



## THE MOTHER: As I meditate on the Sahasrara of Mother Earth (aurora borealis), my refuge ...

1 message

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As I **meditate** on the Sahasrara of Mother Earth (*aurora borealis*), my refuge remains at Her Lotus Feet (*aurora australis*). (O

### INSTAGRAM PHOTO OF THE DAY



PHOTOGRAPH BY JAN SCHERUHN, [@PILOT\\_JAN](#)

**Accompanied by the northern lights:** On a Europe-bound flight from Seattle, passengers and crew got to see the polar lights for more than four hours. The clear sky and 38,000-foot altitude made the polar lights appear brighter and more intense than on the ground, photographer (and pilot) **Jan Scheruhn** tells Nat Geo's **Jen Tse**. "They seemed almost touchable," says Scheruhn, who captured the light, coupled with the slow rise of a full moon over the Labrador Sea. From the cockpit, he has seen the Milky Way without light pollution, meteors glowing in Earth's atmosphere, and red sprites above a thunderstorm cloud.

### THE LAST GLIMPSE



PHOTOGRAPH BY NICK IRWIN

**Who needs Iceland?** You can see the northern lights from the upper Midwest and the Great Lakes. August is when the sightings begin in earnest, but auroras have been spotted earlier this summer (*above*) from [Pictured Rocks National Lakeshore](#) in Michigan's Upper Peninsula, [Stephanie Vermillion reports for Nat Geo](#).

## Adiyogi Song Lyrics Detailed Meaning | Kailash Kher | Isha Foundation | Sadhguru

Adiyogi consists of 2 words - Adi + Yogi. Adi means first and Yogi means the person who does the Yoga and meditation. Therefore this word means the first person to do the yog ideology Lord Shiva is not considered as a God. He is considered as a great Yogi who has achieved the celibacy and discovered all the truths of life.

**Door us aakash ki gehraiyon mein,  
Ek nadi se beh rahe hain adiyogi,  
Shunya sannate tapakte ja rahe hain,  
Maun se sab keh rahe hain adiyogi,**

Far away from in the sky's depth (*Sky's depth here means visuals during deep meditation*)

Adiyogi is flowing like a river

Nothingness and silence drip all around (*At this stage the person is not aware of himself*)

Without speaking everyone is uttering Adiyogi (*This is a place in spiritualism where continuous Bhajans and music is being played*)

**Yog ke sparsh se ab yogmaya karna hai tan man,  
Saans saaswat sanan sananan,  
Praan gunjan danan dananan,  
Utare mujhme adiyogi,**

By this touch of yoga , Let our body and mind immerse in yoga

Breath becomes eternal - sanan , sananan

Praan vibrates - danan , dananan

Adiyogi has stepped inside me

**Yog dhara chalat chan chan,  
Saans saaswat sanan sananan,  
Praan gunjan danan dananan,  
Utare mujhme adiyogi**

Yoga is flowing - chan , chan

Breath becomes eternal - sanan , sananan

Praan vibrates - danan , dananan

Adiyogi has stepped inside me

**So rha hai nritya ab usko jagao  
Adiyogi yog damru dag dagao  
Srishti saari ho rhi bechain dekho  
Yog varsha mein mujhe aavo bhigawo**

Wake up the dance which is sleeping inside you

Hey Adiyogi please make the sound of damru

The world is becoming restless

Come and soak me in the rain of yoga

**Pees do astitva mera,  
Aur kar do choora choora,  
Purn hone do mujhe aur,  
Hone do ab poora poora,**

Chop my existence

And break it into pieces

Let me be absolute

And now let me be whole

**Bhasm wali rasm kar do adiyogi,  
Yog utsav rang bhar do adiyogi,  
Baj uthe yeh mann sitari,  
Jhanan jhanan jhanan jhanan**

Adiyogi do the ritual of Bhasam

And fill me with the colours of Yoga

Sitar will play in my mind

Making sound of - jhanan , jhanan

**Saans saaswat sanan sananan,  
Praan gunjan danan dananan..  
Saans saaswat sanan sananan,  
Praan gunjan danan dananan**

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**Utare mujhme adiyogi,  
Yog dhara chalat chan chan,  
Saans saaswat sanan sananan,  
Praan gunjan danan dananan,**

**Utare mujhme adiyogi  
Utare mujhme adiyogi**

Adiyogi has stepped inside me  
Yoga is flowing - chan , chan  
Breath becomes eternal - sanan , sananan  
Praan vibrates - danan , dananan  
Adiyogi has stepped inside me  
Adiyogi has stepped inside me