



Santhika  
Retreat  
Center

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## Air Tattva Meditation

Yogi Bhajan

*" Notice that the stiffest tree is most easily cracked, while the bamboo or willow survives by bending with the wind."  
- Bruce Lee*

Posture: Any relaxed, meditative posture with a straight erect spine.

Mudra: Gyan Mudra, Jupiter (index) finger and thumb together at the knees.  
Arms straight but relaxed.

Eyes: Closed and focused up toward the Third Eye Point

Mantra: Guru Guru Wahe Guru Guru Ram Das Guru

Practice: Chant in a monotone. Repeat the mantra 5 times on each breath. Take a quick deep breath between chanting cycles. 3-11 minutes. For a longer sadhana, practice 108 repetitions in the Amrit Vela before the rising of the sun. For a profound experience of the miracles of this mantra, where even the karmas are cleared, practice 11 repetitions of the mala, that is, 11 cycles of 108 repetitions.

For mental clarity, uplifted mood, and prosperity use the [faster version of the mantra](#).

For emotional clearing and calm depth use the [slower version](#).

Both will heal, expand and help deal with the fast fickle mind that comes with the air tattva.

Comments: Guru Guru Wahe Guru Guru Ram Das Guru has a simple meaning. It is designed to take you on a journey from the personal to the Infinite and back again. "Guru" is wisdom; that which transforms any kind of ignorance or block into light. "Gu" is darkness and "ru" means light. You start with a very personal wisdom as you chant "Guru". When you repeat "Guru," you expand that into experience. Then you say "Wahe Guru" and go beyond conscious knowledge and into the realm of the Infinite. Again you chant "Guru" and begin bringing this same wisdom back into the world as "Ram Das," the manifesting power of God coming into your life through service. The cycle is complete when you say "Guru" a final time. You are back where you started, but with the eyes of infinity and the heart of a healer filled with miracle and blessing – such as Guru Ram Das was!