

M 144 (4 pages)  
Under the Blue Skies

DEPRESSION  
July 18, 1975  
Espanola, New Mexico  
(meditation)

Now I tell you something and you work fast. Now sit up straight and firmly. Chant like this, "Ek Ong Kar Sat Gur Prasad, Sat Gur Prasad; Ek Ong Kar, Ek Ong Kar, Sat Gur Prasad, Sat Gur Prasad, Ek Ong Kar," and let there be no break.

Wait a minute, I may not have time so let me explain to you this mantra when you chant this mantra then after that never utter a wrong word or a negative word. Sometimes something bad can happen on the spot. That is why I never gave you those kinds of mantras and the way to chant them. I don't know whether it is right or not to give you an atom bomb. But there are alot of Shaktis, and I love you, and I don't think you will use it for negative purposes.

Now this is a mantra of the Siri Guru Granth; Siri Guru Granth is the total explanation of this mantra. Yet not a single Sikh knows how to chant it. If after keep it a secret and go to India ; find a single Sikh who can chant it and I will be his disciple. Now we have to examine how this mantra finds itself, then you listen when you chant it.

Everybody. Ek Ong Kar, Sat Gur Prasad, Sat Gur Prasad, Ek Ong Kar, etc. Inhale; you will be surprised to see that your tongue can not sound it properly, because it is the central Sushmana energy on which this

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word can be sounded.  
There is a secret teaching  
it. There is a key. Ek Ong  
Kar Sat Gur Prasad doesn't  
mean anything if it is not  
reversed. I want you to  
watch your tongue; lots of  
things will start happening.  
I am right here so don't worry  
about it or freak out.  
Let us do it a couple of  
minutes and then let us see  
what it does to you. This is  
a technology. Nad is one  
who has the nut. You  
know the camel? Do you see  
they put something in his  
nose? There is a string  
with it and the camel follows  
that string. The entire  
universe and its energy  
follows this mantra. There  
is nothing in the hand of  
God that you can not take,  
and it won't even bug Him.  
But there is a secret to it.  
The secret is in the reverse  
of it. They call it NAT NAD.  
It is a very simple mantra  
and this is how it is  
chanted with UDASIS. It  
is the gift of the house  
of Guru Nanak and it may not  
freak you out. Baba Siri  
Chand was the first  
practitioner of this mantra,  
given by his father Guru  
Nanak. This is the mantra  
we want to share with the  
people who are coming to that  
Pomona course here. They  
have to go through a secret  
training and that is what we  
want to do now.

You will see these  
Udasis Nad Nats, there are  
9 Nats. Nat is a person  
who has a Nut. Nut means  
that thing in the nail;  
that nail in the nose of  
the camel they call it a Nut.  
And these ladies who wear  
something in their nose  
they call it a Nut. It is

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a most delicate part of the body. You call it nose and they call it Nut.

Nat means nose; Nuk means that nail in it. Kasam mean the master, the God. Anything which goes this way it must come back too. That is what I have tried to tell you; that is the secret in it. It is Nut Nad. The occult powers of the occult powers equal the secret of the known of the unknown and unseen of the seen. It makes you totally intuitive, totally. When this mantra becomes understood, there is nothing you don't know. At that time, if you are really not very holy, it will cause a problem. All right, go ahead. Write down the pronunciation of it. Ek Ong Kar, Sat Gur Prasad. The word Guru is Gur. So if you can bifurcate that way it will ease you. Do it anytime, anywhere for any reason. This is a trick gadget; that kind of master key or gadget which can open up everything. "Om," there is no such thing. It is "Onngg." The conch must come out of the nose, it is a simple thing. Have hands on the knees firmly, it is better. Fire comes out of your nostrils, "Onngg". Both nostrils work. Ek Ong Kar, Sat Gur Prasad, Sat Gur Prasad, Ek Ong Kar. There is no way to handle it, it is so much. God bless him, Santji, used to do it. Such a saintly soul, totally misunderstood all his life. Neither the friend understood him nor the relative understood him nor the people understood him. He walked on this land and nobody knew that he knew all the knowledge that they had to know. Perhaps it was his way of left. Chant now and precisely and powerfully. Inhale, exhale.

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Ek Ong Kar is chanted at the navel point. I think you have forgotten the long Ek Ong Kar. Ek Ong Kar is chanted at the navel center. This chant is a master key. You chant it one hour, two hours, three hours, it doesn't mean a thing. Sit and chant it and tomorrow I'll tell you the keys with it. There are five secret keys with it (mudras), and what they do that is my class tomorrow with you.

M 145 (3 pages)  
Under the blues

# DEPRESSION & NEGATIVITY - 5 MUDRAS

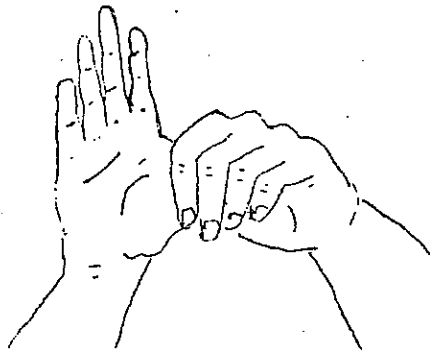
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Espanola, New Mexico

(meditation)



Now these practices which we are going to practice today are based on a very certain, simple technology. With your left hand, take your right thumb. (for women it is opposite). Lock it and put it like this. (Make a fist with the left hand around the right thumb. Both thumbs are inside fist.) You follow? Now this is the first way of sitting and chanting Ek Ong Kar, Sat Guru Prasad, Sat Guru Prasad, Ek Ong Kar. (see July 18) And this is to help the vitality of the brain, and to equalize your neutral power against depression and negativity. It is called Raj Mudra or Raj Kriya Mudra.



The second mudra is; take your first finger and lock it. (same as first mudra except instead of the thumb, grab the first finger). Do you follow? I am teaching you the secret of Kundalini Yoga. First is Raj Mudra, Pingali Seal. Second is Gyan Kriya Mudra. This is Gyan Kriya Mudra. My right thumb goes under, the fingers go over and the lock is like this, and these fingers here go right here. Gyan Kriya Mudra. It has the word "kriya" in it.

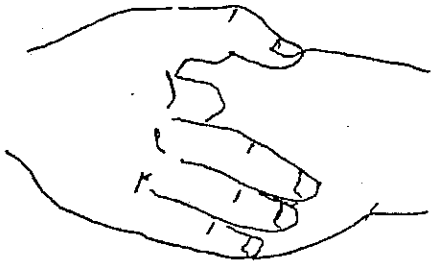


Now, this is the Saturn finger, and this is Guru Kriya; Guru Kriya Mudra. See this Gyan Mudra in the center of it? (Gyan Mudra is formed on the mound of the thumb with the right hand.) This is how it is. It is a Saturn finger, you know this finger, when you put it out of the car you cause such a trouble? It is the same finger. This finger is locked by the thumb first which is ego, and then by all other four polarities of your body. This is how the fist is made. Two bottom fingers hold the fist and the first finger and the thumb go on the top like Gyan Mudra. The thumb is sitting right inside and

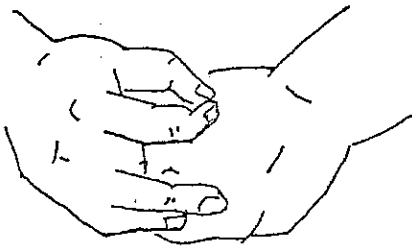


the fingers are locked, but outside is very clear.

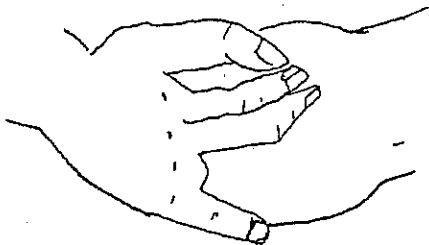
The next mudra is Surya Kriya Mudra. It is the same thing, but with the Sun finger. You see this now? This finger (Saturn) comes to help the Gyan Mudra (on top of the thumb mound). With Suria Mudra, you can have two mantras: Ek Ong Kar, Sat Gur Prasad, Sat Gur Prasad, Ek Ong Kar or Gobinde, Mukande, Udhare, Apare, Haring, Karing, Nirname, Akame. Right here, it is no secret to you now. It is Sun finger, the ring finger. Lock it with the thumb and put these four fingers over it. That's it. Surya Kriya Mudra.



There are only five Kriya Mudras unknown to the world, but known to the yogis. The woman will always hold the right hand when we (men) hold the left hand. When I reach for the left, you reach for the right. Never forget that law.

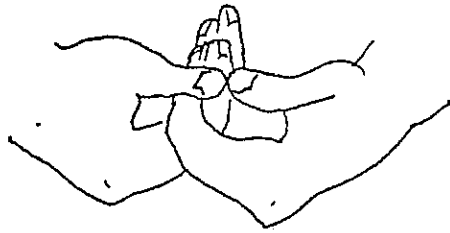


Last of all is Buddha Kriya. Lord Buddha knew about it, although he practiced it and never told anybody. That's why there is a Mahan Gyana Buddhism, this Gyana Buddhism, that Gyana Buddhism; but nobody knows Buddha Kriya. Buddha Kriya Mudra is like this: You lock the little pinky. This is Buddha Mudra. It is pretty difficult. The pinky causes a lot of trouble. In this mudra, normally for the support of action, we put the top three fingers together. It is a slippery mudra, but it is as slippery as the Sangat, because it helps communication. It is very simple. Sit and look simple. You do not know what is going on. It is great what is going on. Now you have to practice and chant it. Can you do it right?



Now put yourself in Raj Mudra, Raj Kriya Mudra. Is it all right? All right, sit that way and chant. Ek Ong Kar, Sat Gur Prasad, Sat Gur Prasad, Ek Ong Kar. Inhale, Exhale. Now I have given you four kriyas. A lot of times there is a full moon and the moon enters a water sign. You remember those days? We call them

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watery days. Remember those? This very mantra is called Moon Kriya, Chandra Kriya Mudra. I am now sitting in Chandra Kriya Mudra. It is right top to top, you see? I can do it; you can do it; we can do it.

Ek Ong Kar is at the navel, Sat Gur Prasad is at the heart center. Let me stop all the speculation about the power of this mantra. Each pore of the body becomes an eye, Indra Eye they call it. Indra got cursed, you know. Each pore of his body became an eye. Hindu mythology has very deep meaning, but I want to tell you. It is also known as Indra Nitri. They call it Indra Nitri when each pore of your body becomes the eye of Lord Indra. It opens up the third eye, and also the third eye of the opener of the third eye. It is open all the way.

Question: Yogiji, when you chant this should you hold your Mulabhand?

Yogi Bhajan: No, no. Mula-bhand doesn't go; this goes, this little navel. It is chanted with Ek Ong kar. Always remember to chant it with the navel movement. On Ek Ong, the navel goes in; on Kar, the navel goes out. Ek Ong Kar: there is always a little jerk. Ek Ong Kar is always at the navel.