

Ang Sang Wahe Guru

Ang: a part

Sang: in every

Wahe: indescribable ecstasy of Infinite Being

Guru: knowledge that transforms mind

Video/Audio: <http://youtu.be/43snnOHI7b8>

Translation: "The Infinite Being is with me and vibrates in every molecule and cell of my being."

Purpose: Synchronizes the finite sense of self to the Infinite Oneness.

Benefits Of Mantra: During mantra meditation, the amount of adrenaline in being released into your blood goes down. While meditating, your cortisol level drops and stays low for hours afterward. Cortisol is known as the stress hormone although there are several stress hormones, including adrenaline. But cortisol is one of the most important. It is present in your blood in small amounts all the time, but when you experience stress, your body produces quite a bit of it and in high amounts it has unhealthy and unpleasant effects. Getting it out of your blood stream, in contrast, has healthy and pleasant effects. A high level of cortisol makes your body store extra fat in your abdomen and makes you crave fattening foods with extra intensity.

Seated Positions

- Pillow under bum if knees high
- Easy Pose (legs crossed)
- Hero Pose (kneeling)
- Half or Full Lotus Pose

