



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

**Eyes:** Focus at the Brow Point, at the screen of the forehead. Roll the eyes up slightly.

**Mudra:** Let the hands rest in the lap, right hand into the left palm. Or just sit with both hands in Gyan Mudra. Become completely still, physically and mentally, like a calm ocean. Listen to the chant for a minute. Feel its rhythm in every cell. Then join in the mantra.

**Mantra:**

PAVAN PAVAN PAVAN PAVAN PARA PARAA, PAVAN  
GUROO PAVAN GUROO, WHA-HAY GUROO  
WHA-HAY GUROO, PAVAN GUROO

**Time:** Continue for 11-31 minutes.

**Comments:** Pran Bandha Mantra means that mantra, or sound combination, that collects, binds, and commands the life force or prana. In our usual non-liberated state, we are controlled by our attachments. We become attached to our finite identity, or to time, space, and intensity of emotion or experience. This mantra takes you beyond those finite attachments. It opens the door to another dimension of the Self. It merges you into the unlimited sea of prana and life. Mantras are revealed or discovered in higher states of consciousness. The seer is aware of both the subtle and gross aspects of the sound. In the subtle realms of consciousness it is the particular blend of qualities that creates the manifestation of things, thoughts, and feelings into our normal life. This mantra forges a link between you as a finite unit magnetic field and the universal, creative magnetic field of energy that we call consciousness. The mantra is from Guru Nanak's Jap-ji. One who practices this to perfection experiences deathlessness. You can merge into the greater pranic body that does not die with the physical body. Prayers and mental desires become much more effective. This meditation can give you the capacity to embody a divine personality, and to become creative and fearless.

