

Surat Shabd Yoga

*the yoga
of the Sound Current*



Surat Shabd Yoga is a practical meditation technique to enable the mystical experience of seeing the Inner Light and listening to the Shabd soul music. This science of the spirit has been distilled from the ancient yogas of India. The method was re-defined for modern times by Nanak and Kabir.

The meditation technique of "Surat Shabd Yoga" which the mystics have called the "science of the soul" can be practiced daily in the comfort and convenience of one's own home.

The practice of Surat Shabd Yoga is a process of "dying while living", in which the externalized attention is inverted to allow one to come in contact with the divine power within. Contact with this Primal Source of peace, love, and bliss, penetrates our entire being, removing our fears and worries and anxieties.

Reference to the divine light and inner sound, that flows out from the Creator, is found in the writings and recorded experiences of saints, yogis and mystics. In the Guru Granth Sahib we have a spiritual encyclopedia of accurately recorded mystical poetry of mystics and gurus, which unlike any other scripture in the world is set to traditional Indian music (raags) to guide, inspire and elevate. It's universal message is known as Gurbani.

Each and everyone has the capacity to reconnect to the Primal Source of inner peace, love, harmony and bliss. Meditation is the method "to go within", and experience it.

SOUL JOURNEY

Return to Essence

PREPARATION: (GENERAL MEDITATION INSTRUCTIONS)

a) Choose a place and time for Meditation Practice (Abhyas)

Meditation can be practiced at any time and at any place we wish. However when we first begin to meditate, it is best to sit in a clean and quiet space free from the noise of cellphones and television, away from other noisy activities. The teachers of Shabd Yoga encourage meditation in the quiet early morning (before breakfast) , and before retiring for sleep.

b) Choose a comfortable position (Asana-sitting still)

Meditation begins with first making our body still, by choosing a position that is comfortable either sitting in a chair (both feet flat on ground) or in a cross- legged position with spine erect (keeping spine , head and neck aligned naturally) the basic yoga pose called "sukhasan". It is important to gradually develop one's capacity of sitting with a relaxed attitude, without any bodily tension. To transcend the body is the goal, not torturing oneself.

c) Concentrate at the Eye Center (Dharana- mind focus)

Once in the sitting position, the eyes are closed. Shutting the external world out. And returning the attention within one's self. This is done by focusing the gaze in the middle of the dark inner screen . By continuously looking into this "dark veil", the darkness will fade to lighter and lighter shades, eventually opening into the infinite space . What the mystics call " entering the Til" . In Surat Shabd Yog the concentration is not inside the body. but horizontally straight out , 8 to 10 inches out of the forehead . No tension is put on the eyes or the forehead. Gentle , loving steady concentration is needed.

SIMRAN: REPETITION (to quiet the mind and calm the vritties)

The shabd yoga masters understood the fleeting nature of the mind, which they say prevents us from experiencing the soul (atman). Because the restless mind has a tendency to wander from thought to thought, thinking and worrying and fantasizing and reflecting on anything and everything. Never still, always going towards the exterior.

Massive amounts of continuous distractions that prevent us from "going within". However this same mind can be tamed gradually, not by force, but by focusing on repetition.

The masters have devised methods of concentration to keep the mind focused away from daily thoughts, by repetition of holy Names of God (Simran).

This simran of Naam is the key that helps us transcend thought (time and space) and opens the lock of the our inner being. Each tradition and lineage has used different Name or Names to help still the mind (Allah HU, Radha Soami, Hagg HU, Nirankar, Great Spirit, Immaculate One, Blessed Light, Infinite God, Om Mani Padme Hum, Vahi Guroo , SatNaam, Akal Purkh, Noor Allah, Sat Chit Ananda...) one can choose whatever Name one is comfortable with. Also good for this repetition (simran,sumiran, zikr) is the " Panch Naam" which are the "5 Names of God" in the modern Shabd Yoga tradition.

ABSORPTION INTO THE LIGHT



The first part of *SHABAD YOG* meditation begins with sitting still, quiet, eyes closed down, mentally repeating the 5 Names and lovingly gazing into the middle of the darkness lying in front of us, which will develop into concentration on the inner light. Repetition (SIMRAN) is continuous during this. Breathing is natural and free flowing without paying any attention to it. Breath is not interfered with. It goes on by itself.

As we do so, the attention will collect between and behind the eyebrows. (Any strenuous effort will only interfere with the process, for it creates resistance to the natural flow of meditation). Repeating the Panch Naam and gazing is all that's needed.

While concentrating on what lies in front of us, darkness will fade and Light will emerge. We may see lights of any color; red, blue, purple, green, yellow, orange, golden or white light- or flashes of light.

It is best to concentrate in the middle of whatever we see inside, and continue repeating slowly at intervals: (so as not to disturb the gaze).

Swami Shiv Dayal Singh in *SAR BACHAN* said: "Panch naam ka sumiran karo." "Repeat the 5 Holy Names".

...Jot Nirinjan...Ongkar...Rarankar...SoHrang...SatNaam...

Eventually one experiences the withdrawal of the sensory currents and one will feel numbness set in, and gather at the eye focus (3rd eye).

The Inner Light will draw your attention in. Later...

MERGING INTO THE SOUND CURRENT



The second part of *SHABD YOGA* meditation involves listening to the Sound Current . The preferred traditional position for this is done by by squatting on one's feet in the "Bhajan position" known as "Crow pose" in Kundalini Yoga and resting one's arms on the knees and putting the thumbs in the ears (a seal from the exterior) to the listen to the inner Sound. The focus of our attention is at the seat of the soul (Ajna Chakra, Tisra Til, Third Eye, Aggya ChakraX between and behind the eyebrows) and one listens to the inner Sound Current coming at first from the right side and ultimately from the top of the head (" the heavens"), Sahasrara chakra.

This Sound is the Voice of God, and is referred to in the various scriptures as the Holy Word, Naam, Shabd, Naad, Kalma ... It is the Creative Impulse that brought all of creation (millions of galaxies and solar systems) into being. Our soul being of the same essence as the Sound Current and God, and is attracted to the Celestial Melodies, by which the soul can travel on through the inner spiritual regions. During the Bhajan practice the Panch Naam is not repeated. All of one's attention is on simply listening to the Audible Lifestream, the "music of the spheres", which will pull the spirit awareness up above "body consciousness" and into the intoxication of the higher realms, eventually all the way to Sach Khand, and beyond ...God willing (gur prasad)

The secret to successful meditation lies in the time and effort devoted to sincere daily practice, and not in worshipping a person or relying on books nor in intellectual debate.

"Japo man sat naam, sada sat naam" " Oh my mind meditate on Sat Naam, forever Sat Naam"... Guru Ram Das Ji. (Guru Granth Sahib)

Reading List:

Crown of life: a study in Yoga ...Kirpal Singh

Concentration and Meditation... Swami Sivananda

Gurmat Siddhant... Sawan Singh/Kirpal

Hatha Yoga Pradipika...Swami Muktibodhananda

Jap-ji... Kirpal Singh

Kabir: The weaver of God's Name...V.K.Sethi

The Teachings of Yogi Bhajan...Yogi Bhajan

Radhasoami Reality...Mark Juergensmeyer

Radha Soami Teachings...L.R. Puri

Sacred Nitnem...Harbhans Singh Doabia

(This was written to encourage the practice and understanding of Surat Shabd Yoga, the author (ajnasingh) does not represent any current organisation, this article was written in the philosophy of sharing and openness.) Namaste!

Brought to you by: <http://groups.yahoo.com/group/KundaliniYoga-Studies>

"In the beginning was the Word, and the Word was Sat Naam"...Yogi Bhajan