



Two Meditations for Harnessing Ether

2 exercises 6 min - 6 min *Kriya: Yoga Sets, Meditations, Classic Kriyas*

1. Isht Sodhana Mantra

Comments: *This meditation can help the mind penetrate the cosmos. By practicing this meditation, one can transcend past, present, and future. It is best practiced in the evening, at sunset, for 40 days. Dhartee means earth. Akaash means ether.*

Isht Sodhana Mantra (3 minutes)

1. Sit up straight in Easy Pose with the hands in Gyan Mudra.
2. Chant the mantra of God purification, the Isht Sodhana Mantra:
Dhartee Hai, Akaash Hai, Guru Ram Das Hai.
3. Recite Dhartee Hai and imagine a grey color; concentrate on your feet being in the earth.
4. Recite Akaash Hai and concentrate on your head being in the blue ether.
5. Recite Guru Ram Das Hai and concentrate on white light coming from your Heart Center.



Mantra

Dhartee Hai, Akaash Hai, Guru Ram Das Hai