

Meditation for Positivity & Manifestation

40 day Meditation with the Magic Mantra

November 15- December 24, 2020

This 40 day meditation is known as the Magic Mantra. This mantra stops negativity in its track and reverses it into positivity. It will help you release negative thoughts, including all the what if's, not good enough's and negative mental chatter and transforms them into the positive. It elevates your mind and spirit, removes all obstacles and puts you in a state of manifestation. The effect is so powerful that when you chant this mantra you must watch your thoughts and actions after you chant it. You'll be in such a state of manifestation that your thoughts will accelerate into being.

Please join us in this 40 day meditation. You may use the video to

Preparation: Chant Mangala Charn Mantra

“Aad Guray Nameh, Jugaad Guray Nameh, Sat Guray Nameh, Siri Guru Devay Nameh” to create a sacred space and energy around you before you begin this meditation.

Posture: Sit in a comfortable meditative posture.

Mudra: Lift your hands to the level of your heart, palms up, elbows relaxed by your sides. Form a shallow cup of your hands by placing the sides of your hands together from the base of the palms to the tips of the pinky fingers. All the fingers are held together, and the thumbs are gently pointing towards your body.

Eyes: Close your eyes and look into your hands through your closed eyelids.

Mantra: Chant the mantra in a monotone:

Ek Ong Kar Sat Gur Prasad, Sat Gur Prasad Ek Ong Kar

Continue for 11 minutes.

Translation: There is one Creator of all Creation. All is a blessing of the One Creator. This realization comes through Guru's Grace.

"Be kind, conscious, and compassionate. The whole world will be your friend."