

Meditation to Develop the Radiant Body

Originally taught by Yogi Bhajan on July 31, 2001

Without the full Radiant Body we grasp for some security other than our Being and the Infinite. With the Radiant Body strong, our presence communicates contentment, containment, completeness and consciousness.

Posture: Sit in Easy Pose with a straight spine, and a light Neck Lock.

Mudra: Arc the arms over the head, with the fingers interlocked in-between the palms. Tuck the chin in, and pull the arms back and slightly downward until the hands are above the back of the neck.

Mantra: Chant the Ik Acharee Chand shabad:

Ajai Alai Abhai Abai

Abhoo Ajoo Anaas Akaas

Aganj Abhanj Alakh Abhakh

Akaal Dyaal Alaykh Abhaykh

Anaam Akaam Agaahaa Adhaahaa

Anaathay Pramaathay Ajonee Amonee

Na Raagay Na Rangay Na Roopay Na Raykay

Akaramang Abharamang Aganjay Alaykhay

(Recording by Gurushabd Singh and Nirinjan Kaur recommended.)



Time: 11-22 minutes.

To End: Inhale deeply, suspend the breath and stretch the arms up high keeping the fingers interlaced. Exhale powerfully. Repeat 2 more times. Relax, shake out the hands.

This extraordinary meditation is to be done with great precision. Make sure the hand mudra and the position of the hands over the head are held correctly and fixed.

As you chant the *Ik Acharee Chand* mantra of Guru Gobind Singh, hear each word as a world—each word as complete as you speak, projecting with the Fifth Chakra and vibrating the sound as naad with the Eighth Chakra.

This will build and expand the Radiant Body. It is through this expanded Radiant Body that we can hold the link and space as teachers. With that radiance our communication becomes impersonally personal. It is natural to give gratitude to the Golden Link, to our teacher Yogi Bhajan and to show reverence for the sacred space of the teacher within and without.



When the Radiant Body is depleted, we feel we have to do everything. We're better than some people and worse than others. When your hidden agendas are put aside and your radiance is strong, your presence embodies your teacher. You are beyond comparison and act in love and duty to your students. You teach in the name of the teacher and take no finite claim. You act in love and dissolve yourself in the rhythms of Infinity without hesitation.

©The Teachings of Yogi Bhajan

From *I AM A WOMAN Creative, Sacred, Invincible*, available through KRI.