

MEDITATION TO COMMAND YOUR FIVE TATTVAS

This mantra meditation from the Siri Guru Granth Sahib is a gift to you that will let you penetrate into the unknown without fear. It will give you protection and mental balance.

Sit very straight. Listen to a tape of this mantra:

Aap sahaae hoaa
Sachay daa sachaa doaa
Har, har, har

*The Lord Himself has become our protector,
the Truest of the True has taken care of us.
God, God, God.*



*When you hear the word **Har**, pull the navel point in. For the three words of **Har**, your breath will become a 3-stroke breath of fire. Then suspend the breath out as you keep the navel point pulled in and listen to the rest of the mantra. Just before the **Har** sounds come again, inhale quickly and repeat the breath stroke cycle again.*

To use the Naad and imprint your mind, do this meditation each day for 62 minutes. Do it for 90 days. Then you will know the practical experience and power and miracle of the spoken word.

It is very simple and rhythmic. If you do it very nobly it will be extremely helpful. Whenever you are effective and create a success in your life, you also must generate some opposition and animosity. That is called the Law of Polarity. It is called facing a square in your life. This meditation will totally eliminate enemies and block the impact of animosity forever. It can give you mental self-control and let you command your five tattvas for effective living.