



SACRED SOUND MANTRA

SO PURKH

AWAKEN YOUR DIVINE POWER WITHIN

KARAH WANDS
Legacy-Eutopia.com



SO PURKH

Sacred Sound Mantra

Awaken Your Divine Power Within

By Karah Wands

Legacy Eutopia® Publication

Copyright © 2024 by Legacy Eutopia, LLC

All rights reserved.

No part of this publication may be reproduced, distributed, or transmitted in any form or by any means without prior written permission.

ISBN: 979-8-89587-068-6

About the Author

Karah Wands is a clairaudient spiritual teacher, intuitive guide, and energy healer devoted to awakening inner authority and divine connection. Through her work in crystal Reiki and consciousness alignment, she helps others reconnect with the deeper intelligence within.

Guided by her inner mentor, GHJR, and attuned to Universal Consciousness, Karah brings forward a transmission that goes beyond information—it is an experience.

This book offers a distinctive and invaluable contribution to the realm of sacred sound. As a comprehensive exploration devoted entirely to the So Purkh mantra and its deeper meaning, it goes beyond surface-level teachings and into direct energetic understanding.

If you feel called to deepen your connection with divine energy, this work serves as both guide and activation.

Table of Contents

[About the Author](#)

[Table of Contents](#)

[Introduction To So Purkh](#)

[Sacred Sound Mantra](#)

[Awaken Your Divine Power Within](#)

[Chapter 1](#)

[Understanding Mantras](#)

[What is a Mantra?](#)

[The Power of Sound and Vibration](#)

[Chapter 2](#)

[The Origins of So Purkh](#)

[Guru Ram Das and the Composition](#)

[Origin \(Sikh tradition\)](#)

[Bridging Tradition and Practice](#)

[About the “Divine Masculine Energy”](#)

[Chapter 3](#)

[Spiritual Significance of So Purkh](#)

[The Purpose and Power of So Purkh](#)

[Healing and Transformation](#)

[Inner Alignment and Divine Connection](#)

[Presence, Awareness, and Inner Stillness](#)

[Chapter 4](#)

[Traditions and Practices](#)

[Recitation Customs](#)

[Kundalini Energy](#)

[Daily Life Integration](#)

[Chapter 5](#)

[Occult and Mystical Perspectives](#)

[Energetic Alignments](#)

[Chakras and So Purkh](#)

[Manifestation and Intention Setting](#)

[Chapter 6](#)

[Sacred Space](#)

[Grounding the Body and Mind](#)

[Setting an Intention](#)

[Mindful Awareness](#)

[Chapter 7](#)

[Experiencing the So Purkh Mantra](#)

[So Purkh Mantra Transliteration](#)

[English Interpretation](#)

[Chapter 8](#)

[Deepening the Practice](#)

[Step-by-Step Guide](#)

[Posture](#)

[Breathing](#)

[Begin Chanting](#)

[Repetition](#)

[Focus](#)

[Visualization](#)

[Closing](#)

[Enhance the Experience](#)

[Meditation Techniques](#)

[Integrating Into Daily Life](#)

[Chapter 9](#)

[Personal Experience and Testimonial](#)

[A Story of Transformation](#)

[Chapter 8](#)

[Common Challenges and Solutions](#)

[Difficulty Maintaining Focus](#)

[Inconsistency in Practice](#)

[Emotional Resistance](#)

[Pronunciation Concerns](#)

[Doubt and Expectation](#)

[Finding Time for Practice](#)

[Feeling Overwhelmed by the Practice](#)

[Conclusion](#)

[Continue Your Journey](#)

[Connect with Legacy Eutopia](#)

[Website](#)

[YouTube](#)

[Instagram](#)

[Facebook](#)

[Pinterest](#)

[Appendix](#)

[Suggested Practice Approaches](#)

[Daily Practice](#)

[Focused Intention Practice](#)

[Short Integration Practice](#)

[Creating a Personal Rhythm](#)

[A Note on Consistency](#)

[Glossary](#)

[Mantra](#)

[So Purkh](#)

[Gurmukhi](#)

[Kundalini](#)

[Kundalini Yoga](#)

[Chakras](#)

[Mudra](#)

[Gyan Mudra](#)

[Meditation](#)

[Aura \(Auric Field\)](#)

[Intention](#)

[Presence](#)

Introduction To So Purkh

Sacred Sound Mantra

Awaken Your Divine Power Within

You feel the call.

There is a deep knowing within your heart — a gentle yet powerful voice whispering that you were meant for more. More love. More light. More authentic power. More sacred connection.

That voice is your **Divine Feminine** awakening.

The **So Purkh Mantra** is one of the most beautiful and potent sacred prayers given to humanity. Originally revealed by Guru Ram Das in the Sikh tradition, this ancient sound current was offered especially to women — to heal, to uplift, to call in divine partnership, and to remember the radiant goddess within.

Yet its power is not limited. Today, this sacred mantra welcomes **every soul** — woman, man, or non-binary — who longs to balance their inner masculine and feminine energies and step fully into their divine essence.

In this book, I invite you into a deeply personal and transformative journey with So Purkh.

Through these pages, you will:

- Feel the living vibration of this sacred mantra moving through your body and soul
- Understand how So Purkh gently awakens your divine feminine power — your intuition, your creativity, your magnetic grace, and your unshakeable inner strength
- Learn how to use this mantra to heal old wounds in relationships, call in soul-aligned love, and elevate the divine masculine in your life (whether in a partner, your father, your son, or the masculine energy within yourself)
- Discover daily practices, meditations, and sacred rituals that help you embody the goddess you truly are
- Experience the protective, loving, and illuminating energy that So Purkh creates around you

This is not just another mantra book.

This is a **sacred transmission** — an intimate conversation between your soul and the Divine. Whether you are a beginner who has never chanted before, or a seasoned practitioner feeling called to go deeper, these teachings were written for **you**.

You will feel seen. You will feel held. You will remember who you really are.

Many women who work with So Purkh share that after consistent practice they:

- Feel more radiant, magnetic, and confident in their feminine energy
- Experience deeper intimacy and harmony in their relationships
- Receive clear guidance from their intuition
- Walk through life with a quiet, unshakable inner peace
- Finally feel safe to fully embody their power

This book offers a comprehensive exploration of the So Purkh Mantra, guiding you through its origins, deeper meaning, and practical application. Whether you are new to mantra meditation or seeking to deepen your existing practice, you will find insight, structure, and clarity within these pages.

As you move through this work, allow yourself to experience—not just understand—the energy behind the words.

This is not simply a study. It is a journey into alignment, awareness, and divine connection.

The Divine Feminine within you has been waiting.

She is loving. She is wise. She is powerful. She is ready to rise.

Let the sacred sounds of **So Purkh** be the key that unlocks her.

If your heart is stirring as you read these words... If you feel a soft pull in your chest or tears in your eyes... That is Her calling you home.

Welcome, beloved. Your journey of divine remembrance begins now.

Chapter 1

Understanding Mantras

What is a Mantra?

A mantra is a sacred utterance, sound, word, or group of words believed to carry spiritual and psychological power. Originating from ancient traditions, mantras are used as tools for meditation, transformation, and protection.

The word mantra comes from the Sanskrit words “**man**” (mind) and “**tra**” (instrument or tool). A mantra is therefore an instrument of the mind—a powerful vibration that can guide you into deeper states of awareness, alignment, and intention.

The Power of Sound and Vibration

Sound has long been recognized across cultures as a fundamental force in creation and transformation. Many spiritual traditions teach that the universe itself originated from sound.

Mantras harness this principle of sound and vibration to influence the practitioner's consciousness and the surrounding environment. .

Through repetition and focused awareness, sound becomes a bridge between the physical and the spiritual.

Reciting a mantra repeatedly with regular mantra practice can:

- Calm and focus the mind: The repetitive nature aids in quieting mental chatter.
- Elevate consciousness: Aligns the practitioner with higher states of awareness.
- Heal and balance energies: Specific vibrations can influence and harmonize the body's energy centers (chakras).
- Manifest intentions: Focused repetition can help bring desires and goals into reality.

As you begin working with mantra, you may notice subtle shifts in awareness, emotional balance, and inner clarity.

These changes are not accidental. They are the natural result of aligning with vibration.

Chapter 2

The Origins of So Purkh

Historical Background

Guru Ram Das and the Composition

So Purkh was composed by **Guru Ram Das**, the fourth of the ten Sikh Gurus. He is widely respected for his humility, devotion, and contributions to Sikh teachings, including the founding of the city of Amritsar.

This sacred composition was created to invoke divine presence, strengthen spiritual connection, and establish a protective energetic field around the practitioner.

The So Purkh Mantra is part of the *Rehras Sahib*, an evening prayer in Sikhism. It consists of 25 *pauris* (stanzas) and is traditionally recited at the close of the day to invoke divine protection, peace, blessings and spiritual alignment.

Rooted in sacred tradition, So Purkh has been preserved and passed down as a powerful spiritual tool—one that connects the practitioner to higher states of awareness and devotion.

Origin (Sikh tradition)

So Purkh is part of the **Rehras Sahib** and was composed by **Guru Ram Das**. It's a **general devotional hymn**—not gender-restricted and not originally framed as “for women.”

Later usage (especially in Kundalini Yoga circles): It's often taught as a meditation **women chant to support/heal the men in their lives**. That's where the “for women” idea comes from.

In more recent times, particularly within **Kundalini Yoga as taught in the West**, the So Purkh mantra has been adapted and presented as a meditation practice with this more specific application. In these teachings, it is often introduced as a practice that women may use to support and uplift the men in their lives.

However, it is helpful to view this interpretation as a **modern application rather than a traditional definition**. The adaptation reflects a broader approach within Kundalini Yoga, where mantras are often used as tools for transformation, healing, and energetic alignment in everyday life.

Bridging Tradition and Practice

When approaching the So Purkh mantra, it can be valuable to hold both perspectives with clarity:

1. Its **original context** as a universal devotional hymn within Sikhism
2. Its **modern use** as a focused meditative practice within Kundalini Yoga

By understanding this distinction, the practitioner is able to engage with the mantra in a way that is both informed and intentional—honoring its origins while also recognizing the ways in which it has been interpreted and applied in contemporary practice.

About the “Divine Masculine Energy”

That phrasing is a **modern interpretive lens**, not a traditional Sikh explanation. Within this framework, the practice is understood to work on subtle energetic levels, influencing patterns of awareness, emotional balance, and relational harmony. It is sometimes associated with balancing qualities such as stability, presence, and clarity—concepts that are often described in contemporary language as aspects of “divine masculine” energy.

It is important to recognize that the original context of the mantra is universal and not limited by gender or a specific energetic framework. In some contemporary spiritual teachings, the So Purkh mantra is described through the lens of “divine masculine energy.” This language is a modern interpretation rather than a traditional Sikh explanation, and is often used to express qualities such as stability, protection, presence, and structure—principles that support balance and grounded awareness within an individual. While this perspective can be helpful for understanding certain energetic dynamics, it remains one of many ways to interpret the deeper resonance of the mantra.

The So Purkh Mantra is deeply connected to the activation and balancing of **divine masculine energy**.

This energy represents qualities such as:

- Strength and protection
- Stability and structure
- Responsibility and grounded action
- Compassion guided by wisdom

Through consistent recitation, this mantra helps harmonize these qualities within oneself and within relationships.

Traditionally, So Purkh has been chanted to support and uplift the men in one's life—husbands, sons, brothers, and partners—helping to bring healing, clarity, and alignment to their path. Reciting the So Purkh helps balance these masculine qualities within oneself and in relationships. Traditionally, women have chanted this mantra to support and elevate the men in their lives, including husbands, sons, brothers, and friends, fostering growth, healing, and positive transformation.

However, its power is not limited by gender. It serves as a tool for balancing masculine energy within **all individuals**, supporting inner stability and conscious action.

Chapter 3

Spiritual Significance of So Purkh

The Purpose and Power of So Purkh

So Purkh is used to create a sacred space for protection, healing, and spiritual elevation. Traditionally offered for women to use as a healing tool for themselves and their man, anyone can benefit from chanting it. Women, men or nonbinary can chant it to uplift the women in your life or to balance your own inner masculine/feminine energies. At its core So Purkh is about love, divine union, healing relationships, and awakening higher consciousness.

At its core the mantra is revered for its ability to:

1. Elevate consciousness and deepen spiritual awareness
2. Promote healing within the mind and body
3. Enhance relationships and emotional connection. Particularly used to support and uplift the men in one's life.
4. Invoke divine protection and energetic stability. Creating a shield of positive energy around the practitioner and loved ones.

Over time, So Purkh has extended beyond traditional Sikh practice and has been embraced within **Kundalini Yoga**, where it is used as a meditation for transformation, manifestation, and energetic alignment.

Whether you are seeking sacred love, healing relationships, reclaiming your feminine or masculine essence, or deepening your spiritual path, this beautiful daily practice offers profound transformation and self-realization. Let these sacred sounds guide you home

Healing and Transformation

The vibrational frequency of the So Purkh Mantra is believed to create deep energetic shifts within the practitioner.

These shifts may include:

1. **Emotional Healing** — releasing stress, tension, and unresolved emotional patterns
2. **Spiritual Growth** — expanding awareness and deepening connection to the divine
3. **Relationship Harmony** — encouraging understanding, compassion, resolving conflicts and fostering understanding and unity
4. **Manifestation Alignment** — Assisting in bringing desires and intentions into reality through focused energy and alignment. Focusing energy toward intentional creation.

As the mantra becomes integrated into daily practice, many individuals report experiencing:

- A sense of inner peace
- Greater clarity of thought
- Emotional balance
- A deeper connection to divine presence

These outcomes are not forced—they unfold naturally through repetition, intention, and energetic alignment.

Inner Alignment and Divine Connection

The spiritual significance of the So Purkh mantra extends beyond healing into a deeper state of inner alignment and connection. Through consistent recitation, the practitioner is gently guided toward a more centered and present awareness—where thought, emotion, and intention begin to move in harmony.

This alignment is not something that is forced or achieved through effort. Rather, it unfolds naturally as the mind settles and the repetition of sound creates space within. In that space, a sense of connection emerges—one that is not dependent on external conditions, but arises from within.

The mantra becomes a bridge between the individual and the greater field of consciousness. It supports a shift from distraction to presence, from fragmentation to wholeness. Over time, this deepened awareness can lead to greater clarity, steadiness, and a quiet recognition of one's place within a larger, interconnected reality.

Through this process, the practitioner does not seek connection—they begin to experience that it has always been there.

Presence, Awareness, and Inner Stillness

At its core, the spiritual significance of the So Purkh mantra lies in its ability to guide the practitioner into a state of presence and inner stillness. In a world often filled with constant movement and distraction, the repetition of the mantra creates a natural pause—an opportunity to return to awareness.

As the sound is repeated, attention gradually shifts away from external noise and toward a quieter internal space. Thoughts begin to soften, and the need to control or analyze diminishes. What remains is a steady awareness—calm, observant, and grounded.

This stillness is not emptiness, but a state of clarity. It allows the practitioner to experience moments free from tension, expectation, or urgency. Over time, this cultivated awareness can extend beyond practice and into daily life, influencing how one responds, observes, and moves through the world.

In this way, the mantra becomes more than a practice—it becomes a doorway into presence itself.

Chapter 4

Traditions and Practices

Recitation Customs

Traditional practices surrounding the So Purkh mantra include:

- **Daily Recitation**

Chanting the mantra each day, often in the morning or evening, to maintain a consistent spiritual connection.

- **11-Time Repetition**

It is customary to recite the So Purkh mantra 11 times in one sitting, amplifying its energetic effect and deepening the meditative experience. .

- **40-Day Practice**

Engaging in a dedicated 40-day practice, reciting the mantra daily to achieve specific intentions or facilitate profound personal transformation. And is often undertaken to support intention-setting, healing, or transformation.

- **Group Chanting**

Practicing in a group setting can strengthen collective energy, support communal healing and unity and deepen the overall experience.

Kundalini Energy

Within the framework of Kundalini Yoga, the So Purkh mantra is approached as a powerful meditative tool that works not only through sound, but through its subtle effect on the practitioner's internal energy system. Rather than focusing solely on external outcomes, the practice supports a shift within—where awareness, breath, and vibration begin to align.

Kundalini Yoga teaches that each individual carries a latent energy—often referred to as **Kundalini**—which, when gently awakened and balanced, supports expanded awareness, clarity, and connection. Mantra is one of the primary methods used to guide this process, as sound vibration can influence both the mind and the subtle energetic body.

Through the repetition of the So Purkh mantra, the practitioner may begin to experience a gradual refinement of internal awareness. The sound current moves through the body, interacting with breath, nervous system, and subtle energy pathways. Over time, this can support:

- **Healing and uplifting relationships**, beginning with one's own internal state
- **Balancing complementary energies within**, often described as masculine and feminine qualities such as stability and receptivity
- **Clearing energetic blocks**, allowing for a more natural flow of awareness and vitality
- **Strengthening intuition and inner perception**, as mental noise begins to settle

In this way, the practice is not something applied outward—it is something that unfolds inwardly, influencing how the practitioner experiences themselves and, in turn, how they relate to others.

Practitioners may also incorporate specific **mudras (hand positions)**, breath awareness, and postures to deepen the energetic effect of the chant. These elements are not required, but they can enhance the body's receptivity to the vibration of the mantra and support a more integrated experience.

Over time, the repetition of sound, combined with focused awareness, creates a steady internal rhythm—one that supports both grounding and expansion. In this state, the mantra becomes more than a practice; it becomes a means of attuning the individual to a deeper level of presence and energetic balance.

Daily Life Integration

Integrating the So Purkh mantra into everyday life can be both simple and flexible. Rather than treating it as a separate practice, it can become a natural part of your daily rhythm—woven into moments of stillness, transition, and awareness.

- **Morning Practice**

Begin your day with a few repetitions of the mantra to establish clarity and intention. This creates a calm and centered foundation before engaging with the activity of the day. Even a brief practice can influence how you think, respond, and move forward.

- **Evening Reflection**

At the end of the day, use the mantra as a way to release accumulated tension and mental activity. Allow the repetition to soften the mind and create a sense of closure, supporting a more peaceful transition into re

- **Mindfulness Breaks**

Throughout the day, take short moments to reconnect through sound or silent repetition. These pauses do not need to be long—just enough to bring awareness back to the present and interrupt patterns of stress or distraction.

- **Personal Rituals and Transitions**

You may choose to incorporate the mantra into moments of transition—before important decisions, conversations, or changes in direction. In these moments, the practice can help create space for clarity, steadiness, and alignment.

- **Consistency Over Intensity**

Rather than focusing on duration or perfection, allow the practice to be steady and sustainable. A few moments of intentional awareness practiced regularly can be more impactful than longer, inconsistent sessions.

Over time, the mantra becomes less of a separate activity and more of a quiet presence—supporting awareness, balance, and clarity throughout the flow of daily life.

Chapter 5

Occult and Mystical Perspectives

Energetic Alignments

From a deeper energetic perspective, the So Purkh mantra can be experienced as a subtle yet powerful instrument of alignment—gently bringing the inner and outer fields into harmony. Beyond its audible sound, the mantra carries a vibrational quality that resonates through the body’s energetic system, influencing the layers of awareness that extend beyond the physical form.

As the mantra is repeated, its rhythm and frequency interact with the auric field, supporting a natural process of refinement and balance. This interaction is not forceful; rather, it unfolds gradually, allowing areas of tension or imbalance to soften and reorganize.

Through consistent practice, this energetic resonance may:

- **Cleanse stagnant or dense patterns**, allowing energy to move more freely
- **Strengthen energetic boundaries**, creating a greater sense of stability and presence
- **Promote internal coherence**, where thoughts, emotions, and subtle awareness begin to align

Over time, the practitioner may notice a shift in sensitivity and perception—a heightened awareness of subtle energy, along with a deeper sense of grounded clarity. In this way, the mantra functions not only as a spiritual practice, but as a means of attuning the individual to a more refined state of energetic balance.

Chakras and So Purkh

The So Purkh mantra is often associated with the activation and balancing of key energy centers within the body, commonly referred to as chakras. Through its rhythmic repetition and vibrational quality, the mantra may support a more harmonious flow of energy—gently influencing both awareness and the subtle energetic system.

Rather than stimulating these centers through force, the mantra works through resonance. As sound and breath synchronize, the nervous system begins to settle, and awareness becomes more refined. In this state, the energy centers may begin to respond naturally—opening, balancing, and aligning in a way that feels gradual and integrated.

As the practitioner engages with the sound, awareness may naturally deepen within specific energetic points:

- The So Purkh mantra is often associated with the activation and balancing of key energy centers within the body, commonly referred to as chakras. Through its rhythmic repetition and vibrational quality, the mantra may support a more harmonious flow of energy—gently influencing both awareness and the subtle energetic system.
- Rather than stimulating these centers through force, the mantra works through resonance. As sound and breath synchronize, the nervous system begins to settle, and awareness becomes more refined. In this state, the energy centers may begin to respond naturally—opening, balancing, and aligning in a way that feels gradual and integrated.

Rather than forcing activation, the mantra creates conditions in which balance can emerge organically. Through consistent and attentive practice, individuals may experience a gradual refinement of awareness—often expressed as increased clarity, insight, and a more grounded sense of spiritual connection.

Manifestation and Intention Setting

The So Purkh mantra can also be approached as a focused practice for intention setting and *as a powerful tool for manifestation*: —not in the sense of force or control, but as a way of bringing awareness, clarity, and alignment to what one is calling into their life. Through repetition, the mantra helps quiet internal noise, allowing intention to arise from a more centered and coherent state.

Rather than attempting to “create” outcomes through effort, this practice supports a shift in inner alignment—where thoughts, emotions, and energy begin to move in harmony with a chosen intention.

To work with the mantra in this way, consider the following:

- **Set Clear Intentions**

Before recitation, clearly state or visualize what you wish to manifest or

transform, gently define what you wish to align with or transform. This may relate to healing, clarity, relationships, or personal growth. Hold the intention with openness, without attachment to a specific outcome.

- **Focus and Direct Energy**

The repetition and vibration of the mantra acts as a point of focus, gathering scattered attention and directing it toward a single, steady awareness. This sustained focus supports greater coherence within the mind and energetic field.

- **Release Internal Resistance**

As the practice deepens with regular recitations, patterns of doubt, tension, or resistance may surface. Rather than forcing change, the mantra creates space for these patterns to soften and gradually dissolve. Aiding in dissolving energetic blockages that hinder personal growth and manifestation efforts.

- **Integrate Visualization and Awareness**

Some practitioners choose to incorporate gentle visualization—such as light, clarity, or resolution—while chanting. Combining the mantra with other practices like visualization or crystal work can enhance the potency of manifestation. When combined with the mantra, this can support a deeper sense of alignment with the intended direction.

Over time, this approach to practice may cultivate a greater sense of trust, clarity, and receptivity. As inner alignment strengthens, external experiences—such as relationships, opportunities, and overall well-being—often begin to reflect that shift in subtle and natural ways.

Chapter 6

Sacred Space

Grounding the Body and Mind

Begin by choosing a quiet and comfortable space where you are unlikely to be disturbed. This space does not need to be elaborate—it simply needs to feel supportive, calm, and intentional. Over time, returning to the same place for practice can help establish a subtle association, allowing the mind and body to settle more quickly into stillness.

You may wish to prepare your environment in simple ways that encourage presence:

- **Light a candle or incense** to create a gentle focal point and signal the beginning of your practice
- **Sit in a calm, uncluttered area** that allows your attention to remain inward rather than outward
- **Minimize distractions** by silencing devices or reducing external interruptions

The intention is not to create perfection, but to create **a space that invites awareness**.

As you settle in, bring attention to your posture. Sit with a straight spine, either on the floor or in a chair, allowing the body to remain both relaxed and alert. Rest your hands comfortably, and allow the shoulders to soften. A balanced posture supports both ease and attentiveness, creating the conditions for a more focused and receptive practice.

As you return to this space over time, it may begin to carry a sense of familiarity and quiet—becoming not just a physical location, but a place of inward connection and presence.

Setting an Intention

Before beginning the mantra, take a few quiet moments to settle and turn your awareness inward. Allow the body to relax and the breath to deepen naturally, creating a gentle transition from activity into presence.

From this space, invite an intention to arise.

An intention is not something that needs to be forced or over defined. It is a quiet orientation of awareness—a subtle direction that guides the practice. Rather than focusing on a specific outcome, consider what you wish to align with or cultivate.

This may include:

- **Clarity** in thought and perception
- **Emotional balance** and steadiness
- **Healing** within yourself or in support of another
- **Connection** to a deeper sense of awareness

Hold this intention lightly, without attachment or pressure. The purpose is not to control the experience, but to create a sense of openness and receptivity. In this way, the intention becomes a point of alignment rather than expectation.

As you begin the mantra, allow the intention to remain in the background—present, but not demanding attention. Over time, the repetition of the sound and the steadiness of awareness will naturally support and deepen that alignment.

Through this process, intention becomes less about striving and more about allowing—creating space for insight, balance, and clarity to unfold in their own time.

Mindful Awareness

As you prepare to begin the mantra, gently bring your attention to the present moment. Allow your awareness to settle on the natural rhythm of your breath—without controlling it, simply observing it as it flows in and out.

There is no need to clear the mind or force stillness. Instead, let awareness rest softly, noticing sensations within the body, the movement of breath, and the quiet space that begins to emerge beneath thought.

As the mantra begins, allow your attention to follow the sound. Each repetition becomes an anchor—gently guiding awareness back whenever it begins to drift. If thoughts arise, as they naturally will, acknowledge them without resistance and return to the rhythm of the mantra.

Close your eyes and bring your attention to your breath.

Allow distractions to fall away naturally.

Shift your awareness to your heart center, cultivating a sense of calm, openness, and compassion.

Over time, this practice cultivates a steady, receptive awareness—one that is not reactive or distracted, but calm and observant. In this state, attention becomes less scattered and more centered, allowing for a deeper experience of presence.

You may find that awareness naturally settles in the heart space or at the center of the mind. Wherever it rests, allow it to remain without effort. The goal is not to control awareness, but to become familiar with it.

Through consistent practice, mindful awareness begins to extend beyond the practice itself—supporting clarity, steadiness, and a more conscious way of moving through daily life. Over time, this practice cultivates a steady, receptive awareness—one that is not reactive or distracted, but calm and observant. In this state, attention becomes less scattered and more centered, allowing for a deeper experience of presence.

You may find that awareness naturally settles in the heart space or at the center of the mind. Wherever it rests, allow it to remain without effort. The goal is not to control awareness, but to become familiar with it.

Through consistent practice, mindful awareness begins to extend beyond the practice itself—supporting clarity, steadiness, and a more conscious way of moving through daily life.

English Interpretation

He is the True Lord, Immaculate and Pure; the Lord is Immaculate and Pure.

He is unfathomable, inaccessible and infinite.

The Immaculate Lord is pervading among all; the Lord is ever-present among all.

He is woven into the fabric of all creation.

Prays Nanak, I have fallen at the Guru's Feet.

Har, Har, Har, Har, Har, Har, Har, Har, Har, Har, Har, Har, Har, Har.

In each and every age, He creates His devotees and preserves their honor, O Lord King.

In each and every age, He creates His devotees and preserves their honor, O Lord King.

O Nanak, the Gurmukh knows the Lord.

O Nanak, the Gurmukh knows the Lord, meeting with the Lord, peace is obtained, O Lord King.

Those devotees, those devotees are pleasing to the Lord, O Nanak, who meditate on the Name of the Lord, Har, Har.

Those who meditate on the Name of the Lord, their affairs are resolved, meditating on the Name of the Lord, Har, Har.

Meditate on the Lord, meditate on the Lord, meditate on the Name of the Lord, Har, Har.

Meditating on the Name of the Lord, Har, Har, their affairs are resolved, meditating on the Name of the Lord, Har, Har.

Servant Nanak, their affairs are resolved, meditating on the Name of the Lord, Har, Har.

Meditating on the Name of the Lord, Har, Har, their affairs are resolved, meditating on the Name of the Lord, Har, Har.

Chapter 8

Deepening the Practice

Integration, Techniques, and Living the Mantra

Step-by-Step Guide

Posture

Begin by sitting comfortably with a straight, balanced spine. You may sit on the floor or in a chair, allowing your body to remain both relaxed and alert. Rest your hands gently on your knees, or place them in **Gyan Mudra** (thumb and index finger lightly touching), creating a subtle sense of connection and focus. Allow the shoulders to soften and the face to relax, releasing any unnecessary tension.

Sitting for extended periods can cause physical discomfort or strain, which may distract you from the practice.

- **Adjust Your Posture:** Find a comfortable sitting position that supports your back and legs. You can use cushions or props to make sitting more comfortable.
- **Take Breaks:** If you experience discomfort, don't hesitate to take a brief break to stretch or adjust your position before resuming your practice.

Breathing

Take several slow, steady breaths to settle the body and mind. Inhale fully through the nose, allowing the breath to expand naturally, and exhale gently without force. Let the rhythm of your breath become smooth and even, creating a calm foundation for the practice to follow.

Begin Chanting

Gently begin reciting the mantra. You may chant aloud, in a soft whisper, or silently within. Choose the method that feels most natural and sustainable. Allow the sound to flow with ease, without strain or effort, following a steady and comfortable rhythm.

Repetition

Traditionally, the So Purkh mantra is recited **11 times** in one sitting. You may use mala beads or another method to maintain count if helpful. Let each repetition feel complete in itself, rather than rushing toward the end.

Focus

Bring your awareness to the sound and vibration of the mantra. Allow it to become the center of your attention. If the mind begins to wander, gently guide it back—without judgment or frustration. Each return strengthens your ability to remain present.

Visualization

You may choose to incorporate gentle visualization into your practice. Imagine a soft, radiant light surrounding you, creating a sense of warmth, clarity, and protection. If you are chanting in support of another, hold them within this light, allowing the intention to remain steady and compassionate.

Closing

After completing the repetitions, allow the mantra to come to a natural close. Allow the energy of the practice to settle. Sit quietly for a few moments, without immediately moving or shifting your attention outward. Let the effects of the practice settle within.

Take a slow, deep breath, and, if it feels natural, express a moment of gratitude—for the practice, the stillness, and the awareness you have cultivated.

Enhance the Experience

You may find that your experience with the So Purkh mantra deepens naturally over time. While the core of the practice is simple, there are supportive ways to enrich and expand your connection to it—without adding complexity or pressure.

Consider allowing the practice to evolve in ways that feel natural and sustainable:

- **Listening to Recorded Chants**

Engaging with recorded versions of the mantra can help you become familiar with its rhythm, pronunciation, and flow. Listening can also support moments of passive practice, allowing the sound to resonate even when you are not actively chanting.

- **Practicing with Others**

Chanting in a group setting can create a shared field of focus and intention. The collective rhythm often deepens the experience, making it easier to remain present and connected. This may be done in person or through guided sessions.

- **Maintaining a Consistent Rhythm**

Establishing a regular pattern of practice—whether daily or several times per week—supports a gradual deepening of awareness. Consistency allows the effects of the mantra to build over time, even if each individual session feels subtle.

- **Creating a Supportive Environment**

Returning to the same space, using gentle lighting, or incorporating simple rituals can help signal the transition into practice. Over time, these elements can create a sense of familiarity that supports quicker entry into stillness.

- **Combining Breath and Awareness**

Allowing your breath to move naturally with the rhythm of the mantra can deepen your sense of presence. This integration helps unify body, breath, and sound into a more cohesive experience.

-

Meditation Techniques

- **Heart-Centered Awareness**

Focus on the heart space to cultivate compassion and emotional balance

- **Third Eye Focus**

Gently direct awareness to the space between the eyebrows

- **Breath Synchronization**

Align your breathing with the rhythm of the mantra

Integrating Into Daily Life

- Begin your day with chanting
- Use it as an evening reset
- Journal insights after practice
- Incorporate into personal rituals

Consistency is more important than duration.

Chapter 9

Personal Experience and Testimonial

A Story of Transformation

The So Purkh hymn is a powerful invocation, and though I was familiar with its verses, I had never chanted it with the intention of deep contemplation. I held a printed copy of the hymn in my hands and began to read through the verses. The text was rich with spiritual language, invoking the divine presence and describing the ideal qualities of a noble person.

It was one of those serene autumn mornings where the crisp air carried the scent of fallen leaves, and the world felt like it was wrapped in a soft, golden glow. I had decided to explore the practice of chanting the So Purkh—a sacred hymn from Sikh tradition that is often recited to invoke divine blessings and foster spiritual growth.

With a sense of reverence I found a quiet corner of a local park, a secluded spot where the only sounds were the gentle rustling of leaves and the distant murmur of a brook. I settled down on a blanket, my legs crossed comfortably beneath me, and took a few deep breaths to center myself. My phone was set aside, its notifications silenced, leaving only the natural world to accompany me.

Entering the State

I started the chant. My voice was soft at first, almost hesitant, but as the words flowed from my lips, they began to take on a rhythm of their own. The repetitive nature of the chant created a hypnotic effect, and I found myself sinking deeper into a meditative state. The sounds of the natural world seemed to harmonize with my chanting, as if the entire environment was joining in the spiritual practice. As the chant continued, something shifted. The external world faded. The internal world expanded. Each repetition felt like a bridge—connecting something deeper within. The words were no longer just words. They became vibrations. Presence. Connection.

Each repetition felt like a step closer to understanding a deeper truth about existence and about myself.

The Shift

Over time, a sense of calm clarity replaced the usual mental noise. There was no effort—only awareness. The mantra created space. And within that space, there was peace. The So Purkh's verses speak of the divine as the ultimate protector and guide, and as I recited them, I felt a profound sense of connection. The chant was not just a series of words but a bridge between my inner self and the divine. Each repetition felt like a step closer to understanding a deeper truth about existence and about myself. As the sun climbed higher, casting more warmth and light over the park, I began to notice a subtle shift within me. The usual mental chatter quieted, replaced by a serene clarity. The words of the hymn seemed to resonate with my very soul, echoing in the stillness of my heart. I was reminded of the interconnectedness of all life and the divine presence that dwells within each of us.

As the sun climbed higher, casting more warmth and light over the park, I began to notice a subtle shift within me. The usual mental chatter quieted, replaced by a serene clarity. The words of the hymn seemed to resonate with my very soul, echoing in the stillness of my heart. I was reminded of the interconnectedness of all life and the divine presence that dwells within each of us. When the practice ended, the stillness remained. There was no rush to move—only a quiet recognition of what had occurred. The experience was not dramatic, yet deeply transformative. A reminder that connection is always available—when we choose to enter it.

Integration

I slowly ended the chant, allowing the final words to drift gently into the air. I remained in the park for a while longer, savoring the lingering sense of peace and fulfillment. The So Purkh had not only offered a spiritual connection that provided a moment of pure, unfiltered tranquility.

As I packed up to leave, I felt an inner gratitude for having taken the time to engage with this practice. The chant had been more than a ritual; it had been a journey into the essence of spiritual mindfulness. Walking away from the park, I carried with me a renewed sense of purpose and a deeper appreciation for the divine's role in my life.

Chapter 8

Common Challenges and Solutions

Practicing the chanting of the So Purkh can be a deeply enriching spiritual experience, but like any practice, it comes with its own set of challenges. Here are some common challenges and potential solutions to help you overcome them:

Difficulty Maintaining Focus

It is natural for the mind to wander during mantra practice. Distraction is not a failure—it is part of the process. Rather than resisting or becoming frustrated, gently return your awareness to the sound and rhythm of the mantra. Over time, focus strengthens naturally through repetition and familiarity.

- Start Small: Begin with shorter chanting sessions and gradually increase the duration as you build your concentration.
- Create a Sacred Space: Find a quiet, comfortable place where you are less likely to be disturbed. This helps set a calm environment conducive to focus.
- Use Guided Chants: Initially, you might find it helpful to use recorded chants or follow along with a guide. This can help anchor your mind to the rhythm and flow of the practice.

Inconsistency in Practice

Many begin with strong intention but struggle to maintain a consistent routine. Instead of aiming for perfection, establish a rhythm that feels sustainable.

You may find it helpful to:

- Choose a specific time each day
- Begin with a shorter duration
- Build gradually as the practice becomes more natural

Consistency, even in small amounts, creates meaningful change over time.

Emotional Resistance

During practice, deeper emotions may begin to surface. This can feel unfamiliar or uncomfortable, but it is not a setback—it is part of the natural unfolding of awareness. The mantra creates space for what has been held beneath the surface to be gently acknowledged and, over time, released.

Reflect on the Meaning: Before starting, take a few moments to read and reflect on the meanings of the verses. Understanding their significance can deepen your connection to the chant.

When an emotion arises, rather than resisting or trying to change it, simply notice it. You may even take a moment to **silently acknowledge and thank the emotion**—not because it is pleasant, but because it is revealing something that is ready to be seen. This simple act of recognition can soften resistance and allow the experience to move more freely.

Remain connected to the rhythm of the mantra. Let the sound become a steady anchor as emotions pass through your awareness. There is no need to analyze or hold onto what arises. Allow it to be present, and then allow it to move on.

If the experience feels intense, gently return your attention to your breath and the sound of the mantra. This creates a sense of stability while still allowing the process to unfold.

Over time, this approach cultivates a deeper sense of trust—where emotions are no longer seen as obstacles, but as part of a natural process of clearing and integration. Through patience and consistency, what once felt like resistance can become a doorway to greater clarity, balance, and inner ease.

Pronunciation Concerns

Some practitioners worry about correctly pronouncing the words of the mantra. While accuracy can deepen the experience, it is not the most important element.

The intention behind the practice and the presence you bring to it carry equal, if not greater, significance. Approach the mantra with sincerity rather than striving for perfection.

Doubt and Expectation

Expecting immediate or dramatic results can sometimes lead to frustration or doubt. It is natural to wonder whether the practice is “working,” especially when changes are subtle or not immediately visible. However, the effects of mantra practice are often **gradual and cumulative**, unfolding over time rather than all at once.

Rather than measuring outcomes or seeking constant confirmation, allow the practice to develop in its own rhythm. Each repetition contributes to a deeper level of awareness, even if the shift is not immediately noticeable.

If doubt arises, simply acknowledge it—just as you would any other thought—and gently return your attention to the mantra. There is no need to push doubt away or resolve it in the moment. Continue the practice with steadiness.

It is important during these moments to **remain consistent and not give up**. Progress in this type of work is not always linear. Some days may feel more connected than others, but each session still contributes to the overall process.

Over time, small shifts begin to accumulate—often revealing themselves as increased clarity, emotional balance, or a quieter, more centered awareness. What may initially feel like uncertainty can gradually transform into trust.

Stay with the practice. Allow it to unfold naturally. In doing so, you create the conditions for deeper change to emerge—subtle at first, but meaningful and lasting.

Finding Time for Practice

In a busy daily routine, it can feel challenging to set aside dedicated time for practice. Rather than viewing the mantra as an additional task, consider allowing it to become a natural extension of your day—something that fits within the moments that already exist.

The practice does not require long periods of time to be meaningful. Even a few intentional repetitions can create a shift in awareness, helping you reconnect with a sense of calm and clarity.

You may find it helpful to:

- **Begin or end your day** with a few repetitions to create a sense of grounding and direction

- **Use short pauses throughout the day** to reconnect through sound, breath, or silent repetition
- **Establish a simple, consistent rhythm** that feels sustainable rather than forced

If you would like additional guidance on incorporating the mantra into your routine, you may refer back to the section on **Daily Life Integration**, where these approaches are explored in more detail.

It is important to remember that consistency matters more than duration. There is no need to wait for the “perfect” moment. Begin where you are, with the time you have, and allow the practice to grow naturally.

Even brief moments, when approached with intention and presence, can have a meaningful and lasting impact.

Feeling Overwhelmed by the Practice

The depth and significance of the So Purkh may feel overwhelming, especially for beginners.

- **Approach Gradually:** Start with one verse or section of the hymn and gradually build up to the entire chant as you become more comfortable.
- **Be Patient with Yourself:** Allow yourself to grow into the practice without pressure. It’s natural for understanding and comfort to develop over time.
- **Seek Support:** Join a community or group that practices chanting the So Purkh. Engaging with others can provide encouragement and help navigate any challenges you may face.

Conclusion

The So Purkh mantra is more than a sequence of words—it is a living vibration that supports alignment, awareness, and connection. Through consistent and attentive practice, it becomes a pathway toward greater clarity, emotional balance, and a deeper sense of inner steadiness.

This work is not about force or striving. It is about returning—again and again—to presence. Each repetition creates space. Each moment of awareness strengthens your connection to what is already within you.

As you continue, you may begin to notice subtle shifts. A quieter mind. A more grounded response. A deeper sense of trust in your own awareness. These changes may unfold gradually, but they are meaningful and lasting.

There is no need to perfect the practice. Simply remain consistent. Allow the experience to develop in its own time and meet it with openness rather than expectation.

As you move forward, let the mantra become part of your rhythm—something you return to in moments of stillness, transition, or reflection. In doing so, the practice extends beyond dedicated time and May your journey with the So Purkh Mantra be filled with light, love, and divine blessings.

Stay with the practice. Allow it to unfold. Trust the process.

May your journey with the So Purkh Mantra be filled with light, love, and divine blessings.

Continue your journey

Be blessed at all times.

<https://legacy-eutopia.com/>

Continue Your Journey

If this book resonated with you, your journey doesn't end here. You may also explore guided experiences and sound-based practices on YouTube:

The practices, insights, and awareness you've begun to explore can continue to deepen through consistent connection and intentional living.

For additional resources, guided practices, and expanded teachings, visit:

<https://legacy-eutopia.com/>

There, you'll find tools designed to support your growth, strengthen your inner awareness, and help you integrate these teachings into everyday life.

Stay Connected

Return as often as you feel called.

Each resource is created to support clarity, awareness, and alignment—at your own pace and in your own way.

Connect with Legacy Eutopia

Continue the Experience

Your journey does not end with this book.

If this work resonated with you, you are invited to continue exploring, learning, and deepening your connection through additional resources, guided practices, and immersive experiences.

Website

Explore teachings, tools, and resources designed to support your growth:

<https://legacy-eutopia.com>

YouTube

Experience guided sound, frequency, and immersive practices designed to support relaxation, alignment, and expanded awareness.

Subscribe and explore: Remember to ring the bell before or after watching.

<https://www.youtube.com/@LegacyEutopia>

Instagram

Join the community and explore visual inspiration, updates, and shared moments of awareness:

<https://instagram.com/legacyeutopia>

Facebook

Stay connected through updates, shared insights, and community presence:

<https://www.facebook.com/legacy.eutopia.2024/>

Pinterest

Explore curated visuals, symbols, and inspiration that support your journey:

<https://www.pinterest.com/legacyeutopia>

Appendix

Suggested Practice Approaches

The following approaches are offered as flexible guidelines to support your practice. There is no single “correct” way—allow your rhythm to develop naturally over time.

Daily Practice

A simple and consistent daily practice can support steady progress.

- Chant the So Purkh mantra **11 times**
- Practice at the same time each day if possible
- Allow the experience to remain calm and unforced

Even a few minutes of consistent practice can create meaningful shifts over time.

Focused Intention Practice

For those working with a specific intention:

- Chant the mantra **11 times daily for 40 consecutive days**
- Hold your intention lightly, without attachment
- Allow the process to unfold naturally

Consistency is more important than intensity.

Short Integration Practice

For integrating the mantra into daily life:

- Chant **3–5 repetitions** during pauses in your day
- Use moments of transition (morning, evening, before decisions)
- Keep the practice simple and accessible

These brief moments can help maintain awareness and connection throughout the day.

Creating a Personal Rhythm

You may wish to adapt the practice in a way that feels natural and supportive:

- Choose a quiet or familiar space
- Incorporate gentle rituals such as lighting a candle
- Combine the mantra with breath awareness or stillness
- Allow flexibility rather than strict structure

Over time, your practice becomes less about routine and more about returning to awareness.

A Note on Consistency

There may be days when the practice feels effortless, and others when it feels distant or distracted. Both experiences are part of the process.

Rather than striving for perfection, remain steady. Each repetition contributes, even when the effect is not immediately visible.

Glossary

Mantra

A sacred sound, word, or phrase used to focus the mind and support awareness through repetition.

So Purkh

A devotional composition from the Sikh tradition, included in the *Rehras Sahib*, and associated with connection, remembrance, and alignment through sound.

Gurmukhi

The script used to write the Punjabi language and Sikh scriptures.

Kundalini

A term used in yogic traditions to describe a latent energy within the individual that, when balanced and awakened, supports expanded awareness and clarity.

Kundalini Yoga

A system of practice that combines movement, breath, meditation, and mantra to support energetic balance and heightened awareness.

Chakras

Subtle energy centers within the body are associated with different aspects of physical, emotional, and spiritual experience.

Mudra

A hand position or gesture used during meditation or practice to influence energy flow and focus.

Gyan Mudra

A specific hand position where the thumb and index finger gently touch, often associated with awareness and concentration.

Meditation

A practice of focused awareness that cultivates clarity, calm, and presence.

Aura (Auric Field)

The subtle field of energy believed to surround and interact with the body.

Intention

A focused direction of awareness that guides practice without force or expectation.

Presence

A state of being fully aware and engaged in the current moment, without distraction or judgment.