

## THE MORNING BLESSING

As director of preteens at Khalsa Women's Training Camp back in the nineties, I shared the Morning Blessing routine with the young women one evening in place of a bedtime story. In the days that followed the girls complained to adults in the community that the blessing was a form of masturbation, creating a huge scene. At the end of camp, Yogi Bhajan, in tears, emphasized to the entire sangat that the Morning Blessing would eliminate all sexual and sensual neuroses and enable people to be healthy, happy and divinely in tune.

Although the prayers can be performed in first person, by using "we and "us" you refer to personal gurus or spirit guides, augmenting the blessings beyond imagination.

After each blessing, silently beam "Ang Sang Wah-hay Guroo" through your hands as a "wow!" realization of God in every atom of your being, the blessing's manifestation. (Note that "a" sounds like "ah" and "ay" sounds like "ay" in "day".)

The blessing is performed upon first waking while lying on the back:

1. With the right arm down alongside the body, the left hand gently taps the soft spot on top of the head as you say aloud, "Hume Hum Brahm Hum." ("God and we are One")  
(The left hand touches the rear soft spot on women and the frontal soft spot on men).
2. Fingers resting on the forehead, mentally beam, "The Unknown is known to us."
3. Hands on the eyes, feel "God sees through our eyes."
4. Hands gently placed alongside the nose, breathing deeply, relaxed, "We breathe God's Essence."
5. Palms on the ears, "We hear only the Truth."
6. Fingers blessing the mouth, "We speak only the Truth."
7. Hands placed softly upon the throat, "Guru Nanak, Ang Sang Wah-Hay Guroo!" ("Nanak" means, "One who never says no." Hearing and speaking "No" blocks the throat chakra, the power of expression).
8. Hands crossed upon the heart, "Our love is God's Love."

9. Hands on the abdomen, "God processes all that God gives us."
10. Hands over the sex organs, "God transmutes Piscean consciousness into Aquarian consciousness."
11. Hands over the groin, "God is our foundation."
12. Hands on the thighs, "God's Will is our will."
13. Palms on the knees, "Our balance with the earth equals our balance with the Heavens."
14. Hands on the shins, "Our standard is God's Standard."
15. Hands on top of the feet, "Our path and destiny are One."
16. Fingers extending straight over the toes, "Our direction is clear and natural."
17. Palms on the soles of my feet, "Our feet bless the Earth and the Earth blesses us!"
18. Hands over the upper arms, stroking downwards, "Our reach is God's reach to embrace, guide, comfort and serve."
19. Bringing the hands together in prayer pose at the heart, beam, "Our hands do God's Work, "Ek Ong Kar, Sat Kartar!"

"Ek Ong Kar, Sat Kartar" means "There is one Creator, Truth, the Doer."  
By saying "Ek Ong Kar, Sat Kartar," even silently, before an endeavor God arranges your affairs;

All God's Blessings to you!