Twitter Thread by Sahebjot Singh



Sahebjot Singh
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These highly emotional and tense times require us to go to Gurmat Meditation techniques that lead to most of the famous feats of our glorious past.

We already know the amazing acts but how they did will remain a mystery until we start the practice ourselves.



This is Gurmat Meditation 101

■■■■ ■■■■■■ (Saas Giras) Technique

I am no expert but I can definitely help you being the journey, clear some doubts.

What is the aim of your meditation?
Eventually this allows you to become a Gurmukh, get Mukti from Sansaar i.e not stuck in reincarnation cycle, finally meet your everything Akal Purakh Waheguru(in Sunn Samaadh https://t.co/yYrgRL5VnH) all depending on the Grace/Nadar/Kirpa

> To discuss the highest tiers in meditation, spiritual experiences, you can't do it without discussing the concept of Sunn Samaadh.
> Let's do some Khoj of the Gurbani for this.
>
> — Sahebjot Singh (@zereraz) January 23, 2021

Normal mindfulness(secular) and most other meditations are capped, at best they give you momentary peace, this is totally different and talked about many times by our Gurus.

Here is Guru Arjan Dev's description, notice the ■■■■ ■■■■■■(Saas Giraas)

ਸਤਿਗੁਰਵਿਟਹੁਵਾਰਿਆਜਿਨਿਦਿਤਾਸਚੁਨਾਉ॥
satigur viTahu vaariaa jin dhitaa sach naau ||
I am a sacrifice to the True Guru, who has bestowed the True Name.

ਅਨਦਿਨੁਸਚੁਸਲਾਹਣਾਸਚੇਕੇਗੁਣਗਾਉ॥
anadhin sach salaahanaa sache ke gun gaau ||
Night and day, I praise the True One; I sing the Glorious Praises of the True One.

ਸਚੁਖਾਣਾਸਚੁਪੈਨਣਾਸਚੇਸਚਾਨਾਉ॥੨॥
sach khaanaa sach painanaa sache sachaa naau ||2||
True is the food, and true are the clothes, of those who chant the True Name of the True One. ||2||

ਸਾਸਿਗਿਰਾਸਿਨਵਿਸਰੈਸਫਲੁਮੂਰਤਿਗੁਰੁਆਪਿ॥
saas giraas na visarai safal moorat gur aap ||
With each breath and morsel of food, do not forget the Guru, the Embodiment of Fulfillment.

ਗੁਰਜੇਵਡੁਅਵਰੁਨਦਿਸਈਆਠਪਹਰਤਿਸੁਜਾਪਿ॥
gur jevadd avar na dhisiee aaTh pahar tis jaap ||
None is seen to be as great as the Guru. Meditate on Him twenty-four hours a day.

ਨਦਰਿਕਰੇਤਾਪਾਈਐਸਚੁਨਾਮੁਗੁਣਤਾਸਿ॥੩॥
nadhar kare taa paieeaai sach naam gunataas ||3||
As He casts His Glance of Grace, we obtain the True Name, the Treasure of Excellence. ||3||

ਗੁਰੁਪਰਮੇਸਰੁਏਕੁਹੈਸਭਮਹਿਰਹਿਆਸਮਾਇ॥
gur paramesar ek hai sabh meh rahiaa samai ||
The Guru and the Transcendent Lord are one and the same, pervading and permeating amongst all.

This is one is by Guru Raam Daas Ji

ਸੇਵਕਭਾਇਵਣਜਾਰਿਆਮਿਤ੍ਰਾਗੁਰੁਹਰਿਹਰਿਨਾਮੁਪ੍ਰਗਾਸਿ॥

sevak bhai vanajaariaa mitraa gur har har naam pragaas ||

They love to serve, O my merchant friend, and through the Guru, they are illuminated by the Name of the Lord, Har, Har.

ਧਨੁਧਨੁਵਣਜੁਵਾਪਾਰੀਆਜਿਨਵਖਰੁਲਦਿਅੜਾਹਰਿਰਾਸਿ॥

dhan dhan vanaj vaapaareeaa jin vakhar ladhiaRaa har raas ||

Blessed, blessed is the trade of those traders who have loaded the merchandise of the Wealth of the Lord.

ਗੁਰਮੁਖਾਦਰਿਮੁਖਉਜਲੇਸੇਆਇਮਿਲੇਹਰਿਪਾਸਿ॥

gurmukhaa dhar mukh ujale se aai mile har paas ||

The faces of the Gurmukhs are radiant in the Court of the Lord; they come to the Lord and merge with Him.

ਜਨਨਾਨਕਗੁਰੁਤਿਨਪਾਇਆਜਿਨਾਆਪਿਤੁਠਾਗੁਣਤਾਸਿ॥੬॥

jan naanak gur tin paiaa jinaa aap tuThaa gunataas ||6||

O servant Nanak, they alone find the Guru, with whom the Lord, the Treasure of Excellence, is pleased. ||6||

ਹਰਿਧਿਆਵਹੁਸਾਸਿਗਿਰਾਸਿ॥

har dhiaavahu saas giraas ||

Meditate on the Lord, with every breath and morsel of food.

ਮਨਿਪ੍ਰੀਤਿਲਗੀਤਿਨਾਗੁਰਮੁਖਾਹਰਿਨਾਮੁਜਿਨਾਰਹਰਾਸਿ॥੧॥ ਰਹਾਉ॥੧॥

man preet lagee tinaa gurmukhaa har naam jinaa raharaas ||1|| rahaau ||1||

The Gurmukhs embrace the Love of the Lord in their minds; they are continually occupied with the Lord's Name. ||1||Pause||1||

We have all read about the taking of lords name for 8 pehar, which sounds impossible as it’s basically all the time, we will get to those advanced stages later for now let’s discuss this simple technique given to us by our Gurus and Bhagats.

Try as you read, it's simple.

Preconditions:

■■■■ ■■ ■■■■ ■■■■■ ■■■■■ ■

gaavai ko vekhai haadharaa hadhoor ||
Some sing that He watches over us, face to face, ever-present.

1.) Know Akal Purakh as Hardra Hadoor, everywhere, closer than anything, you are doing the meditation with him & via the grace.

ਸਿਰੀਰਾਗੁਮਹਲਾ੧ਘਰੁ੪॥

sireeraag mahalaa pehilaa ghar chauthhaa ||

Siree Raag, First Mehla, Fourth House:

ਤੂਦਰੀਆਉਦਾਨਾਬੀਨਾਮੈਮਛੁਲੀਕੈਸੇਅੰਤੁਲਹਾ॥

too dhareeaau dhaanaa beenaa mai machhulee kaise a(n)t lahaa ||

You are the River, All-knowing and All-seeing. I am just a fish-how can I find Your limit?

ਜਹਜਹਦੇਖਾਤਹਤਹਤੂਹੈਤੁਝਤੇਨਿਕਸੀਫੂਟਿਮਰਾ॥੧॥

jeh jeh dhekhaa teh teh too hai tujh te nikasee fooT maraa ||1||

Wherever I look, You are there. Outside of You, I would burst and die. ||1||

Otherwise you wouldn't even be doing it, each breath comes from him.

2.) Generally being humble in front of Waheguru helps the meditation, something, someone so big, humility is the only response, we will only succeed with the help of Waheguru

[redacted]

suniaa ma(n)niaa man keetaa bhaau

Listening and believing with love and humility in your mind

3.) Do not use force in methods, it's supposed to be done in super relaxed state, which eventually is to take you to near sleep like state, physically relax.

4.) You who is reading this is right now - the mind, you should be able to feel your "youness"/consciousness/self at the eyes are area. When I say focus or look, you should know I'm referring to the attention/focus/dhyaan of your mind.

5.) This is you trying to be a devotee, chanting the Naam, highest use of the priceless breath, gratitude, this is kamai, spiritual earning, cleaning the mind

[redacted]

a(n)taragat teerath mal naau ||

cleanse yourself with the Name, at the sacred shrine deep within

We will use Waheguru Gurmantar given to us

Starting position:

Relax body, sit in comfortable position, close your eyes, look at blackness/emptiness right in front of you, put the mind's focus at the root of your nose(don't move the eyes too much, just let the mind focus there)