



**Santhika
Retreat
Center**

Healing Ancestral Karma Meditation

Yogi Bhajan

www.santhikaretreatcenter.com

Yogi Bhajan gave this Healing Ancestral Karma meditation as a powerful healing meditation and soothing tool to help us release the karma of our ancestors.

It is a meditation of deep healing; as such we encourage you to experience the depth fully by committing to it as a 40 day sadhana practice, so you can enjoy the journey, day by day, layer by layer. As a meditation to bless the ancestors and heal your lineage you may want to visualise your ancestors lined up behind you; your parents, your grandparents, your great grandparents and so on.

Then imagine, lined up before you, your children, your children's children & so on. Let yourself become the bridge of transformation and healing. Yogi Bhajan said that we are affected by & in turn we affect 7 generations back and 7 generations forward! Just imagine the profound difference we can make to all the future generations by healing our Ancestral Karma.

POSE: Sit in easy pose. Place your right hand at your heart centre on your chest, palm against the chest. Place your left hand on your back also at your heart centre, palm facing outside. Chant the Guru Ram Das Mantra.

MANTRA: [The Guru Ram Das Mantra – “Guru Guru Wahe Guru, Guru Ram Das Guru”](#)

TRANSLATION:

Guru – teacher or guide that brings one from the darkness to the light.

Wahe – exclamation of ecstasy like “WOW!”

Ram Das – literally translates as “God’s Servant”, but also refers to Guru Ram Das, the Fourth Guru of the Sikhs

This mantra was given to Yogi Bhajan by Guru Ram Das in His astral self. As Guru Ram Das, the fourth Guru of the Sikhs, was known for humility and healing abilities this mantra is also known for its healing qualities and for imparting humility to the one who chants it.

This mantra relates directly to the healing and protective energy represented by Guru Ram Das. The mantra is comprised of two parts. The first part is a nirgun mantra (Guru Guru Wahe Guru). This projects the mind to the source of knowledge and ecstasy. The second part is a sirgun mantra (Guru Ram Das Guru). This means the wisdom that comes as a servant of the infinite. It is the mantra of humility. It reconnects the experience of the finite to infinity.

TIME: 11 Minutes

EYES: Close your eyes.

