

Antar Naad Mudra



It is said that anyone who practices this meditation is granted prosperity, creativity, and protection against attacks. It gives new power to your words. It brings luck even if you are a scoundrel. This meditation is also called Kabadshe Meditation.

The quantum process of the Shabd Guru guides and integrates experience into a higher, refined level for profound learning and practical use. It preserves

balance and a sense of higher identity amidst the flood of information and change we must handle in the Aquarian Age. We must sophisticatedly educate that inner sense of the self so we can have a foundation in the self upon which to accurately weigh the deluge of information.

Real education for the Aquarian Age blends devotion with discipline, intelligence with intuition, and understanding with the capacity to act and project with integrity. It will be perceived not as a philosophy or a set of values. It will be seen as part of the training of the experience of self, so that you can embody your philosophy, carry your values, increase your spiritual fitness and deliver yourself as an answer to the challenge and imperative of the Age.

Posture: Sit in an Easy Pose, with a light jalandhar bandh.

Mudra: Keep the spine straight. Let the arms extend straight and rest over the knees. Make Buddhi Mudra with both hands (touch the thumb tips to the tips of the little fingers). The other fingers are relaxed but straight. Become completely still, physically and mentally, like a calm ocean.

Mantra:

SA RAY SA SA, SA RAY SA SA SA, RAY SA SA SA RANG
HAR RAY HAR HAR, HAR RAY HAR HAR, HAR RAY HAR HAR, HAR
RANG

If listening to the mantra on a tape, listen to the chant for a minute. Feel its rhythm in every cell. Then chant along.

Time: Continue for 11-31 minutes.

Antar Naad Mudra is the meditation that opens the chakras for the full effect of any other mantra. It is

a sensitizing meditation for the impact of the inner sound current. It is the base of all mantras. The original practice of mastery in mantra required that you master this before any other mantra practice. The esoteric structure of the mantra is coded in the qualities each of the sounds represent and the rhythm that weaves them together into a coherent and powerful effect.

Sa means the Infinite, the totality, God. It is the element of ether. It initiates and contains all other effects. It is subtle and beyond. *Har* is the creativity of the Earth. It is the dense element. It is the power of manifestation, the tangible, the personal. These sounds are woven together then projected through the sound of *Ang*, or complete totality, like the original sound *Aum* or *Ong*.