

Notes in the spirit of Karam Kriya - THE POWER OF SOUND

There is power in what we feel as the emptiness of need and longing. By nature our longing cannot be fully satisfied on this earth. The tastes of the world can, and must, answer 20% of our need; no less and no more. The other 80% is the infinite longing for the infinite. We long for infinity and our longing is itself the inexhaustible fuel to cross the ocean of life. What seems to be empty contains infinite power within itself. The paradox of fullness and emptiness is a tension most people will find difficult to hold. You may not have the power to ultimately deny this but you do have the possibility to direct it. By your word and your song you give voice to the infinite nature of your longing, it is your power to reach beyond.

As in the beginning was the word so sound can bring you to completion; back to the origin. This requires that our communication must echo into and from the unstruck sound, the sound without origin - anaahad shabad; also referred to as the place of shuniya or zero.

We are all born from the absolute totality, the 10. Speak and sing in the name of this All-embracing Unity. This is the opportunity to crystallize your spirit and become 1. Give your head and become Zero, the mouth of God from which the soul is reborn. The Divine makes you 1 again. You become the 1 whose face shines with the light divine, a Gurmukh.

The supreme dharma and the supreme Guru is the sacred sound of shabad. Merging your consciousness with sacred mantras will bring reality into your sound, your word, your song. Then $10 + 1$ will be the blessing of God and me, me and God are One, 11. This is the way to deliver yourself to your creator.

Guru Angad (ang: limb, aad: first and primal being) would sign his bani with "Nanak". Consider yourself as a mere limb, an extension, from the ONE. To experience your separation as continuous loyalty to the origin. "I am just one of your limbs, your power moves me, your breath makes me alive." This voice innocently recognizes the power in powerlessness: the paradox untwists the infinite tension and truth explodes - "I am nothing, you are all, yet I live by celebrating you."

Speak and sing to command yourself, tie an unbreakable knot with your word. Taking Hukam from the Bani means carrying it on your head as Guru Arjun did when he put himself lower than the word. By hearing the Hukam coming from your own mouth live under the total command of what you say. Tie yourself to your Highest possibility by speaking of it and speaking as it. Eventually you will become what you say. Speaking of the highest reinforces your identification through the finite self to the infinite self.

Yogic speaking implies fully linking your breath to your word so that it vibrates all the way between your navel and your third eye. The physical body will resonate with all aspects of the original word. Your soul will have the penetrative momentum, the power, the angle and direction to break through all astral planes to the fourth blue ethers from where you need not return.

Ask yourself "What have you been doing since you were born?" Crying, yelling, grumbling, muttering, uttering, speaking, and perhaps chanting and singing. Can you listen and reshape your sound until it unlocks the door, your door, to the Absolute. Speak up, never to return. Sing your last word. It will last forever. Sat Nam.

Karam Kriya is the study of numbers through life and of life through numbers. The connection to the numbers 1-10 is given through the teachings of the 10 bodies. The living example was given by the Sikh Gurus. The embodied reference is in the words of the Mool Mantra from Guru Nanak. As students of Karam Kriya we see the 10 Gurus in all, the Mool Mantra in all, the 10 bodies in all and the 10 numbers in all. Recognizing the given order in all, we take this as an order to include all, to speak up and reformulate our very being to an eternal point of light.

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