

KUNDALINI SURJHEE JAPA
17 – 22 JAN, 2012 (TUES-SUN)
FRASER'S HILL, MALAYSIA

KUNDALINI SURJHEE SHABAD

ਜਿਨਹੁ ਬਾਤ ਨਿਸੁਲ ਧੂਅ ਜਾਨੀ ਤੇਈ ਜੀਵ ਕਾਲ ਤੇ ਬਚਾ ॥
ਤਿਨ੍ ਤਰਿਓ ਸਮੁਦੁ ਰੁਦੁ ਖਿਨ ਇਕ ਮਹਿ ਜਲਹਰ ਬਿੰਬ ਜੁਗਤਿ ਜਗੁ ਰਚਾ ॥
ਕੁੰਡਲਨੀ ਸੁਰਤੀ ਸਤਸੰਗਤਿ ਪਰਮਾਨੰਦ ਗੁਰੂ ਮੁਖਿ ਮਚਾ ॥
ਸਿਰੀ ਗੁਰੂ ਸਾਹਿਬੁ ਸਭ ਉਪਰਿ ਮਨ ਬਚ ਕ੍ਰੰਮ ਸੇਵੀਐ ਸਚਾ

*Jin ho baat nischal dhru jaanee, tayee jeev kaal tay bacha.
Tin tario samundar rudar khin ek meh, jalahar bimb jugat jag rachaa.
Kundalini surjhee satsangat, paramanand guru mukh macha.
Siri guru sahib sabh upaar, man bach karam sayveeai sacha ||5||*

*Those who realize the Eternal, Unchanging Word of God, like Dhroo, are immune to death.
They cross over the terrifying world-ocean in an instant;
the Lord created the world like a bubble of water.
The Kundalini rises in the Sat Sangat, the True Congregation;
through the Word of the Guru, they enjoy the Lord of Supreme Bliss.
The Supreme Guru is the Lord and Master over all;
so serve the True Guru, in thought, word and deed. ||5||*

--Swayas in Praise of the Fourth Guru, Siri Guru Granth Sahib Ji pg. 1402

EFFECTS OF KUNDALINI SURJHEE SHABAD

ਜਪੁ ਤਪੁ ਸੰਜਮੁ ਹੋਹਿ ਜਬ ਰਾਖੇ ਕਮਲੁ ਬਿਗਸੈ ਮਧੁ ਆਸ੍ਰਮਾਈ

Jap tap sanjam hoe jab rakhai, kamal bigasai madh aasramaeh

When chanting, austere meditation and self-discipline become your protectors, then the lotus blossoms forth, and the honey trickles out.

--Guru Amar Das Sahib – Siri Guru Granth Sahib Ji, pg. 23

“Now this thing I am telling you is very important. If you recite it fixing your optical nerve gaze on the tip of your nose and repeat the shabad at the third eye point - between the eye brows and root of the nose - it will give you an experience. It is a meditative key of the entire Kundalini yoga.” - Yogi Bhajan