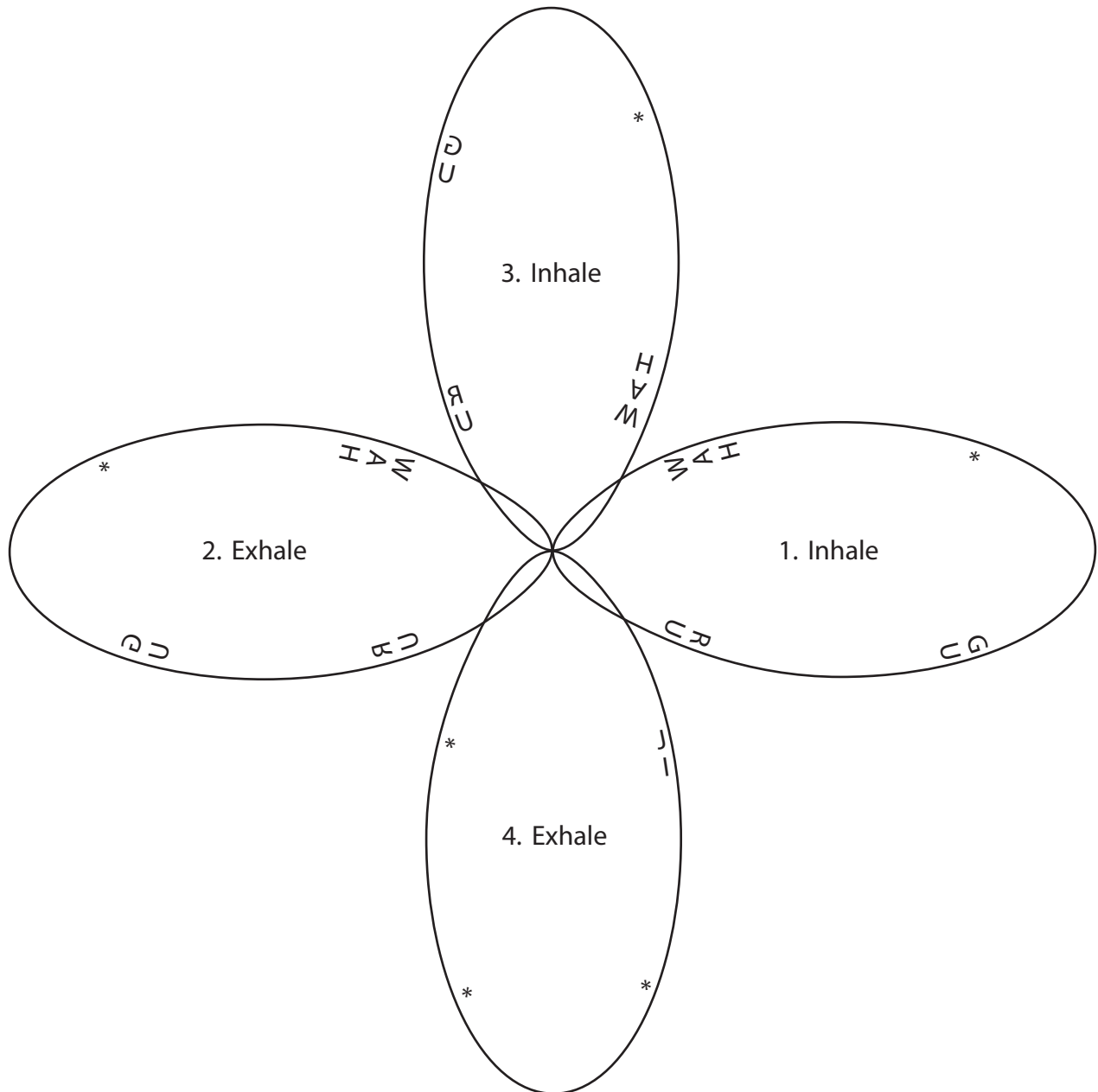


Wah(e) Guru



Wah(e) Guru is from the Sikh tradition and a good translation is "Wonderful God!" (the "!" is almost part of the meaning). *Ji* is an honorific. "*Wahi* is a Middle Persian borrowing and *Guru* (Sanskrit) is a term denoting "from darkness to light or from ignorance to divine knowledge". (GU means darkness and RU means Light; hence Guru is the one who takes you from darkness to light or from ignorance to enlightenment) Waheguru is also described by some as an experience of ecstasy which is beyond all descriptions." *Wikipedia*

Start with a 4 beat inhale at 1 with two beats for "WAH" and one beat for each syllable in GU RU. 1 and 2 comprise one full breath cycle while Being Infinite. Same with 3 and 4.

The story is that when Guru Nanak became realized he exclaimed just one word, **WAH**