



Santhika
Retreat
Center

KY Meditation for the Seventh and Eighth Chakras

Yogi Bhajan · March 5, 1991

www.santhikaretreatcenter.com

"Yoga is the science to unite the finite with Infinity and the art to experience Infinity in the finite." - Yogi Bhajan

Posture: Sit in easy pose with the spine is straight and the hands in Gyan Mudra.

Focus: The eyes are focused at the tip of the nose.

Meditation: Chant "[Ang Sang Wahe Guru](#)" for 31 minutes.

To Finish: Inhale deeply and hold the breath as long as possible. Exhale. Repeat two more times. Relax.

Note: This meditation exalts the intuition.

