

Becoming an Instrument of the Divine Homework

Week of June 21, 2023

Tune in:

Hands at the heart center. Eyes closed, focused at third eye, then chant these mantras 3 x each:

Ong Namō Guru Dev Namō

Aad Guray Nameh

Jugaad Guray Nameh

Satiguray Nameh

Siri Gurdayvay Nameh

Yoga Warm ups:

1. Pelvic Grind Left: place hands on knees and begin grinding yourself in a big smooth circle going to the left. Lift the chest up high as you come forward and let the chest collapse and the pelvis tilt backwards as you go back. Keep the chin level to the ground in both positions. Inhale in the forward half of the circle, Exhale in the backward half of the circle. (90 seconds)
2. Pelvic Grind Right: place hands on knees and begin grinding yourself in a big smooth circle going to the right. Lift the chest up high as you come forward and let the chest collapse and the pelvis tilt backwards as you go back. Keep the chin level to the ground in both positions. Inhale in the forward half of the circle, Exhale in the backward half of the circle. (90 seconds)
3. Front Stretch Left. Now stretch your left leg out in front of you straight, right foot against the inner thigh of the left leg. With both hands, stretch forward then down over the left leg. Hold on to your shin, ankle, or foot with both hands. Keep the chin at a right angle to the chest. Let this be your up position and inhale, and then exhale down, until you feel gently challenged by the stretch. Continue inhaling up and exhaling down. (90 seconds)
4. Front Stretch Right. Now stretch your right leg out in front of you straight, left foot against the inner thigh of the right leg. With both hands, stretch forward then down over the left leg. Hold on to your

- shin, ankle, or foot with both hands. Keep the chin at a right angle to the chest. Let this be your up position and inhale, and then exhale down, until you feel gently challenged by the stretch. Continue inhaling up and exhaling down. (90 seconds)
5. Basic Spinal Flex. Place the hands on the shins right above the ankles. Grasp the shins firmly and now inhale through the nose and lift the chest high and tilt the pelvis forward. Now exhale through the nose, collapse the chest and gently tilt the pelvis the opposite way. Inhale up and exhale back. (90 seconds) To finish, inhale and suspend the breath briefly, exhale.

Sing the Ray Man Shabad:

Use the class recording, or the Ray Man Live Track as listed on the Resource page. After you have sung the Shabad, take at least a minute to sit in silence. Then stretch your legs out and massage your legs.

Pranayama:

This pranayama can be done in Easy Pose. Raise the arms up to a 60 degree angle. Keep the elbows straight and the shoulders down. Apply Neck Lock. Reach the thumbs up as if you are plugging them into the sky. Fold the fingers onto the mounds at the base of the fingers, and stretch the palms wide. Eyes are closed, focused at the third eye point. Breath of Fire. (3 minutes)

Recitation:

Sit in easy pose. Recite the Ray Man Shabad as demonstrated in class for 11-31 minutes. You can use the Ray Man Recitation track on the resource page as a guide. If you are just learning this Shabad, this track may be too fast for you. In that case, use the guide as presented in the June 21 class. You can also just recite the chorus and first verse as listed here:

Ray man eh bidh jog kamaa-o
Oh my mind practice Yoga in this way:

Singee saach akapat kanthala
Let Truth be your horn, sincerity your necklace,
Dhi-aan bibhoot charaa-o
and meditation the ashes you apply on your body.

Silent Meditation:

Sit in silence directly after the recitation of the Shabad. Close the eyes, focus your eyes at the third eye point, and feel the center of your being at the heart center, which is at the center of the chest. Slow the heart rate down. Slow the breath down. Begin to count to five or more on each inhale and then exhale. Get up to at least 20 breaths (inhale and exhale) without mental chatter. If the chatter starts, go back to the first count. Once you have reached a quiet mind, incorporate the mantra Waaheguru, hearing the tune as we just sang it, vibrating internally, as if you were singing it from within your being. Allow the internal sound to grow and grow within you. Become lost in it. Practice this silent meditation for 11-31 minutes.

After you have finished take a moment to stretch.

Daily Journal:

This week we are focusing on the following practices.

1. finding our internal truth
2. filling, surrounding , and blessing ourselves with meditation

Please journal about what is true for you, after you have gone through the fire of the practice as listed above.

Resources:

Here is the link where all your resources are available for our 40 Day Sadhana:

<https://www.kirtanandkundalini.com/instrument-of-the-divine>

Cover the Head:

You can cover your head when singing or reciting the Ray Man Shabad as a part of the Sikh practice. For more information check out this link:

https://www.kirtanandkundalini.com/forum-1/_faq/covering-the-head