



Jai-Jagdeesh

Miracles Abound

Dharti Hai, Dhan Dhan, Ra Ma Da Sa, Ardas Bhaee

Meditations for Transformation: Miracles Abound shares four Kundalini yoga meditations as taught by Yogi Bhajan. Each of these practices creates a powerful shift; in connection, in projection, in perception, in self-awareness, and in consciousness. Each of these soundcurrents awakens your capacity to create miracles. Practice one meditation at a time, or all four all together. For a profoundly transformative journey, pick the meditation that speaks to you most strongly and practice it for 40 days. May Miracles Abound.

1. The Miracle of Connection (Dharti Hai) 12:37
2. The Miracle of Surrender (Dhan Dhan) 31:15
3. The Miracle of Healing (Ra Ma Da Sa) 12:11
4. The Miracle of Miracles (Ardas Bhaee) 13:23

WITH LOVE

To all the incredible people whose presence in my life has been—and continues to be—an absolute miracle, I offer my deepest gratitude and appreciation. To my family, Ravinder & Sat Kartar & Avtar, for lifting & uplifting me endlessly. To the Spirit Voyage team, Karan & Sat Darshan & Ramdesh & Harnam (and GuruGanesha & Danny & AdPurkh & Simranpreet!), for supporting this work by working so hard to get it out into the world. To Krishan, whose creative partnership is my most valued treasure AND most fun pastime. To Igor, Mandy, and Ditta, for making invisible etheric concepts into beautiful earthly realities. To Rickie, Mandy, Kaline & Gian, Simran & GuruPrem (along with their most cheeky offspring...), and GuruMeher & Siri Atma, whose cozy homes became my cozy home at different points during this album's recording process. (And while I'm at it, infinite blessings to the hundreds of beautiful beings across the globe who have hosted me during my tours & travels these past few years. My heart has been opened wide by your kindness. Thank you.) To the late but everpresent Yogi Bhajan, for the vast & truly extraordinary library of teachings from which we've gathered these 4 practices, and to the fabulous folks of KRI who have catalogued and curated this wealth of information. To everyone out there currently teaching Kundalini yoga, and to all who practice it; I thank you because, well, you're choosing to face everything full on... and that's a big deal.

In the spirit of honoring that which is faced full on, my gratitude goes out to these souls for having been part of an immense, intense chapter of my life, one from which I could not turn away even for a moment: To TJS for being who you are, and, in so doing, opening up the floodgates; to SD for creating circumstances that helped me turn a loss into a profound lesson; to Pritti and the Gihair family for holding my hand; and to JP for holding my heart.

Love to all. Sat Nam.

THE MIRACLE OF CONNECTION (Dharti Hai)**Dharti Hai***The Earth is***Akaash Hai***The Ethers are***Guru Ram Das Hai***Guru Ram Das is*

This mantra brings you into the present moment. It calls on your highest spirit, keeps you humble and effective, and attracts opportunities for prosperity.

THE MIRACLE OF HEALING (Ra Ma Da Sa)**Ra:** Sun**Ma:** Moon**Da:** Earth**Sa:** Infinity**Sa Say:** Totality of Infinity**So:** Personal sense of merger and identity**Hung:** The Infinite, vibrating and real

This mantra calls upon the energies of the sun, moon, earth, and Infinite Spirit to bring deep healing. It can be chanted to bless and heal the Self, or to send the gift of healing light to others.

THE MIRACLE OF MIRACLES (Ardas Bhaee)**Ardas Bhaee, Amar Das Guru,****Amar Das Guru, Ardas Bhaee***The prayer has been given to Guru Amar Das***Ram Das Guru, Ram Das Guru,****Ram Das Guru, Sachee Sahee***The prayer is manifested by Guru Ram Das; the miracle is complete*

Guru Amar Das, the 3rd teacher in the lineage of the Sikh tradition, is the energy of grace, and of hope when there is no hope. He is invoked here, together with the healing and blessing energy of Guru Ram Das. This is the prayer to answer all prayers.

THE MIRACLE OF SURRENDER (Dhan Dhan)**Dhan Dhan Ram Das Gur***Blessed, blessed, Guru Ram Das***Jin Siri-aa Tinai Savaari-aa***The One who created You has also exalted You***Pooree Hoee Karaamaat***Perfect is Your miracle***Aap Sirajanhaarai Dhaari-aa***The Creator has installed You on a throne***Sikhee Atai Sangatee***Sikhs, as well as the Sangat (people of consciousness)***Paarbrahm Kar Namasakaari-aa***They recognize You because you manifest the Creator***Atal Athaa-o Atol Too***You are unchanging, unfathomable, and immeasurable***Tayraa Ant Na Paaraavaari-aa***You have no end, no limitation***Jinee Too Sayvi-aa Bhaa-o Kar***Those who serve You with love***Say Tudh Paar Utaari-aa***They are lifted & carried across the sea of existence***Lab Lobh Kaam Krodh Mo***The five obstacles of lust, anger, greed, pride and attachment***Maar Kadhay Tudh Saparvaari-aa***You have overcome them and driven them away***Dhan So Tayraa Thaan Hai***Blessed is Your realm***Sach Tayraa Paisakaari-aa***And True is Your magnificent glory***Naanak Too Lehnaa Toohai***You are Nanak, You are Angad***Gur Amar Too Veechaari-aa***And You are Amar Daas***Gur Dithaa Taa Man Saadhaari-aa***When I recognize You, my soul is comforted*

This Sikh shabd (prayer) from the Siri Guru Granth Sahib is in praise of Guru Ram Das, the 4th teacher in the Sikh lineage. A deeply devoted, compassionate, and loving being, Guru Ram Das gave of himself to all who were in need. Through his humble and devoted service to humanity, he became a light worker, a miracle worker. The gift of this shabd is its ability to bring miracles into your life.

THE MIRACLE OF CONNECTION

Earth Energy Meditation

Mantra

Dharti Hai, Akaash Hai, Guru Ram Das Hai

Posture

Sit in easy pose, with the index finger and thumb together (gyan mudra) at the knees. The spine is straight with the shoulders relaxed. Fix the eyes 1/10th open, or completely closed (your preference).

Practice

As you chant *Dharti Hai*, visualize a deep gray earthy tone beaming from the navel, expanding on both sides down to the whole Earth. As you chant *Akaash Hai*, visualize (from the eyebrows and brow point up) a vast blue sky expanding into the Ethers. As you chant *Guru Ram Das Hai*, visualize from the Heart Center a huge circular bright white light expanding out in all directions, encompassing everything.

Time

Begin with as little as 3 minutes or as much as 11 minutes. The maximum length of the Earth Energy meditation is 31 minutes.

To End

Inhale, hold the breath comfortably, exhale. Relax.



THE MIRACLE OF SURRENDER

Removing Fear of the Future

Mantra

Dhan Dhan Ram Das Gur (the full shabd can be found in the *Lyrics* section)

Posture

Sit comfortably in easy pose. Rest the back of the left hand in the palm of the right hand. The right thumb nestles in the palm of the left hand, and the left thumb crosses it. The fingers of the right hand curve around the outside of the left hand and hold it gently. Put this mudra (hand position) at your heart center, with the palm side resting against your chest. Close the eyes.

Practice

Meditate silently with the *Dhan Dhan Ram Daas Gur* shabd, receiving its very sacred soundcurrent. This meditation takes away your fears of the future, which have been created by subconscious memories of the past. It will command you to deal with your heart center.

Time

Begin with as little as 3 minutes or as much as 11 minutes. Slowly and gradually work up to 31 minutes of practice time, which is the daily maximum for this meditation.

To End

Inhale deeply and relax.



THE MIRACLE OF HEALING

Ra Ma Da Sa Healing Meditation

Mantra

Ra Ma Da Sa, Sa Say So Hung

Posture

Bend the arms and bring the elbows against the side of the rib cage. The palms of the hands face the sky. The elbows are snug at your sides with the forearms in close to your upper arms. The hands are at a 45-degree angle, halfway between pointing forward and pointing to the sides.

Practice

The mantra should be sung in one complete exhalation, if possible. When chanting the first *Sa*, your navel point is pulled in, so that this syllable is abbreviated. When chanting *Hung*, the same is done. *Hung* should be vibrated at the root of the nose. The rest of the syllables are drawn out in a strong, powerful chant. Strive to keep your chant at full volume (loud, while still meditative) throughout the meditation.

Time

Begin with 11 minutes. Increase to 15, 22, and eventually 31 minutes.

To End

Inhale deeply, hold the breath, and visualize a person to whom you wish to send healing; your Self or another. Make that image in your mind very clear. Visualize a glowing green light around the person. Keeping their image in your mind, exhale. Inhale deeply, hold the breath, and continue to beam out healing green light. Still keeping the vision in your mind, exhale. Inhale deeply for a third and final time, hold the breath, and see the person very clearly. See the green light enveloping them, bathing every cell of their body in healing. Exhale and relax.



THE MIRACLE OF MIRACLES

Meditation for Your Life's Needs

Mantra

Ardas Bhaee, Amar Das Guru,
Amar Das Guru, Ardas Bhaee
Ram Das Guru, Ram Das Guru,
Ram Das Guru, Sachee Sahee

Posture

Sit in easy pose with the spine straight. Interlace the fingers, gripping tighter than normal. Relax the upper arms by the sides, then bring the hands up to the level of the heart. Rest them here. The eyes are focused at the tip of the nose.

Practice

Holding this posture, chant along with the mantra. Simply chant. In the words of Yogi Bhajan: "*Ardas Bhaee is a mantra prayer. If you sing it, your mind, body and soul automatically combine, and, without saying what you want, the need of the life is adjusted. That is the beauty of this prayer.*"

Time

The time for this meditation is open. You can use 3, 7, 11, 22, or 31 minutes.

To End

Inhale, hold the breath comfortably, exhale. Relax.



Jai-Jagdeesh Vocals
Krishan Vocals, Piano,
Percussion, Guitar, Bass
Bogdan Djukic Violin
Todd Boston Guitar

These lyrics belong to the Kundalini tradition & Sikh scriptures
Music written by Jai-Jagdeesh, Krishan, and Shauna Simon

Executive Producer Karan Khalsa
Produced by Krishan
Arranged by Krishan & Jai-Jagdeesh

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