Om Stavana

भृकुटि महल चढ देख पियारे	bhṛkuṭi mahala caḍha dekha piyāre
जागे ज्योति अपारा ॐ	jāge jyoti apārā om
सो ऽहम् सो ऽहम् जपते जपते	ṣo 'ham ṣo 'ham japate japate
पहुँचे दशमे द्वार ॐ	pahuṁce daśame dvāra om

मेरुदण्डमे बंकनाल है	merudaṇḍme baṅkanāla hai
उलटि गंग कहावे ॐ	ulaṭi gaṅga kahāve om
उसी गंगमे सुनलो प्यारे	usī gaṅgame sunalo pyāre
जो कोई घुसकर न्हावे ॐ	jo koī ghusakara nhāve om

प्रणवयानसे उंचा चढकर	praṇavayānase uñcā caḍhakara
सुखमनिगढमे जावे ॐ	sukhamanigaḍhame jāve om
तनका भान भुलाके वहासे	tanakā bhāna bhulāke vahāse
सो ऽहम् सो ऽहम् गावे ॐ	so 'ham so 'ham gāve om

वहाँसे उँचा बेहद उँचा	vahānse uncā behada uncā
ब्रह्मशिखरपै जावे ॐ	brhmaśikharapai jāve om
ॐ ध्वनिसे चढते चढते	om dhvanise caḍhate caḍhate
निश्चल घुमरी आवे ॐ	niścala ghumarī āve om

अपने आप आप अपनेमे	apane āpa āpa apaneme
निर्विकल्प निर्वांनि ॐ	nirvikalpa nirvāni om
शिवानंद गुरु केवल चेतन	śivānanda guru kevala cetana
निजानंद आनंदि ॐ	nijānanda ānandi om

O dear one, when you rise above the Bhrukuti Mahala (Ajna Chakra), You would see the inner light of Infinite wisdom. Through the constant chanting of "That-I-am", "That-I-am"; you would reach the entrance of the tenth opening.

The stream of spiritual consciousness flows in a reverse way from the bottom to the top, through the serpentine spinal cord, situated within the backbone. O dear one, you should plunge yourself into this stream to ascend to higher consiousness.

Using the vehicle of Pranava Japa, You should ascend higher and higher reaching the top of Shushumna Patha. There, overcomming the identity of the self with the body, you would find yourself singing with joy, "That-I-am", "That-I-am".

Even higher than that, to the highest peak of experience of Brahman within, reaching there with the sound of Om, you should enjoy the bliss of creative dynamism of all-pervading Consiciousness.

You would find yourself, spontaneously, in a state of indescribable joy, with an experience of blissful pure Consciousness. I pay my obeisance to Guru Shivananda, who has guided me to this experience.