

## The Ten Body Meditation

### Mudra:

Sit straight in an easy cross-legged position with the right arm stretched straight up alongside the ear, palm facing forward and the left arm extended straight out to the side, palm facing down. Press the index and middle fingers together and the ring and little fingers together, creating a V split between them on each hand. The thumbs are extended, stretching the palms flat. This mudra enables healing power to flow through the hands; the left hand receives, the right hand gives.

### Mantra:

The meditation may be practiced in silence. Yogi Bhan said it is also okay to chant “Har Haree Haray, Wahe Guru.” When using the meditation as a prayer to send healing to each of a person’s ten bodies chant, “Wahe Guru, Wahe Guru, Wahe Guru, Wahe Jio.”

### Focus:

Eyes are closed, with your focus on the Infinite.

### Time:

The meditation is to be done for 11 minutes each day, alternating the arm position every other day to extend the left arm straight up and the right arm to the side. Continue for forty days to establish a habit and 1000 days to master the technique.

### Comments:

During the course of practicing this meditation you may feel pain or numbness in different parts of the body or emotional or mental anguish as a particular body is cleansed and healed. Healing occurs in no particular order. Yet when this meditation’s healing energy is given as a prayer for others, you may call on the corresponding Guru to prevail and heal one body at a time, greatly augmenting the meditation’s healing power.

Yogi Bhan insisted that we keep the nature of meditation’s sacred experiences to ourselves and not openly share them with anyone.

#	Facet	Qualities	Key Phrase	Guru
1	Soul body	Humility Creativity	Heart over Head	Nanak
2	Negative mind	Obedience Containment	Longing to Belong	Angad
3	Positive mind	Equality Positivity	Devil or Divine	Amar Das
4	Neutral mind	Service Compassion Integration	Cup of Prayer	Ram Das
5	Physical body	Sacrifice Balance Teacher	Teacher/Balance	Arjun
6	Arcline or Halo	Justice Protection Projection	Person at Prayer	Hargobind
7	Aura	Mercy Security Love	Platform of Elevation	Har Rai
8	Pranic body	Purity Energy Fearlessness Self-initiating	Finite to Infinity	Har Krishan
9	Subtle body	Calmness Subtlety Mastery	Mastery or Mystery	Teg Bahadur
10	Radiant body	Royal Courage Radiance Nobility	All or Nothing	Gobind Singh
11	Mastery of all ten bodies	Divine Vision Truth and Blessings for All	Infinity	Siri Guru Granth Sahib