



Santhika  
Retreat  
Center

## For Powerful Energy

Yogi Bhajan · May 17, 1976

[www.santhikaretreatcenter.com](http://www.santhikaretreatcenter.com)

*"You are very powerful, provided you know how powerful you are." - Yogi Bhajan*

Sit in easy pose with a straight spine. Interlock all your fingers except your Sun (ring) fingers, which are pressed together pointing upward. The right thumb locks down the left thumb. Place the mudra at diaphragm level, several inches out from the body, with the Sun fingers pointing out at a sixty-degree angle. Close your eyes.

Inhale deeply and chant "Ong" in long form, one recitation of Ong per exhalation. The sound is created through the nose; although the mouth is held slightly open, no air comes through the mouth. The sound comes from the nose by way of the back of the upper palate. Your upper palate will vibrate, concentrate to do it correctly. 8 minutes.

It may make you cough or sneeze or there may be pressure in the ears, but it will give you bright eyes, better ears, and good nose – your E-N-T will be perfect. It will affect the thyroid. It will vibrate your whole brain and do a lot of good things. All the hot air will come out through the nose. The mouth is open, but the sound comes out only through the nose.

It is best to do this meditation when you have time to sleep afterwards or when you have a hard day to face. Both times are best for this. It will give you absolutely powerful energy and will balance that most effective computer that we call the brain. It is the best remedy for "brain drain".

