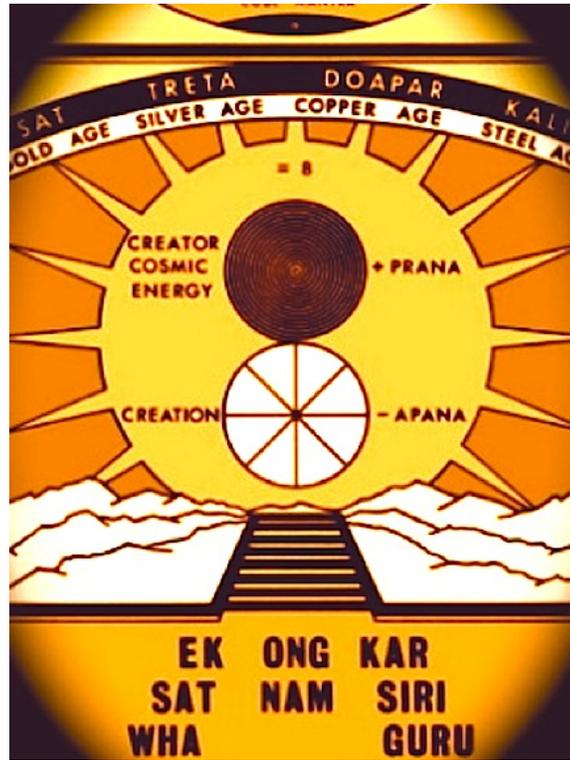


INSIDE
THE TEACHINGS
OF
YOGI BHAJAN



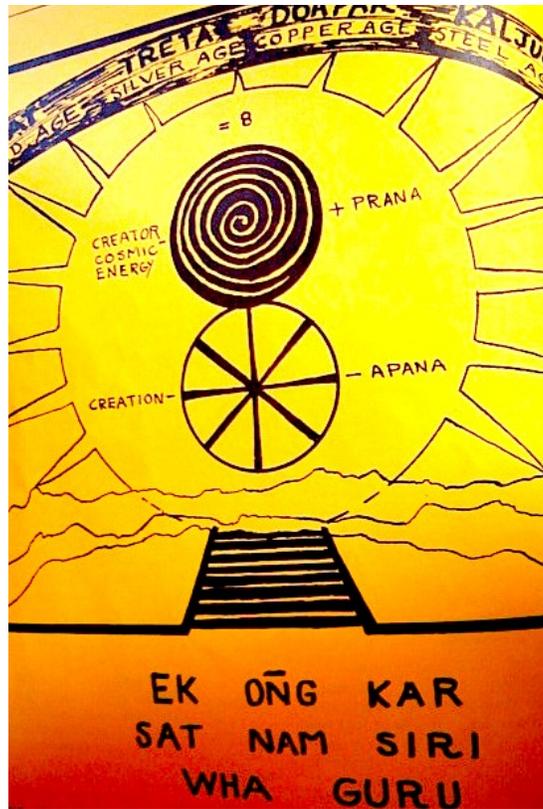
Part -1 From "Naam" to "Long Chant"
Meditation and Chanting



"There are eight staircases leading to the peaks of the mountains. The top of the mountain represents the higher self, and the staircase the genuine path of the being.

Underneath is written:

EK ONG KAR SAT NAM SIRI WHA GURU!" *1



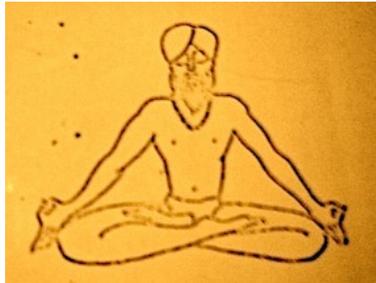
"We are now in the Steel Age- Age of Machine which is represented by a circle, which is the wheel of creation. It works with the power represented by another wheel which runs it. Constant vibrations from that wheel of Cosmic energy gives power of life movement to this wheel of creation. Now my dear sweet love, you draw one circle like the wheel and put another circle like a wheel over it (wheel over wheel) will make the figure 8 which according to the Science of Numerology represents infinity turned sideways." *2

"All mantras are good, they are all for the awakening of the Divine but this mantra is effective and is the mantra for this time, so my lovely student, at the will of my Master I teach you the greatest divine Key which has eight levers and this key can open the lock of the time which is 8 in figure (wheel over wheel). Therefore , when this Mantra is sung in the neck lock, at the point where Prana and Apana meet sushumna, this vibration opens the lock and thus one becomes one with the Divine." *3

Yogi Bhajan's yogic method of "chanting the Naam"
"EK ONG KAR SAT NAM SIRI WHA GURU "
for spiritual upliftment.

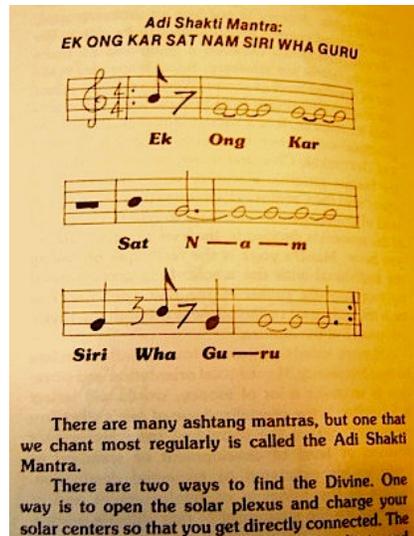
Meditation Instruction
from Summer solstice 1971, June 20 P.26:
LONG CHANT

http://www.youtube.com/watch?v=s_cxN8zgM_k



Sitting with straight spine, gyan mudra , eyes focused on third eye point, inhale:

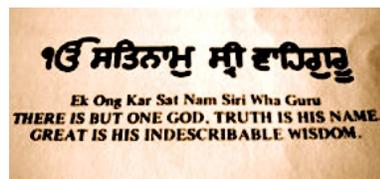
- EK - pull rootlock (anus ring)
- long ONG - complete rootlock (sex organ)
- long KAR- pull in navel point, pull vibration up to diaphragm...inhale
- SAT- strike heart center
- long NAM- pull neck lock
- SIRI- charge third eye point, half inhale
- WHA- strike crown
- long GURU- meditate on circumvent force...release all locks, inhale begin again.



"There are two ways to find the Divine. One way is to open the solar plexus and charge your solar centers. You get direct with the Divine. The other method is that you concentrate and meditate and get this sound in you; and it directly charges your solar centers and in this method you get the Divine Light to you. This sound is a precise sound:

EK ONG KAR SAT NAM SIRI WHA GURU " *5

Yogi Bhajan's technique of "chanting the Naam" incorporates both ways. The method of the sant (simran/chanting) and the way of the yogis (blend of mudras (sambhavi mudra and gyan mudra), pranayam (2 1/2 breath cycle), bandhas (locks) and concentration on the chakras with the mantra) , . It is not a traditional eastern technique, but one developed by Yogi Bhajan on his arrival to North America, it does however introduce the technique of "simran" adapted to yogic practice. The original meditation method (simran) Yogi Bhajan learned from a Sikh sant (holy man) in India named Maharaj Virsa Singh.



"In the town of Goindwal in Punjab, India even today this Divine Mantra is still inscribed on the walls of the Bowl Sahib (sacred well) at the house of Guru Amar Das, the Guru of Guru Ram Das

through whose blessing today we vibrate in the Divine Ecstasy. I disclose to you today this secret of the Divine for the uplift of humanity and those who will follow it will be liberated and be one with the Divine." *4



Baba Virsa Singh



Maharaj Virsa Singh, from whom Yogi Bhajan received Naam (ek ong kar, sat nam, siri wahe guru) in 1966 was an illiterate sant who migrated from the Lahore area to New Delhi during partition. He wasn't a Kundalini Yogi , however he was a powerful and inspiring force behind a dynamic rural spiritual community, lived a life of hard work and meditation (Simran and Kirtan , the traditional Sikh approach to mysticism) .

THE Master whom Yogi Bhajan refers to in the following:

Los Angeles, California
April 8, 1971

"After meditating at the Lotus Feet of my Master, who has granted me liberation from the time cycle and the cycle of Karma, oh my sweet student teacher of the day, I disclose to you the secret of the Nam. If you care to listen to me this day and will practice you will be liberated like me."

"After meditating at the Lotus Feet of my Master, who has granted me liberation from the time cycle and the cycle of Karma, oh my sweet student teacher of the day, I disclose to you the secret of the Nam. If you care to listen to me this day and will practice you will be liberated like me."

8/28/69
PAGE 7

with a force - exhale! Exhale completely -- completely! And now hold the breath out, and concentrate at the pituitary point. You will apply Mahaband - do it perfect. Now inhale, filling yourself completely; and now concentrate. That does help you, Mahaband does help you to attain it longer the state of mind. We are experimenting today something, and in the end I will tell you what you have achieved and what you have lost. Exhale - long and deep exhale - long and deep exhale. Now concentrate on the pituitary point. Pull in your rectum and your sex organ both in. Apply the lock completely with the long spine, 26 vertebrae, and hold up. Inhale. Concentrate there. Now exhale completely - complete exhale, complete exhale! And hold your breath out, apply the lock, and concentrate at the third eye point. Inhale. Sit down cross legged pose. Today we are going to practice something very new for you, but you all know about it. It is known as Mantra Yoga. Now we'll go in deep meditation. I will chant, if you can copy, you can chant with me, keep up the rythm with me. Get ready, you'll be left behind, I can tell you! It is a deep meditation on the Mantra, without knowing what you are doing, and where you are, and what matters to you. It is the effort to cross the barrier of physical presence of the word, and going on the Mantra. "Ek Ong Kar Sat Nam Siri Wha Guru. Han Siri Wha Guru Ek Ong..... Ek Ong Kar, Sat Nam, Siri Wha Guru. Now open your eyes, be relaxed. Don't go into this ecstasy, it is not required. Now, because we are learning this, it is no problem. Otherwise it becomes so subtle, you don't want to come back! Who is that are 72 000

Mantra Yoga 1969

" EK ONG KAR, SAT NAM, SIRI WHA GURU"

The original way Yogi Bhajan first learned it in India.
http://www.youtube.com/watch?v=PXzOp_X9mwQ



1969

Few historical photos (1969 New Mexico Yoga Altar showing the photo of Maharaj Virsa Singh quite clearly and the original Yantra which says:



EK ONG KAR SAT NAM
SIRI WHA GURU



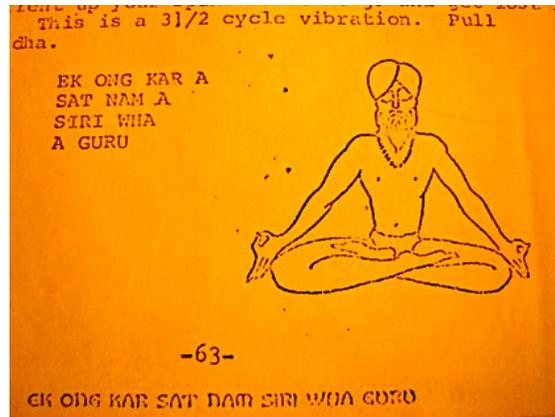
Maharaj Virsa Singh

this day. That is why I called you right here and I wanted to talk to you face to face, heart to heart, without any reservation. I want to tell you one particular story. Guru Nanak had a word. He chanted Sat Nam, truthfully, honestly and with $3\frac{1}{2}$ breath cycle. That secret I have given you. I have not hidden that from you and for that I have not charged a single dollar, you cannot say that. It was a gift of God unto him, which God passed through that saint, who taught me and I shared it and Guru Nanak became Guru Nanak, he was a nanak, he was not a big guy. I mean, let us not be emotional that God came in person and God did this. I don't believe all that joke. He was Nanak, he had a soul, he had a leaning towards that truth, he got the word, he meditated on it and he became Sat Guru Nanak, that's all that happened. The same word you know, same word you got and same technique you have. Question can be if you lack in that sadhana, that much will be the difference. If you sow it properly, water it properly, it will sprout properly, it must become tree. Sat Nam terra nam guru bla. Oh God they name is Sat Nam, YOU ARE SO HOOKED on this word that from the time infinite and immemorial, man has twisted you around with this word, this is what is in the scriptures. God may be all potent, omnipotent, omni-present, but he is very baby before this word. There was a one teacher used to listen to

Yogi Bhajan explaining that he got Nanak's word from that saint.

From Virsa Singh's chanting one can hear the essence of what would become the Laya Yoga chant.

http://www.youtube.com/watch?v=e3LgU_E5Rxw



VII. ADI SHAKTI MANTRA: LAYA YOGA FORM

Ek ong kar-a *Sat-a nam-a*

Si-ri wha-a *- he gu-ru*

Besides the 2½-cycle chanting of the Adi Shakti Mantra there is a Laya yoga form which is very powerful and can suspend the mind into a kind of blissful trance of connectedness. The mantra is changed slightly by adding the "A" sound that we used in the Panj Shabad. This gives rhythm and extra power: **Ek Ong Kar-a, Sat-a Nam-a, Siri Wha-a, He Guru.** The rhythm of the chant gives

REFERENCES:

*1 ...The Teachings of Yogi Bhajan...Yogi Bhajan 1977 (P. 171)

*2, *3, * 4 ... Beads of Truth # 11 (Summer Solstice issue 1971) P.12

*5 ...Beads of Truth #11 P.7 (Mantra...lectures from Yogi Bhajan)

Mantra Yantra P.11 (same Beads of truth)

Picture of yogi (1972 Kundalini Yoga original student-teachers training manual (P.63, May 18,1970)

Peace Lagoon..Sardani Premka Kaur khalsa

Summer Solstice 1971 notes (long chant)

Summer Solstice 1972 notes

ajnasingh's personal archives (Yogiji's Assorted Talks, Yogi Bhajan photos...).

Virsa Singh photos and videos...Gobind Sadan

Yoga altar photo...Lisa Law

ੴ ਸਤਿਨਾਮੁ ਸ੍ਰੀ ਵਾਹਿਗੁਰੂ

Ek Ong Kar

SatNam

Siri WaheGuru



"Chanting the Naam , is the greatest yoga." Yogi Bhajan 1973

INSIDE

THE TEACHINGS
OF
YOGI BHAJAN



Part -2

From "Sat Nam" to "Sa-Ta-Na-Ma"

from Bij Mantra to Punj Shabad

Sometime in 1972, Yogi Bhajan introduced what he called the "Punj Shabad" the 5 Shabads (Punj = 5 , Shabads = Sounds), which was a creative outflow of Virsa Singh's method of chanting the Naam. It was to become Yogi Bhajan's signature meditation, one that was featured prominently in the beginning of his public book "The Teachings of Yogi Bhajan" released in 1976, this "sa-ta-na-ma" meditation became know as Kirtan Kriya.



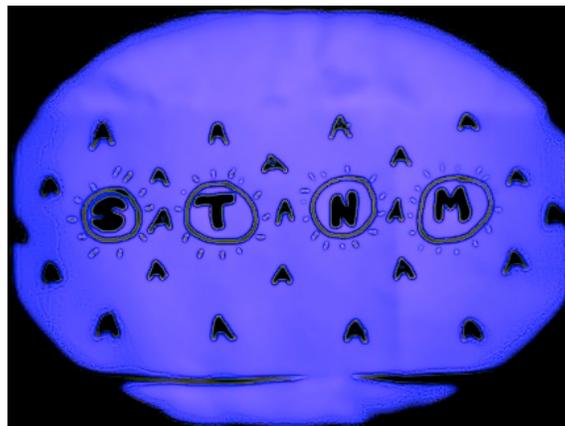
From the complete mystic formula (Naam) or adi shakti mantra, one can see the " saa-taa-naa-maa " central to it. This isolation of individual sound vibrations were a "naad yoga" version of the way Sikh mystics would say "saateeh naamm..eh" or "satinamu" in a most sacred and simple way. In the Guru Granth Sahib one can find:

* "Ika oankara satinamu karata purakhu nirabhau niravairu.

'Ika oankara satinamu karata purakhu gura prasadi'.

'Ika oankara satinamu gura prasadi' .

" A " the creative sound of the universal matrix



" S - T - N - M - A " 5 SOUNDS (Punj Shabad)

the creative cycle of the universe



Sa Ta Na Ma

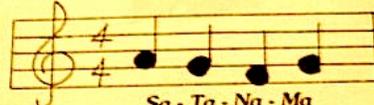
This is the nuclear form of the bij mantra, **Sat Nam**. Here each syllable of sound is created in a ratio to the other. Adding this breath rhythm makes the mantra a form of Laya yoga. The five primal sounds are **SA-TA-NA-MA**. SA means infinity; TA, life; NA, death; and MA, rebirth or resurrection. The fifth sound is the common **A**, which means to come. These five sounds are known as the **Pani Shabad**.

Infinity-Life-Death-Rebirth

Kirtan Kriya (could be said was a yogic technique to text the God within) so simple anyone including children could do it. Chanting "Saa - Taa - Naa - Maa" with actives mudras, pressing the thumb to the fingertips, what Yogi Bhajan called "playing the antennas". Projecting the sounds through the Ajna Chakra. The quintessential 3rd Eye meditation.

And by creating a finite sound current (the 5 Primal Sounds) , a way to merge with the Infinite Sound Current. It was also claimed to balance the emotions, stimulate the secretions of the pituitary gland, and activate areas of the brain: Intuition , Patience , Vitality, Communication .

This mantra is represented musically in this way:



Sa - Ta - Na - Ma

MUDRA (Hand Position):

- A. On SA touch first finger to thumb.
- B. On TA touch second finger to thumb.
- C. On NA touch third finger to thumb.
- D. On MA touch forth finger to thumb.

Continue with the mudra\$ throughout the meditation.



TIME: Each repetition of the entire mantra, SA- TA - NA - MA, takes three to four seconds.

Introduction: Sa-Ta-Na-Ma Meditation

"In the beginning was the Word. And the Word
was with God. And the Word was God."
The Gospel according to St. John

Every element of the universe is in a constant state of vibration manifested to us as light, sound, and energy. The human senses perceive only a fraction of the infinite range of vibration, so it is hard to comprehend that the *Word* mentioned in the Bible is actually the totality of vibration which underlies and sustains all creation.

A person can tune his own consciousness into the awareness of that totality with the use of a mantra. By vibrating in rhythm with the breath to a particular sound that is proportional to the creative sound, or sound current, one can expand one's sensitivity to the entire spectrum of vibration. It is similar to striking a note on a stringed instrument. In other words, as you vibrate, the universe vibrates with you.

By practicing a mantra, you can raise your awareness of yourself and your environment and work constructively to improve both. The mantra that I teach is Sat Nam (Sa Ta

3

INTRODUCTION: SA TA NA MA MEDITATION

Na Ma), which means: Truth manifested. This mantra of Sat Nam was given by Guru Nanak, the first of the Ten Sikh Gurus, over 475 years ago. It is composed of five primal sounds which are proportional in their combined vibration to the totality of creation. Sa means totality, Ta means life, Na means death, and Ma means resurrection. The fifth sound is the *ah* sound which is common to these four. It is the creative sound of the universe.

As you chant, the thumbs are touched to each fingertip in rhythm with the mantra in order to channelize the energy through the nerve endings in the finger which are connected to the brain centers relating to intuition, patience, vitality, and communication. On the sound of Sa touch the thumb to the first finger, with Ta to the second finger, Na to the third, and Ma to the fourth.

Chant the mantra in three ways: out loud, in the voice of the human being, whispering, in the voice of the lover; and in the silence of your own consciousness, the voice of God. From the depth of your silent meditation, come back to the whisper and then to the full voice. Throughout the meditation, each syllable of the mantra should be projected mentally from the back top of the head, down, and then straight out the third eye point, which is located between the eyebrows at the root of the nose.

Sit in a comfortable posture with your legs crossed. Keep the spine straight. Chant the mantra out loud for five minutes; whisper for five minutes; and then silently meditate, internally repeating the syllables for ten minutes. Again chant in a whisper for five minutes and then five minutes out loud. Now, inhale and stretch the arms up. Hold the position and exhale. Inhale again, exhale again. Relax. The total time will be thirty-one minutes.

Using this technique, you can experience your own infinity. Exceeding the limitation of your own worldly experience, you can know the Unknown and see the Unseen.

If you spend two hours per day in meditation, God will meditate on you the rest of the day.

4

Yogi Bhajan said:

"When you recite the Name of God in a meditative form which is the basic sound, the controlling sound of all sounds, that is Saa Taa Naa Maa, and you perfect it, then a knowledge is awakened in you, and you can know the truth. That is how I got around everything. In the Sikh religion, also, there are a lot of rituals which are totally ridiculous, politically motivated and totally nonsensical."

Long Chant remained the preferred method of morning chanting for group sadhana in the kundalini yoga ashrams of the 70's. But "Sa-Ta-Na-Ma" was Yogi Bhajan's own take on Sat Nam, and could be taught in Kundalini Yoga classes, as part of Kriyas to practice at home, or as a basic meditation for personal practice. An integral part of the evolution of his unique system of meditation adapted to Modern Times.

Yogi Bhajan: For those who do not have a destiny, the *Panj Shabd* is the destiny. There is no secret about it.

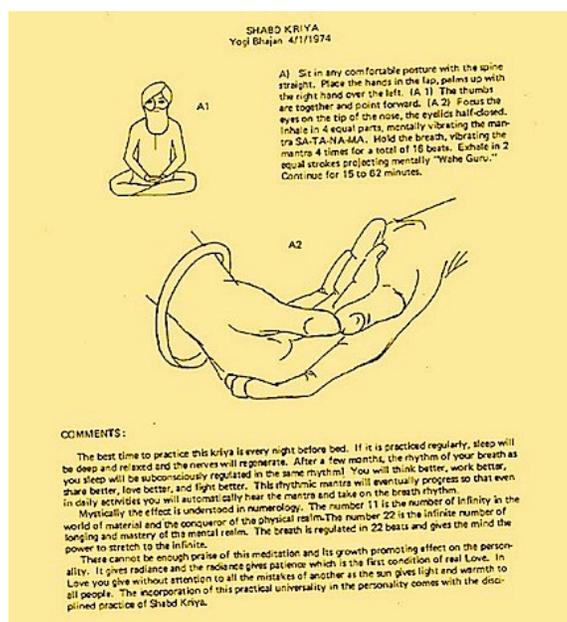
*Keertam naam kathe tere jaihaa. Sat Naam teraa
poorbalaa.*

"My tongue utters Thine acquired Names,
But 'Sat Nam' is Thy primal and ancient Name."

—Guru Arjan, *Siri Guru Granth Sahib*, p. 1083

All names given to God are as I feel Him, know Him,
understand Him, and be with Him. But *Sat Naam teraa
poorbalaa*, that is your real Being.

Shabad Kriya was a more complex meditation , good before sleep, to rejuvenate the nerves , that employed a special segmented breath sequence with the " Punj Shabad " .



Yogi Bhajan created many kriyas and meditations that would become Kundalini Yoga as taught by Yogi Bhajan, the system He promoted and shared with the world, based on a lifetime of practice and accumulation of yogic science and healing wisdom.

References:

- Kundalini Yoga Sadhana Guidelines 1976
- KRI Summer Solstice Issue 1975
- Divine Revelation...Dr.Sarbinder Singh (p.21)
- The teachings of Yogi Bhajan 1976
- Women in Training 111 , 1978 (P.138)
- Man to Man Teachings #5
- Ajnasingh's Archives.