gain the intuitive intelligence and innate understanding of all things through the awakened Buddhi Mind (Neutral Mind).

For the one who obeys, knowledge of all the known and unknown worlds is fully realized. Those who are spiritually awakened will never be slapped in the face – they will not suffer that indignity nor feel the pain of shame (...) It is not that there will not be challenges in life or that the body will never die but rather that all concerns will be taken care of and, when the time comes to shed this mortal coil, the transition will not be frightening.

QUIZ

- What is Shabd Guru?
Explain and give a few examples.
- What is Quantum Technology?
How does it work?
- What is Japji and (its) paurees?
How is its application in every day living?
How do you practise this?