



The Master Key Meditation

1 exercise 3 min - 11 min *Kriya: Yoga Sets, Meditations, Classic Kriyas*

This chant is a master key. When you chant this mantra then after that never utter a wrong or negative word. This is a mantra of the Siri Guru Granth Sahib; and the Siri Guru Granth is the total explanation of this mantra. Yet not a single Sikh knows how to chant it. You will be surprised to see that your tongue cannot sound it properly, because it is the central sushumna energy on which this word can be sounded. There is a secret teaching in it; there is a key. Ek Ong Kaar Sat Gur Prasaad doesn't mean anything if it is not reversed. This is a technology. Naad is one who has the nut. You know the camel? They put something in his nose; there is a string and the camel follows that string. [In the same way], the entire universe and its energy follows this mantra. There is nothing in the hand of God that you cannot 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 Naad. It is a very simple mantra and this is how it is chanted by the Udaasees. It is the gift of the house of Guru Nanak; Baba Siri Chand was the first practitioner of this mantra, given by his father Guru Nanak.

You will see these Udaasees Naad 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 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 Nat Naad: 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. Do it anytime, anywhere for any reason. 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; 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. This is a trick, a gadget; that kind of master key or gadget which can open up everything. "Om" there is no such thing; it is "Onnngg." The conch must come out of the nose, it is a simple thing. Fire comes out of your nostrils, "Onnngg". Both nostrils work. Ek Ong Kaar is chanted at the Navel Point. Always remember to chant it with the navel movement. On Ek Ong, the navel goes in; on Kaar, the navel goes out. Ek Ong Kaar: there is always a little jerk. Ek Ong Kaar is always at the navel.

1. The Master Key Meditation

The Master Key Meditation (3 minutes to 11 minutes)

1. Sit up straight with a firm spine, hands on the knees.
2. The mantra is Ek Ong Kaar Sat Gur Prasaad, Sat Gur Prasaad Ek Ong Kaar. Chant the mantra in an unbroken rhythm. Watch your tongue; lots of things will start happening.

Mantra

Ek Ong Kaar Sat Gur Prasaad, Sat Gur Prasaad Ek Ong Kaar



