

भृकुटि महल चढ देख पियारे  
जागे ज्योति अपारा ॐ  
सो ऽहम् सो ऽहम् जपते जपते  
पहुँचे दशमे द्वार ॐ

bhṛkuṭi mahala caḍha dekha piyāre  
jāge jyoti apārā om  
ṣo 'ham ṣo 'ham japate japate  
pahuñce daśame dvāra om

मेरुदण्डमे बंकनाल है  
उलटि गंग कहावे ॐ  
उसी गंगमे सुनलो प्यारे  
जो कोई घुसकर न्हावे ॐ

merudaṇḍme baṅkanāla hai  
ulaṭi gaṅga kahāve om  
usī gaṅgame sunalo pyāre  
jo koī ghusakara nhāve om

प्रणवयानसे उँचा चढकर  
सुखमनिगढमे जावे ॐ  
तनका भान भुलाके वहासे  
सो ऽहम् सो ऽहम् गावे ॐ

praṇavayānase uñcā caḍhakara  
sukhamanigaḍhame jāve om  
tanakā bhāna bhulāke vahāse  
so 'ham so 'ham gāve om

वहाँसे उँचा बेहद उँचा  
ब्रह्मशिखरपै जावे ॐ  
ॐ ध्वनिसे चढते चढते  
निश् चल घुमरी आवे ॐ

vahānse uncā behada uncā  
brhmaśikharapai jāve om  
om dhvanise caḍhate caḍhate  
niścala ghumarī āve om

अपने आप आप अपनेमे  
निर्विकल्प निर्वाणि ॐ  
शिवानंद गुरु केवल चेतन  
निजानंद आनंदि ॐ

apane āpa āpa apaneme  
nirvikalpa nirvāni om  
śivānanda guru kevala cetana  
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 consciousness.

Using the vehicle of Pranava Japa, You should ascend higher and higher reaching the top of Shushumna Patha. There, overcoming 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 Consciousness.

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.