

Kundalini Surjee

THE POWER OF THIS SHABAD

From the teachings of Yogi Bhajan

* Who will sing this shabd, can experience the 'Cherdhi Kalaa' -- the ecstasy of the Rising of the Kundalini through all the chakras, including the shashara, which will then to settle and purify the person.

* "Kundalini Surjhee " casts away negative spells in the destiny of the being.

- If you are perfect with that shabad, you can Know the Unknown, you can Hear the Unheard, you can See the Unseen.

* gives you the state of consciousness of the Raaj Yog. (Royal Union)

ਜਿਨਹੁ ਬਾਤ ਨਿਸੁਲ ਧੂਅ ਜਾਨੀ
ਤੇਈ ਜੀਵ ਕਾਲ ਤੇ ਬਚਾ ॥

Jinho baat nischal dhroo
jaanee,
Tay-ee jeev kaal tay bachaa.

**They who realize the Divine
discourse of the Moveless Lord
like Dhru; those men escape from
dying ignoble death.**

ਤਿਨ੍ ਤਰਿਓ ਸਮੁਦ੍ ਰੁਦ੍
ਖਿਨ ਇਕ ਮਹਿ ਜਲਹਰ ਬਿੰਬ
ਜੁਗਤਿ ਜਗੁ ਰਚਾ ॥

Tin tario samuhdar rudar
Khin ik meh, jal har bimb
jugat jag rachaa.

**They cross the terrible world
ocean in a moment; God has
created the world like the bubble
of water.**

ਕੁੰਡਲਨੀ ਸੁਰਈ ਸਤਸੰਗਤਿ
ਪਰਮਾਨੰਦ ਗੁਰੂ ਮੁਖਿ ਮਚਾ ॥

Kundalanee surjhee sat
sangat,
Parmaanand guroo mukh
machaa.

**Associating with the saints, their
mind's tongue is opened and
through the supreme Guru, they
enjoy the Lord of Supreme bliss.**

ਸਿਰੀ ਗੁਰੂ ਸਾਹਿਬੁ ਸਭ ਉਪਰਿ ਮਨ
ਬਚ ਕ੍ਰਮ ਸੇਵੀਐ ਸਚਾ ॥੫॥

Siri guroo saahib sabh
oopar,
man bach karam sayvee-ai
sachaa.

**The venerable Great Guru is over
and above all, so serve thou
the True Guru, with thy thought,
word and deed.**