



Class Guide 9: May 21, 2014

TUNING IN WITH *ADI MANTRA*

Ong Namō Gurudayv Namō

TRANSLATION: “I bow to my own Infinite, Creative Consciousness, I bow to my Inner Wisdom.”

WARM-UP

Cat-Cow’s (3 mins)

DISCUSSION: “THE DIVINE MASCULINE AND DIVINE FEMININE”, PART 2

The Divine Masculine holds space for the Feminine. His attitude is compassion and His action is devotion, *bhakti*. *Bhakti* and *Shakti* form the final pair of opposites we explore in this course. *Kundalini Shakti*, as we discussed last week, is Divine power, the energy of consciousness as it expresses the Self through all the forms of existence. Last week we discovered how this occurs through love and how love itself unites all the forms in the recognition of *So Hung*, “I am Thou.” This week we shift to the other side of the polarity, *bhakti*. *Bhakti* is the act of attention and presence, of holding the object of its attention with unconditional reverence, serving that one with an openness of heart and mind. When one is devoted, his or her devotion transcends all conditions, the temporary up’s and down’s of life. It is this quality of holding that allows *Kundalini Shakti* to express fully, and her expression inspires compassion on the side of the Divine Masculine, His willingness to *suffer with* and *through* the “growing pains” of the creation. Compassion is more than identification with the pains of the other. Like love, it comes from the inner knowing that “you are me.” Compassion finally erases the illusion of separation, or *maya*. Compassion heals the wounds of love and resolves all polarities, all the subconscious fears and distortions that put us in conflict with ourselves and life. Here is a *bhakti* meditation that helps develop this capacity for devotion.

MEDITATION

“*Bhakti Meditation*” (11-31 mins)

INSTRUCTIONS: Sit in “Easy Pose” with the hands in *gyan mudra*. Begin chanting the following *mantra*:

Ardas Bhaee Mantra: *Ardas bhaee, amar das guroo, amar das guroo, ardas bhaee, ram das guroo, ram das guroo, ram das guroo, sachee sahee* (Translation: “The prayer has been given to Guru Amar Das. The prayer is manifested by Guru Ram Das. The miracle is complete.”)

(*Music used:* **The Heart of Healing**, Mirabai Ceiba/*Track 1: “Ardas Bhaee”/To order online:* <http://www.spiritvoyage.com/mp3download/The-Heart-of-Healing/Mirabai-Ceiba/ALB-002245.aspx>)

MEDITATION TO END COURSE

“*Miracle Mantra: Isht Sodhana Mantra Kriya*” (11-31 mins)

(*CD used:* ***Isht Sodhana Mantra Kriya***, Gurucharan Singh Khalsa, Ph.d./*For MP3 download:* http://thesource.kriteachings.org/product_p/dd-ismk.htm)

TUNING OUT

“LONG TIME SUNSHINE” SONG

May the long time sun shine upon you,
All love surround you,
And the pure light within you
Guide your way on...
Sat Naam!

(“I bow to the Truth of my Essence; I bow to the Truth of your Essence.”)

(*Music used:* **Grace**, Snatam Kaur /*Track 6: “May the Long Time Sun”/To order:* <http://www.spiritvoyage.com/yoga/Grace/Snatam-Kaur/CDS-001600.aspx> /*For MP3 download:* <http://www.spiritvoyage.com/mp3download/Grace/Snatam-Kaur/ALB-001600.aspx>)



“When you understand who and what you are, your radiance projects into the universal radiance, and everything around you becomes creative and full of opportunity.”