

verse 47



Akathaadi trirekhaabje,  
sahasra dala mandale;  
Hamsa paarshva trikone cha,  
smaret tan madhyagam gurum.

*Residing in the center of the thousand petals is a divine triangle formed by the Sanskrit alphabet, with the letters A, Ka and Tha at each point. One should meditate on the Guru's two lotus feet, which are Ham and Sa, in the center of this sacred triangle.*

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*Shri Guru Gita - 108 Sutras for Awakening*

verse 48



Praatah shirasi shuklaabje,  
dvinetram dvibhujam gurum;  
Varaa bhaya yutam shaantam,  
smaret tam naama purvakam.

*In the early morning, call on the Guru and meditate on the peace within his two eyes. See him seated in the white lotus of the sahasrar, with two arms granting boons and fearlessness.*

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*Shri Guru Gita - 108 Sutras for Awakening*

verse 49



Angushtha maatra purusham,  
dhyaa yatash chinmayam hrdisi;  
Tatra sphurati bhaavo yah,  
shrunu tam kathayaamyaham.

*In the heart is a cave the size of a thumb, which is the seat of the causal body. Listen, and I shall speak to you of the meditation on this form of consciousness.*

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*Shri Guru Gita - 108 Sutras for Awakening*

verse 50



Hrdambuje karnika madhya samsthe,  
simhaasane samsthita divya murtim;  
Dhyaayed gurum chandra kalaa prakaasham,  
chit pusta kaabhishta varam dadhaanam.

*Seated upon a throne in the center of the heart lotus is the Guru, effulgent and luminous like the crescent of the moon. In one hand he holds the book of knowledge, while his other hand showers boons. One should meditate upon the Guru's divine form.*

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*Shri Guru Gita - 108 Sutras for Awakening*