

...from the book “Life in a Day” written by Sadhana Singh

"All began by seeking inspiration for a course on peace to which I had been invited, attracted by the meaning of Sukhmani: peace of mind. I read it in parts and mostly the translation, not in the original sound form. When my father was about to leave his physical body, I accompanied him and I began to read Sukhmani until he died... and after that I never stopped." Sadhana Singh

We can get generic inspiration from the contents of *Sukhmani*, we can focus on its pearls of wisdom and threading them like beads hour by hour, we can add rhythms and activities to life depending on the phases of the day, we can align and commit to living the teachings that are found in everything.

If we want, as explained in Chapter MANTAR, we can integrate the totality of the teachings by entering into the sound current of *Sukhmani*. This last approach is very powerful and can bring considerable results, which implies creating a daily discipline, making a space and a time to devote to reading with careful devotion. The experience of immersing ourselves in the sound current transforms the subconscious content and restores the free expression of our nature.

This process increases our understanding of the deeper meaning of what we read and we grow exponentially in proportion to how long one commits to implementing the teachings contained in *Sukhmani*. After 15 years of daily repetition of *Sukhmani*, I feel it is my duty to reveal how we can use it as a user manual for the fractal of life, to lovingly carry ourselves through, embracing its abundance in all its polarities, diversity, multiplicity and complexity. By experiencing it, we have the chance to achieve true success, to deliver our uniqueness, to attain happiness and put others in a position to do the same.

Experience of Practicing

I would like to share my relationship and experience with the *Sukhmani* with you. I was looking for inspiration for a course on peace to which I was invited to teach on, I was attracted to the meaning of *Sukhmani*, ‘peace of mind’. I had mostly read sections and translations more than in its original sound form. Soon after that, I began to read it to accompany my father, who was about to leave his physical body, I read it until his death and since then I have not stopped. Reading it created a vibration that uplifted him, me and our relationship, healing and elevating it. Everything shifted to another frequency and the experience of dying and grieving were in full consciousness. I was amazed, and I today, I am still reading, vibrating and studying it.

It is difficult to identify how the practice of reciting these sounds and incorporating the teachings directly transformed the subconscious aspects and dynamics that kept me from having a relationship with who I really am. But, exploring the before, during and after, I realize how, gradually and inexorably, what I thought as impossible, in the realm of being, doing and having, has proved possible in the true sense of the word. The potential that was confined in a limited and reactive state turned itself into being real and manifest. Above all, I was able to not do what I had always done.

To overcome and transcend that which seems innate, that which seems rooted without options or possible alternatives, is a concrete and extraordinary experience that sets a precedent. This experience awakens a great sense of trust, self esteem and confidence in ourselves, and at the same time it opens new scenarios and possibilities, that were invisible up until that point. That is how it was for me and it continues to happen.

Transform the *Sukhmani* teachings into a lifelong practice, current and universal, is what I mean by practice. In so doing, we recognize in them a simple design which is easy to understand, which helps us recalibrate our own activities, relationships and time which are under the constant pressure from the unnecessary, non-priorities, which distract us from the progressive expression of who we are and the service we can offer.

On the other hand, there is also the more subtle, but very effective result, given by the sound frequency. The act of reciting and listening to the sound, both at the same time, changes our thought frequencies, physiological rhythms and energetic vibrations. It restores our creative original frequency and we regain a clear balance with the vibrational frequencies in our environment. In the end, we are nothing more than this, a certain frequency in an orchestra composed from nothing and everything that the universe contains. Every

discipline that suggests working on ourselves, our psyche or on our body, aims to change our vibratory frequency, which inevitably turns out to be our external projection, which in turn, is responsible for what we attract and, ultimately, to what and how our life is in this moment.

The *Sukhmani* is right for us if we want to change what happens in our lives today, how we react to what happens, and if we want to change how we use our time in order to express who we are, find satisfaction and complete a successful future on our earthly journey.

The experience of exposing ourselves to the vibration, that the reading of *Sukhmani* evokes, has been proven helpful for things that seem trivial like headaches, fatigue, repetitive or compulsive thoughts, irritation, nervousness and frustration. Most mental, energetic and emotional states, that often prevail nowadays and condition us, can be released if we give space to the sound and its vibration with a simple reading session. In time, these sounds and vibrations penetrate our being, at every level, and positively influence the subconscious by altering belief patterns, in favor of the soul's intentions, leaving an impression in the form of frequency.

After many years of reading, I discovered that, on a conscious or intellectual level, I have not memorized of the entire *Sukhmani*, I can repeat some parts, not in order and probably incorrectly. The times that I have managed not to search for it in my memory, but simply allowed it to emerge from the silence, without having the intention of having to know it but simply letting it echo, I was surprised to hear that part of me knew it completely. The part of me that knows it, is the subconscious and confirmation comes every time my mind is tired or I am in a situation of great stress or feeling inadequate, then whole parts of the *Sukhmani* begin to be recited within me without me consciously recalling it or feel the need intellectually. The subconscious automatically releases what it has absorbed day after day, i.e. the experience that has always been present in every snippet of life.

A stress signal or imbalance notifies the hypothalamus of a need and it provides signals to release the necessary substance, in the form of vibration, to optimize the systems and the psyche and re-organize neural connections. The results are tangible and immediate enough to release us from the dilemma. The feeling is uplifting and it is a great comfort to feel that this self help is the result of having disciplined one's own snippet of life. Recognizing this as a powerful trigger for self-healing, in this inevitable process, I tested how to read and vibrate the *Sukhmani* for someone who volunteered themselves to absorb it for its positive, relaxing and rebalancing effects. The *Sukhmani* worked so explicitly to absolutely convince me that it can heal. So as to make it more specific and targeted, depending on the person's disease, I am investigating every Ashtapadi and the eight Shabd that are contained in each of them to find out their therapeutic effects. If we include the Shalok, we have 216 therapeutic tools.

Clearly the *Sukhmani* does not mention physical disease or psychosomatic disorders, but it does talk about the causes and how to handle them. Let me explain. Nowadays, science recognizes that the subconscious content is responsible for disease. We talk about toxic subconscious content, which is slowly organized by mnemonic perceptions, belief systems and reactive alternate personalities, by identities and hidden agendas and by habits and fears. They are, what we call metabolic temporary obstructions that block the relationship between our conscious mind and our true self which limits our authentic expression. The improper flow of prana, responsible for the onset of every imbalance and dysfunction, inhibits the flow of life and when human beings do not express their inner being they get sick.

If the *Siri Guru Granth Sahib* contains the entirety of sound permutations and combinations that promote the complete range of human expression, cleansing the crevices and the depth of the subconscious, the *Sukhmani* is a more concentrated and powerful formula. Therefore, it is about identifying which Shabd acts on the various critical subconscious areas and understanding how those critical and blocked areas are responsible for causing which diseases. This is not impossible, considering that recognizing ourselves in a blocked state, as the *Sukhmani* describes, reveals the symptom of the disease of the mind, the heart and the inhibited spirit.