

*Guru Ram Das Healing Meditation*  
*On the*  
*Chakras*

This is a very special meditation to promote healing and protection, using the mantra:

“Guru Guru Wahe Guru, Guru Ram Das Guru”

This is a special mantra of protection and healing, which invokes the power of the 4<sup>th</sup> Sikh Guru, Guru Ram Das – the Guru of compassion, service & love.

Sit in a comfortable meditative position, keeping your spine straight and eyes closed. Chant softly and deeply, vibrating your lips on each chakra like this:

GURU	1 <sup>st</sup> Chakra	(Anus)
GURU	2 <sup>nd</sup> Chakra	(Reproductive organs)
WAHE	3 <sup>rd</sup> Chakra	(Navel Point)
GURU	4 <sup>th</sup> Chakra	(Heart Center)
GURU	5 <sup>th</sup> Chakra	(Throat Center)
RAM	6 <sup>th</sup> Chakra	(3 <sup>rd</sup> Eye Point)
DAS	7 <sup>th</sup> Chakra	(Top of the Head)
GURU	8 <sup>th</sup> Chakra	(Aura)

At the same time, you can use it to project health, healing and protection on someone who needs it. This is an extremely powerful practice and will instantly change you.

Time: Start with 11 minutes a day. Build up to 31 minutes. Can be done as long as 2-1/2 hours a day.