

Kriya to Invoke the Internal Power of a **Man**

August 15, 1997



1. Lion Pose: Cross your legs in Easy Sitting Pose, Half Lotus or Lotus Pose. Put your hands on the ground in front of you. Lift your weight off your buttocks and come onto your knees, with your legs crossed. Put your weight into your hands as you drop your hips forward so that the knees, hips, and spine create one line. Extend your tongue in Lion Pose and chant with the music. Chant with your tongue extended; it will be awkward but just practice it. Music: Wahe Guru (Siri Nagar Singh) **3 Minutes**

Comments: One day your tongue can be out and you can chant the *Tresha Guru* Mantra:

Waah Yantee, Kar Yantee, Jag Dut Patee, Aadak It Whaahaa, Brahmaaday Trayshaa Guroo, It Wha-hay Guroo

It is not a Sikh Mantra. May I tell you all that? Patanjali, thousands of year ago, wrote about this mantra. This mantra belongs to God. God is what three letters, G-O-D, one who Generates, one who Organizes, and one who Destroys and Delivers, that is the faculty of God, and he has three identities. One who does this, this is their personal mantra, “Wahe Guru”.

There are only six letters in the whole world that can give you mastery over the universe: Har, Hare, Hari, Wah-Hay Guru. That’s it. This will bring you all the knowledge in the world and anything you want. These are sounds and the universe exists on sound. The universe is running on a sound psyche, not on any other thing. It has a sound psyche. With words you can win the world, with a word you can lose the world.

If your tongue can be out, and in this posture you can chant it, one day you will be really very grateful to me. It gives the *Vaach siddhi*, whatever you say happens. Your

words penetrate into the heart rather than the head. You become a winner—and that is the faculty of a man.

2. Sit in a cross-legged posture. Chin in and chest out. Make your hands into the shape of a hooded cobra and bring them up beside your shoulders, fingertips pointing forward. The elbows are down by your ribs. Squeeze your shoulder blades together behind you, taking the elbows and hands back as far as you can. Squeeze. Close your eyes and breathe long and deep. Go into absolute silence as you listen to the mantra. Music: Wahe Guru (Siri Nagar Singh) **38 Minutes**

3. Maintain the posture. Stop the music and begin chanting aloud. **90 Seconds**

To End: Inhale deep, hold, Cannon Fire exhale. Repeat twice more and relax.

Comments: There is no power outside of you. Says Nanak,

Sab kuch Teri ander anther vey baye, bahar tuneto param pulay

“Man has all the power inside the man and what he finds outside, he just goes into a zigzag, there is nothing outside you, which you can get.”

How to invoke the power within you and bring it out is your success as a man. This is your criteria of life. Some people think that we are foolish to chant mantra every day. That is not true: *man tarang*, man is *mind* and *tarang* is a wave. Mental waves becomes purified with the excretion of the sound. Then the sound conquers things for you. You don’t have to do anything.