

THE SUBTLE BODY - WAHE GURU MEDITATION



Time: 11-31 minutes

Posture: Sit in a meditative posture with the spine straight and your hands in Gyan Mudra.

Mantra: The mantra is *Wahe Guru*, pronounced *Wha-hay Guroo*.

Movement: Turn your head to the left, bringing your chin over your shoulder as you chant *Wahe*, then turn your head to the right and bring your head over your shoulder as you chant *Guru*. Focus on the union of the lower and higher triangles formed by the tip of the nose and the eyes, and the eyes and Third Eye point.



Whatever you say, you must be in a position to hear. If you cannot hear what you speak, you will never hear the subtle voice of your own consciousness speaking to you.

—YOGI BHAJAN