

Ardas Bhaee, Amar Das Guru,  
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Ram Das Guru, Ram Das Guru,  
Ram Das Guru, Sachee Sahee



# Ardas Bhaee

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*"Normally, there is no power in the human but the power of prayer. And to do prayer, you have to put your mind and body together and then pray from the soul. Ardas Bhaee is a mantra prayer.*

*If you sing it, your mind, body and soul automatically combine and without saying what you want, the need of the life is adjusted. That is the beauty of this prayer." ~Yogi Bhajan*

This mantra holds the energy of grace, hope, healing and blessings. This is THE prayer to answer all prayers.

## Meditation for Your Life's Needs

- ◇ **Posture:** Sit in Easy Pose with a tall spine or sit in a chair with your feet flat on the floor, sitting tall. Either way, bring your hands into Venus Mudra, (clasping your hands together by interlacing the fingers. Women with their left thumb over the right thumb. Men with their right thumb over the left thumb.) at the level of your heart center. Relax your bent elbows by your sides. Create some tension with your hands gripping the fingers tighter than normal.
- ◇ **Eyes:** There is no specific direction on eye focus, however, closed and gazing down towards the tip of the chin is a very comfortable eye mudra to hold. This location corresponds to the Moon Center, being cooling and calming.
- ◇ **Time:** Length of time is also not specified. Chant for 11 minutes or build up to 31 minutes.
- ◇ **End:** Inhale, suspend your breath briefly, exhale and relax.

Kundalini Yoga as taught by Yogi Bhajan®

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