

# Meditation for an Invincible Spirit in the Aquarian Age

Yogi Bhajan • February 5, 1992

宝瓶时代战无不胜精神的冥想

Yogi Bhajan • 1992 年 2 月 2 日



**Posture:** Sit straight. Left hand is in Gyan Mudra, the tip of the forefinger touching the tip of the thumb, resting on the knee with the arm straight.

动作：坐直。左手做智慧的手印放在膝上，食指与拇指相触，手臂伸直。

Raise the right hand to about 12 inches in front of the chest, holding the mantra sheet and concentrating on the written words as you chant.

右手举到离胸部 12 寸的位置，拿着曼陀罗的歌词，唱诵的同时专注于纸上的歌词。

If you don't have a mantra sheet, angle your hand as if you were reading a sheet of paper, with the palm open and the wrist straight. (Ideally, you would print the mantra on a sheet of paper and read the mantra as you chant. We've created a printer friendly version for you to download.)

如果你没有歌词纸，弯曲手肘，打开手掌，手腕伸直，仿佛你在拿着纸看歌词一样。（最理想地是把曼陀罗打印在纸上，边看边唱诵。我们已经为你准备了打印版本供你下载。）

**Eyes:** Apply Neck Lock and look down the nose to see the mantra sheet or the palm.

眼睛：收紧脖子锁，眼睛从鼻子下看着打印的曼陀罗或手掌。

When he gave this meditation, he asked us to focus the eyes, to pay attention and not drift. If you do not have the page to read from, use the palm but continue to focus.

当 Yogi Bhajan 教授这个冥想时，要求我们的眼睛要专注地看着曼陀罗，眼珠不要动。即使你没有纸看着唱，仍需专注于你的手掌。

**Mantra:** Focus on the movement of the tongue and the sensation of the sound as it creates a time and space. Sing with Nirinjan Kaur's *Aquarian March*. Become a symphony. **7 Minutes** (27 Minutes for a 31-Minute Practice)

曼陀罗：专注于舌头的运动和声音的振动，因为它创造了时间与空间。跟着 Nirinjan Kaur's *Aquarian March* 形成交响乐的效果。7 分钟（若是 31 分钟的练习，该部分延长至 27 分钟）

Continue chanting, close your eyes and put your hands on your heart, one palm resting on the other. Press the hands firmly into the chest. Press hard. **2 Minutes**

继续唱诵，闭上眼睛，一只手搭着另外一只手，双手牢牢地压着胸部。2 分钟

Keep your hands on the heart and begin to whisper the mantra. Whisper powerfully. **1 Minute**  
双手继续放在胸上，有力地低声唱诵。

To Close: Chant without the music for **30 seconds**. Inhale, exhale and relax.  
结束：不用音乐伴奏唱诵 30 秒。吸气，呼气，放松。

Sat Siri	Truth, Projective Prosperity and Greatness 真理，投射出富足与伟大
Siri Akal	Great Undying One Who Knows No Death 拥有永恒的不朽之身
Siri Akal	Great Undying One Who Knows No Death 拥有永恒的不朽之身
Maha Akal	Infinite Who Is Deathless 永恒的无限
Maha Akal	Infinite Who Is Deathless 永恒的无限
Sat Nam	Truth as Identity; or Identity of All That Is 真理就是你的名字；或者你就是真理
Akal Moort	Embodied Form or Image of the Infinite 是无限的象征与形象
Wahe Guru	The Ecstatic Totality of God and Existence 那全然超脱的神与存在

Note: “Great” still has a touch of finiteness; “Infinite” in Maha has no finiteness or form. Mantra is pronounced: Sat Siree, Siree Akaal, Siree Akaal, Mahaa Akaal, Mahaa Akaal, Sat Naam, Akaal Moorat, Wha-hay Guroo. See Tools for Students/Teachers at [www.kundaliniresearchinstitute.org](http://www.kundaliniresearchinstitute.org) to hear the pronunciation.

注意：“伟大”仍然是有限度的；“无限”在 Maha 中是有限定或形式的。

曼陀罗是这样发音的：Sat Siree, Siree Akaal, Siree Akaal, Mahaa Akaal, Mahaa Akaal, Sat Naam, Akaal Moorat, Wha-hay Guroo. 请听[www.kundaliniresearchinstitute.org](http://www.kundaliniresearchinstitute.org)中学生/教师工具里的示范。

**Time: 11–31 Minutes**

**时间：11-31 分钟**

Comments: In the face of any great change, we confront three destructive impulses:

注解：面对任何的巨变，我们必须正视三种毁灭性的力量：

to be alone and withdrawn, to deny or fantasize about the future that’s coming, and to live with greed or

scarcity instead of prosperity.

孤独与退缩；否认或幻想正在降临的未来，带着贪婪或匮乏去生活而不是富足。

This mantra counters these three tendencies and instills the mind with courage and caliber.

这个曼陀罗能助你对抗这三种趋势，使你获得勇气与才干。

You can purchase the DVD of this class, *1,000 Years and Beyond*, from The Source at [www.kundaliniresearchinstitute.org](http://www.kundaliniresearchinstitute.org)

你可以从[www.kundaliniresearchinstitute.org](http://www.kundaliniresearchinstitute.org) 处购买这个课程的DVD 《一千年与超越》

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## Printer Friendly Version

打印版本

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