



Cleanse the Bloodstream (with the Ad Such Mantra)

November 9, 1995

This is a Jupiter meditation which can cleanse the bloodstream and relieve fatigue and tension if you breathe deeply and powerfully. It is this conscious breath that can bring you great relief.

1. Posture/Mudra: Sit in Easy Pose with your spine straight. Bend your elbows so that both hands are in front of your body near the heart center. Keep the Jupiter (index) fingers pointing straight while using your thumbs to lock down the other fingers. The Jupiter finger of your right hand points straight up. The Jupiter finger of your left hand is parallel to the floor and points at the right thumb. Allow a space of six inches between the left Jupiter finger and the thumb of the right hand. (This space allows the flow of an electro-magnetic filament of energy.) Keep your chin in and your chest out.

Eyes: Close your eyes 9/10ths.

Breath: Make a circle of your mouth. Deeply inhale through the O-shaped mouth. Exhale through your nose. Continue for 7 minutes.

2. Stay in the same position and chant along with the tape of [Wahe Guru Jio by Gyaniji](#). Chant using the tip of your tongue against your upper palate. Continue for 4 ½ minutes.

3. Begin to whisper the chant, concentrating on the mantra. After 30 seconds, Yogi Bhajan played [Nirinjan Kaur's Every Heartbeat](#) while instructing the students to concentrate on their whispered chanting of the Wahe Jio mantra for an additional 3 minutes.

4. Chant the mantra Ad Sach, Jugaad Sach, Haibhay Sach, Nanak Hosee Bhay Sach." Concentrate on this mantra while continuing to listen to Every Heartbeat. Continue for 1 ½ minutes.

To finish: Inhale, hold your breath 15-25 seconds, while stretching your spine upward. (This meditation relaxes you in such a way that you should be able to achieve more stretch in your spine than is usually possible. Really stretch the spine, concentrating on each vertebra.) Exhale and repeat this sequence two more times.

