

## **Meditation to Be Done at the Time of Cremation**

*Originally taught by Yogi Bhajan on September 21, 1978, Los Angeles, CA  
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### **Posture:**

Sit in easy pose with a straight spine and the hands relaxed in your lap. Grasp the left thumb with the right hand and wrap the fingers of the left hand around the back of the right hand.



### **Eyes:**

Eyes are 9/10 closed focusing on the tip of the nose.

### **Mantra:**

Chanted 3 times on one breath.

## **Hari Naam Tat Sat Tat Sat Hari”**

Translation: God Thyself – Thou art Truth. Thou art Truth, o God!

### **Time:**

31 minutes.

For a few minutes immediately after, chant: **“Sat Naam, Sat Naam, Sat Naam, Sat Naam, Sat Naam, Sat Naam, Wahe Guru”** in an eight beat (ashtanga) rhythm. (One beat for each Sat Naam. One beat for Wahe and one beat for Guru.)

### **Comments:**

This mantra is chanted during the time of cremation of a great sage, as well as when you want to command your own consciousness to higher consciousness. “...three times (on one breath) will be very difficult, but with practice, if you have good lungs and can inhale well, you will find you can do it.”