

The Divine Shield Meditation for Protection and Positivity

Meditation: The Divine Shield Meditation for Protection and Positivity

Mantra: Ma

Music: Ajeet Kaur

Teacher: GuruGanesha Singh



Posture:

Bend the right knee and raise the knee with the right foot flat on the ground, toes pointing straight ahead. Place the sole of the left foot against the arch and ankle of the right foot. The ball of the left foot should be just in front of the ankle bone of the right foot. Make a fist of the left hand and place it on the ground beside the hip. Use this to balance the posture. Bend the right elbow and place it on the top of the right knee. Bring the right hand back along the side of the head with the palm facing the ear. Form a shallow cup of the right palm and cup it around the outside of the ear. and stays open above the ear. It is as if you formed a cup of the hand to amplify a faint sound that you want to hear.

Inhale deeply and chant the mantra in a long, full, smooth sound. Project the sound as if someone is listening to you. As you chant, listen to the sound and let it vibrate through your whole body. If you chant in a group, hear the overtones that develop and let those tones vibrate all around you and in every cell of your body.

Chant it at a comfortable high pitch. When you have exhaled completely, take another deep breath and continue. In a group you may all inhale at different times. The group sound will seem continuous.

Chant on both sides for an equal length of time. Learn to hold the concentration into the sound. Build the meditation over time, doing 11 minutes on each side and building up to 31 minutes on each side for a total of 62 minutes.

It is difficult to focus on your higher feelings and sensitivity if you feel fearful and unprotected. If the universe seems hostile, uncaring, and non-responsive it is easy to become filled with cynicism, despair, and hopelessness. In that depressed state it is impossible to sense the fullness and possibilities of life. It is very difficult to solve the very problems that upset you.

Those feelings occur when the aura that surrounds the body is weak and small. The human aura can extend out to nine feet in all directions. If it drops below four feet, we tend to become depressed. We cannot fight off negative thoughts from within or from the environment.

If we can extend the aura, the outer arc of the aura acts as a filter and a connector to the universal magnetic field. It is that outer circumvent field that preserves the integrity of the aura, the furiously active blend of thoughts and feelings that emanate from our body and mind.

The aura can be temporarily expanded. One way is to connect your aura with the universal field by using an inner seed sound that activates the power of the Heart Center. The compassion of the universe uplifts and expands you. It provides a Divine Shield to accompany you through your trials and tribulations. This meditation does exactly that. If you make it a regular practice, you will become positive, fearless, and happy.

Nothing will stop you as you pursue your goals. It will eliminate the feeling of loneliness and separation from your soul.

The sound of MAAA calls on compassion and protection. It is the sound that a baby uses to call on the mother. Here, your soul is the child, and the universe becomes the Mother. If you call, She will come to your aid and comfort. When this shield is strong, it is easy to sense the tide of the universe, the Tao. You become spontaneous and vital as you move in rhythm with the greater reality, of which you are a part.

When the shield is strong you are protected from the impact of your own past actions. You are like a great ship that turns toward God and reality and then must cross the waves of your own wake that you- created by your past actions. The shield keeps you alert and awake to the real task of your life.

Time: 11 to 31 Minutes on each side.

Eyes: Close the eyes and focus at the brow point.

Teacher's Notes & More Information:

From GuruGanesh: "Chanting and meditating on the mantra 'Ma' truly nourishes and heals my entire being. I find myself feeling deeply loved and cared for in the most primal way. Once, several years ago, while Snatam and I were singing 'Ma' at one of our concerts along with 400 other people, I literally time travelled back to when I was 5 years old sitting on a stool in the kitchen of my home on a Sunday morning watching my mother blissfully sing while she made blueberry pancakes for my 4 year old sister and I. I remembered feeling totally happy, carefree and unconditionally loved."

"Upon returning to the present moment, I realized that tears were pouring out of my eyes and as I looked around I couldn't believe how many grown men and women were crying uncontrollably in the audience. It seemed as if we were collectively releasing lifetimes of pain and sadness while simultaneously feeling a deep reconnection to the unconditional love of the Divine Mother. After the concert, a young man came up to me, gave me a big hug and told me that his mother had died while giving birth to him and that during the 'Ma' chant he experienced for the first the deep unconditional love of the mother that he had never known. We both cried again!!" - GuruGanesha Singh

Complete Mantra:

Ma

Language: Gurmukhi/Sanskrit

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