

Last day of the year $31 - 12 - 2020 = 11$; God and me, me and god are one. Alignment.

First day of new year $1 - 1 - 2021 = 7$; Elevate, Project, Protect. Witness the play without being judgemental.

Transition from 4 (2020) heart to 5 (2021) communication facilitated by 11 to 7

The mantra:

Change relationship to the longitude and latitude with the Mangla Charan Mantra from the 5th Guru (Arjan).

Aad guray nameh , jugaad guray nameh , sat guray nameh , siri gurdevay nameh

For projection and protection from negative pollution

A visualisation:

Aad guray nameh; on Left side from heart – subconscious. The beginning. From the infinite source of all

Jugaad guray nameh; behind – appreciate the past. through the time to go beyond the time

Sat guray nameh; on Right side – for right action . true action. Evaluate your present action.

Siri gurdevay nameh; in front – guiding star to achieve the destiny. Merging with the divine.

Mudra suggestion: prayer pose at heart with thumbs crossed. Right over left

Time: up to 31 minutes