

DESCRIPTION OF FIVE WORDS

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**PAANCH SHABD AUR PAANCHON MUDRA, VEH NISCHAY KAR MAANA
USKE AAGEY PURUSH PURATAN, TISKI KHABAR NA JAANA**

In past, everyone (Rishi, Muni, Siddh, Saadhak, Yogi, Yogeshvar etc.) remained concentrated only onto the following Five words: Jyoti Niranjan, Onkaar, Sohang, Satt, R-Rankaar with their respective meditation postures: Chachri, Bhuchri, Agochri, Unmuni, Khechri and declared them as the true methods of meditation through which one can realise Supreme God (ParamPurush) who resides within each individual's soul. But in reality, they all failed to understand the true limitations of the Five Words which falls under the territory of Kaal Niranjan (Mind-Mann) and cannot able to realise the true presence of One Supreme God (Param Purush – Sahib) whose existence and presence is ahead of all the Five Words and Five Meditation postures.

Before arrival of Sant Samrat Satguru Kabir Sahib into this mortal world, Nirgun Bhakti (mode of worship totally revolves around 5 words based on meditation, as mentioned above) was being considered as the only true method of worshipping and realising Supreme God (Param Purush- Sahib). With this belief, everyone who gets involved into Nirgun Bhakti considered it as the right path towards realisation of One Supreme God because this mode of worship came into popularity from the times of Rishis, Munis, Siddh, Saadhak, Yogis, Yogeshvars, Peer, Paegambar etc.

Nirgun Bhakti is the mode of worship which is totally based on meditation (Kriya Yog / Dhyaan Saadhna) and only concentrates onto recitation of one particular word out of all the 5 words : Jyoti-Niranjan, Onkaar, Sohang, Satt, R-Rankaar through their own particular meditation postures. It is called as Surat-Shabd-Abhyaas or Shabd-Kamai or Naam-Kamai or Kriya Yog and is mainly focused on the subject of self-realisation (as a soul) which is truly based on self experiences of inner journey (within the body) through concentration and travel towards different worlds (abodes) that are present into the higher limits of the universe. Vedas and other religious scriptures had clearly mentioned that the whole universe (3 Lok's) is present inside the human body which holds 100% truthfulness. But, this knowledge is far beyond from the reach of those people who are completely engaged into Sargun Bhakti (doing worship of Idols, chanting of mantras, following religious rituals) and keep on searching Supreme God into an outer world.

Nirgun Bhakti is only related with the Five Words and Five meditation postures as mentioned above. The reach and the limitation of Nirgun Bhakti is only upto the territory of Kaal Niranjan who himself resides into the 5th element of the universe i.e Sky (vacuum-space-shunya-zero). from where he governs the whole universe. The whole humanity is doing the worship of Kaal Niranjan (Mind-Mann) in one way or the other because he never discloses the true presence of ParamPurush-Sahib to anyone in this universe, not even to his own three sons : Brahma, Vishnu & Mahesh. The knowledge of every religion and the religious scriptures that are available to mankind is limited only upto the knowledge of universe (3 Lok's) which itself is the creation of Kaal Niranjan (Kaalpurush–Mind-Mann) and everyone considers him and worship him as formless Supreme God due to the lack of true spiritual knowledge.

But, all Saints who followed Satguru Kabir Sahib Ji's true ideology of SantMat, addressed Niranjan (Formless God) as 'Kaal Purush' (God of Death) who is the ruling power of this universe and is cruel by nature who continuously gives pain & sorrow to each individual being into this mortal world. No individual being in this universe is safe and cannot liberate himself permanently from the entrapment of Mind (Kaal Niranjana) even by doing Nirgun Bhakti because all the Five words along with Five meditation postures falls under the territory of Kaal Niranjana (Mind-Mann) whose limitation is upto the creation of Shunya (14 Lok's are present in this creation where articles exist) & Maha-Shunya (7 Lok's are present in this creation where no articles exist) which all comes under great dissolution. No being can attain permanent salvation (Param Moksh) from the endless circle of birth-death and cannot reach back to its true abode i.e. Amarlok (4th Lok- The abode of Supreme God) even by doing Nirgun Bhakti.

The description of Five Words, their limitations and the expert masters of each individual meditation posture who in past, attained perfection over each individual word and has attained the different types of temporary salvations through different levels of conscience which are as mentioned below :

1. JYOTI NIRANJAN

**JYOTI NIRANJAN CHACHRI MUDRA, SO HAI NAINAN MAHIN
TISKO JANA GORAKH YOGI, MAHA TEJ HAI TAHIN.**

A yogi called "GORAKH NATH" was an expert of Chachri mudra (meditation posture) in which he recited the word "Jyoti Niranjana" and completely fixes his whole concentration into the nerve called 'Sushmana' onto a place midway between the eyes at the mole inside pupil (also known as Teesray Till Ki Sadhna). The innermost deeper cells of this very particular point in the body gets activated only with the sound of the word: 'Jyoti Niranjana' with help of complete concentration which gives the feeling of immense pleasure to an individual and produces immense Mind powers which is being generated by Mind (Kaal Niranjana) itself. It is not at all the state of true self-realisation (as a soul) and has no concern with the spiritual powers (powers of a soul).

Gorakh Nath entered into the 4th stage of conscience (Pragya Awastha / Turiya Awastha) with help of complete concentration and got an ethereal body called as 'Mahakaaran Shareer' which is of the size equivalent to Split Red Lentil (Masoor Dal ke daney ke barabar) where he experienced soothing Golden Light (called as 'Alakh Brahm') into which he looked at the different worlds present in the universe within the physical body. This path is known as 'Papeel Marg' because the whole concentration moves very slowly (as the speed of an ant) inside one's body.

2. ONKAAR

**ONKAAR BHUCHRI MUDRA, TRIKUTI HAI ASTHANA
VYASA DEV TIS KO PEHCHANA, CHAND SURAJ HO JANA.**

A yogi called "VYASA DEV" was an expert of Bhuchri mudra (meditation posture) in which he recited the word "OM" and completely fixes his whole concentration into the nerve called 'Sushmana' at Medula plexus (Aagya Chakra). The innermost deeper cells of this very particular point in the body gets activated only with the sound of the word: 'OM' (Aum) with help of complete concentration which also gives an immense pleasure to an individual and produces immense Mind powers which is being generated by Mind (Kaal Niranjana) itself. It is not at all the state of true self-realisation (as a soul) and has no concern with the spiritual powers (powers of a soul).

Vyasa Dev also entered into the 4th stage of conscience (Pragya Awastha / Turiya Awastha) with help of complete concentration and got an ethereal body called as 'Gyaan Daehi' through which he experienced a much higher state and traveled to much higher level of worlds present in the higher limits of the universe within the physical body and at the same time entered into the 'Onkaar Mandal' which is the state of higher conscience than Chachri mudra. This is the stage where an individual speaks out with a word : 'Aham Brahmasmi' which means that 'I am God'. This famous phrase often repeated in the Upanishads. This path is also known as 'Papeel Marg' because the whole concentration moves very slowly (at the speed of an ant) inside one's body.

3. SOHANG

SOHANG SHABD AGOCHRI MUDRA, BHANWAR GUFA ASTHANA SHUKDEV TIS KO PEHCHANA, SUNN ANHAD KI TAANA.

A yogeshvar called "SHUK DEV" was an expert of Agochri mudra (meditation posture) in which he recited the word "SOHANG" and completely fixes his whole concentration into the nerve called 'Sushmana' onto the Jinglements of Words (Anhad Dhuns) continuously happening inside 'Bhanwar Gufa' which also gives an immense pleasure to an individual and produces immense Mind powers which is being generated by Mind (Kaal Niranjana) itself. This mudra is much more superior than Chachri & Bhuchri mudras (meditation postures). It is not at all the state of true self-realisation (as a soul) and has no direct concern with the spiritual powers (powers of a soul).

Shuk Dev entered into the 5th stage of conscience (Maha Pragya Awastha / Turiyateet Awastha) through complete concentration and got an ethereal body called as 'Vigyaan Daehi' through which he experienced a much higher state of conscience and traveled to the much higher levels of the universe (has its reach upto the creation of maha-shunya where no articles exists) at much greater speed as compared to the Chachri and Bhuchri mudras. In this meditation, a person listens to the 70 kinds of jinglement of words (Anhad Dhuns/ Anhad Naad) in Bhanwar Gufa (Bunk Canal) which in reality originates from Anhad Chakra within the physical body. Here an individual holds his concentration onto a particular jinglement of word like: onto a sound of Whistle, onto a sound of Flute, onto a sound of Tabla, onto a sound of Mridang, onto a sound of tinkling Bells, onto a sound of Trumpet etc. and travels to the different worlds present into the universe. There are 70 different paths that are connected with 70 individual musical sounds. This path is known as 'Meen Marg' because the whole concentration moves onto different musical sounds in the same manner and at the same speed as fish moves in water. In Vedas, these musical sounds (Anhad Dhuns) has also been described as 'Naad Brahm' or 'Bangay Elahi'.

4. SATT

SATT SHABD SOH UNMUNI MUDRA, SOH PRAKASH SANEHI TISKO ZHILMIL JYOT DIKHANA, JAANA JANAK VIDEHI.

A yogeshvar and a king called "JANAK" was an expert of Unmuni mudra (meditation posture) in which he recited the word "SATT" and completely fixes his whole concentration into the nerve called 'Sushmana' at the point called 'Saehstrasaar' (top of the head) which also gives an immense pleasure to an individual and produces immense Mind powers which is being generated by Mind (Kaal Niranjana) itself. This mudra is much more superior than Chachri, Bhuchri & Agochri mudras (meditation postures). It is not at all the state of true self-realisation (as a soul) and has no concern with the spiritual powers (powers of a soul).

King Janak also entered into the 5th stage of conscience (Maha Pragya Awastha/ Turiyateet Awastha) through complete concentration and got an ethereal body called as 'Vigyaan Daehi' through which he experienced a much higher state of conscience and traveled to the much higher levels of the universe as compared to Chachri, Bhuchri & Agochri mudras. In this meditation posture the whole concentration of the body enters into Saehstrasaar for which Janak got associated with the title name 'Videhi' (Formless Being) after his name. This is also known as 'Meen Marg' where whole concentration travels into the universe at the same speed as fish travels into the water.

5. R-RANKAAR

R-RANKAAR KHECHRI MUDRA, DASWAN DWAR THIKANA BRAHMA-VISHNU-MAHESH ADI LE, R-RANKAAR KO JAANA.

The three Maha-Yogeshvars BRAHMA, VISHNU and MAHESH were the experts of Khechri mudra (meditation posture) in which they recited the word "R-RANKAAR" and completely fixes their whole concentration into "Shunya" which is equivalent to the size of a Poppy Seed (Khuskhus ke danay ke barabar) while passing through Sushmana nerve. Here they also enters into the 5th stage of conscience (Maha Pragya Awastha / Turiyateet Awastha) and attains such a level of super conscience state which in spiritual terminology is known as "DASHAM DWAR" i.e. opening up of the 10th Aperture which leads them to the end of the universe (3 Lok's) where they attains Oneness with Niranjana to

whom they considered as their Supreme Father which is beyond the reach of yogis. This is also known as Meen Marg which also comes under the territory of Kaal Niranjana (Mind). This mudra is much more superior than Chachri, Bhuchri, Agochri & Unmuni mudras (meditation postures). It is not at all the state of true self-realisation (as a soul) and has no concern with the spiritual powers (powers of a soul). This is the end of Yogmat (Nirgun Bhakti). Above all, a true Saint (Sant Satguru) also attains this level of super conscience state and moves further towards the level of Supreme state of conscience which is the 6th stage of conscience (Beyond Turiyateet Awastha) while crossing the territory of Kaal Niranjana (Mind-Mann) which leads to the opening of "GYARVAAN DWAR" i.e. opening up of the 11th Aperture which is present into the concentration (surati) itself that leads to "AMARLOK" (4th Lok). It is beyond the reach of Brahma-Vishnu-Mahesh. This is known as "Bihangam Marg" because the complete concentration travels into the universe at the same speed as Bird flies in the sky which is only available to a true Saint. No one has ever attained the Supreme state of conscience except the true Saints.

**KAYA NAAM SABHI GUNN GAVEIN, VIDEH NAAM KOI VIRLA PAVEY
VIDEH NAAM PAVEY GA SOHI, JISKA SATGURU SAACHA HOI**

Everyone praises of those Words that are present in every human body which can easily be recited with the tongue, but only the rare beings get blessed up with real Alive Holy-Name (Sajeevan Naam) which is formless and it does not come under writing, reading or speaking. Only that being will be blessed up with formless Alive Holy-Name (Sajeevan Naam) who gets the shelter of the true Perfect Spiritual Master (Satguru).