

MEDITATION TO BALANCE THE SENSORY SYSTEM

POSTURE: Sit in Sukhasana, elongating the spine.

MUDRA:

- Hold the right hand up in front of the right shoulder with the elbow relaxed down.
- Point the index finger up, representing the source of your wisdom, and hold down the other fingers with the thumb.
- Extend the left forearm forward, parallel to the ground, with the elbow relaxed down. Make a tight fist of your left hand with the thumb outside.
- Be aware to keep the index finger, the fist tight and the navel point active.



DRISHTI: Eyes closed, focused at the eyebrow point

BREATH: Long and deep breathing, balancing the inhale and the exhale.

MANTRA:

Listen carefully and mentally chant along:

Suni-ai sat santokh gi-aan.

Suni-ai athsath kaa isnaan.

Suni-ai parh parh paavahi maan.

Suni-ai laagai sahj Dhi-aan.

Naanak bhagtaa sadaa vigaas.

Suni-ai dookh paap kaa naas.

Connect your inner ear with the navel point and set the intention of digesting the sound.

TIME: 11 minutes.

TO END:

Inhale deeply, hold the breath in and strongly tighten the index finger, fist and navel point. Exhale and repeat 2 more times and then relax.

TRANSLATION OF THE MANTRA:

Suni-ai sat santokh gi-aan.

*Deeply listening, by truly feeling my self, I find satisfaction and understanding.
The knowledge I was searching for is open for me.*

Suni-ai athsath kaa isnaan.

*Deeply listening, I nourish myself, my mind feels pure and cleansed.
I feel blissful and open to walk in the direction that is meant to be for me.*

Suni-ai parh parh paavahi maan.

*Deeply listening, I develop my senses to be able to understand the true nature of myself.
I am honored all around and experience respect and love from my surrounding.*

Suni-ai laagai sahj Dhi-aan.

*Deeply listening, I let myself concentrate easily on what truly matters.
Every cell of me is flowing with the continual flow of the universe in meditative delight.*

Naanak bhagtaa sadaa vigaas.

Nanak said those who surrender themselves in love for the universe, continually blossom and bloom.

Suni-ai dookh paap kaa naas.

Deeply listening, sorrow and pain depart.

COMMENTS:

Once you get a little bit in tune with the mantra and the meditation, you will be able to hear the unheard. Something in you will start talking to you, this relationship to your inner voice is what we are looking for to navigate through life with more ease and self-responsibility.

Suniai is the art of deep listening. We could say chanting Mantras is like cooking food, chanting alone does not nourish me fully, only if I add listening to the chant I am able to eat and receive what I have created with my chant.

Through deep listening, I am able to get to the source of things and to understand their nature.

Chanting and listening Mantras are tools for the mind to find connection again.