



1. Sit in Easy Pose. Right hand and left hand cross at 45 degree angle (fingers of the right hand resting on the left hand, making an X) four to six inches from the face. Long Deep Breath, making the breath harder and harder. Begin by looking in your hands and relating to the breath. Then, roll the eyes up toward the brow point, and feel the breath. Breathe from the lower ribs. 5-1/2 minutes. That is the sign, called crossing the hour. When you are hit by that moment, systematically the breath becomes hard. It is called solid breath. You start breathing by the lower ribs. It means the lower lungs start becoming inflated.

2. Maintain the mudra and breathe through the mouth. Breathe very hard; make an effort. Close your eyes totally. Concentrate on letting the soul go from the top of the skull. Make the breath harder and harder. 3-1/2 minutes. Practice this breath when you are alive and well.

3. Release the breath and slowly fall down onto your back. Hands rest at the Heart Center. Start going deeper and deeper, releasing your physical body and your awareness. Consciously pass out. Start sinking and start dying. 30 minutes. Play a beautiful version of Sat Nam Wahe Guru. Yogi Bhajan began playing the gong about 10 minutes into the posture.





A dead man has no choice what ground he gets. It is called dying in consciousness. Practically prepare yourself for death. Go deeper and touch the center of the earth. Lose conscious control of your physical body. Sink into death as if you were being carried down by an elevator. Leave mental control and conscious control of the physical existence. Down deep in your heart let it go. Let it go. Let the thought go. You are going home. Thoughts are the quality of the earth; relate to no thought. Think only that you are being carried down in a cylindrical lift and being carried into a vast area of bright light. Light is brighter and depth is deeper; visualize a deep place where you see nothing but dazzling bright light. Now visualize two sides: one is warm and cozy; the other is very icy and cold. Start walking toward the dazzling icy pathway, a winding pathway going through the hills, an absolutely dazzling light and snowy atmosphere. Dazzling snowy pathway is the pathway to the heavens; start moving through it, passing through the winding, dazzling path, freezing, snowy, windy path. Keep going; don't stop. Feel no physical senses or contact, move as a transparent body. You are transparent body in the beginning; transform yourself into a transparent body now. Go through the penetrating body and walk through this valley of dazzling light, leaving behind the coziness of senses. Leave behind the coziness of senses. Let it go. Let the opaqueness go.



4. Sit in Easy Pose. Meditate with the music. Gong continues. 12 minutes. Coordinate your senses and resurrect. Lift up your physical form. Be here and now. Active and valid. Merge with the chanting. Now penetrate your sound with the sound of the gong; listen to that sound as the power of your prayer. Elevate yourself. Power of the shabd and power of the divine sound are going to contrast; penetrate with your strength.

To End: Inhale Deep. Hold for 40 seconds. Exhale. 3X. Inhale Deep. Hold for 1 minute. Exhale. Inhale Deep. Hold for 30 seconds. Relax.

Yogi Bhajan • April 16, 1986