

ek achharī chhañd - Ajai Alai Naam Naad Kriya (to heal super chronic depression)

Cross your arms over your shoulder and hold your shoulder, holding yourself tight. Eyes focused at the tip of the nose. Chant the “ek achharī chhañd” śabad: “ajai alai ...” for 3–11 minutes. End, inhale deeply, hold ...stretch your spine and hug yourself tight, putting in every bit of energy. Relax.

Learn to hug yourself. All tension will go away. You may have chronic depression or depression to the point of shaking hands, going crazy or being unable to see through. Whatever, you want to get out of it, do this kriya. This śabad works on the radiant body.  
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Kreuze deine Arme über deiner Brust und halte deine Schultern, halte dich selber fest. Fokusiere deine Augen gen Nasenspitze. Singe „ajai alai“ für 3 bis 11 Minuten. Zum Ende atme ein, halte, strecke deine Wirbelsäule, umarme dich richtig fest, lege all deine Kraft hinein. Entspanne.

Lerne, dich selber zu umarmen. Alle Spannung wird weggehen. Du magst chronisch depressiv sein, deine Hände zittern, du denkst, du wirst verrückt oder verstehst nichts mehr. Was auch immer, wenn du da raus möchtest, dann mache diese kriya. Sie wirkt am radiant body.

ajai alai abhai abai  
abhū ajū anās akās  
agañj abhañj alakkh abakkh  
akāl diāl alekh abekh  
anām akām agāh adhāh  
anāte pramāthe ajonī amonī  
na rāge na rañge na rūpe na rekhe  
akarmañg abharmañg agañje alekhe

God is invincible. God is indestructible.  
God is fearless. God is immortal.  
God was never born. God is perpetual.  
God is indestructible. God pervades everywhere.  
God is invincible. God is impartible.  
God cannot be seen. God has no hunger wants.  
God is immortal. God is the home of mercy.  
God's portrait cannot be drawn. God has no dress.  
God has no particular name. God has no desires.  
God is unfathomable. God cannot be damaged.  
God has no master. God can destroy all.  
God is free from births and deaths. God does not observe silence.  
God is above love. God has no colour.  
God has no form. God has no quoit.  
God is above bad or good deeds. God is free from doubts.  
God cannot be conquered. None can draw a picture of God.