

SIRI MANTRA MEDITATION*

Ek Ong Kar Sat Gur Prasad Sat Gur Prasad Ek Ong Kar

Posture: Sit with legs crossed in Easy Pose or in a chair with feet flat on floor. Keep the spine straight. Hands on knees, palms turned up slightly. Eyes are closed and focused between the eyes, and at the root of nose.

Begin meditation: Inhale deeply with thumb and index ([Jupiter](#)) fingertip touching. Chant Ek Ong Kar, Sat Gur Prasad, Sat Gur Prasad, Ek Ong Kar, 4 times.

Then, inhale deeply with thumb and middle (Saturn) fingertip touching. Chant Ek Ong Kar, Sat Gur Prasad, Sat Gur Prasad, Ek Ong Kar, 4 times.

Then, inhale deeply with thumb and ring (Sun) fingertip touching. Chant Ek Ong Kar, Sat Gur Prasad, Sat Gur Prasad, Ek Ong Kar, 4 times.

Then, inhale deeply with thumb and pinky, Mercury fingertip touching. Chant Ek Ong Kar, Sat Gur Prasad, Sat Gur Prasad, Ek Ong Kar, 4 times.

Time: 11 minutes.

Finish: Inhale deeply, and relax.

Chanting this mantra for 11 minutes each day for 40 days will change your world. (See [Video](#). See [Science of Mantra](#). See [Science of Mudra](#).)

Ek Ong Kar, Sat Gur Prasad, Sat Gur Prasad, Ek Ong Kar translation: “[God and me are One](#), this is known by the Grace of the True Guru, this is known by the Grace of the True Guru, God and me are One.”

Siri Mantra, also known as Magic Mantra, stops anything negative, and removes all obstacles. It brings great intuition, and it will stop the mind and put it into reverse gear. It can take you beyond duality, and establish the flow of spirit. [Source](#).

*NOTE: This meditation as herein described was NOT taught by [Yogi Bhajan](#). However, it is based on the Siri Mantra as taught by Yogi Bhajan.