Ang Sang Wahe Guru

Ang: a part Sang: in every

Wahe: indescribable ecstasy of Infinite Being

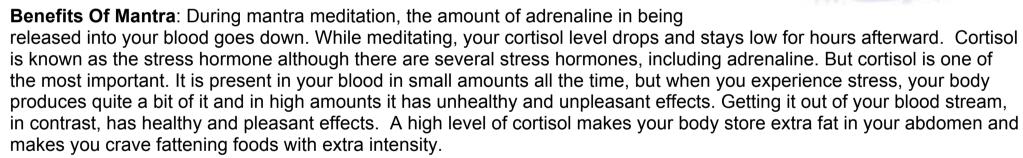
Guru: knowledge that transforms mind

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.



Seated Positions

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

