



Santhika
Retreat
Center

Meditation on the Praanic Energy

Yogi Bhajan

www.santhikaretreatcenter.com

"Prana is the power of God which comes through you with the air." – Yogi Bhajan

If all you understand is dollars, this is a million-dollar therapy. If the earth element in you is strong, and is not balanced out by the ether, you'll be stuck here. You don't belong to this earth anyway. You've got to go and you've got to know where to go and what to do. My idea about going is going with grace. It requires a little bit of work, a little bit of sacrifice, and a little bit of understanding that I am, I am, my mind is my mind.

Sit in Easy Pose with a straight spine.

Bring the thumbs to the Mercury Mound, at the base of the Mercury (pinkie) finger. The hands meet at the level of the chest.

The forearms form a straight line parallel to the floor.

Press the fingers of opposite hands together from the fingertips to the first knuckle. The thumb knuckles also press together. Press hard. The knuckles will hurt, but it will give you a kind of joy and satisfaction.

Inhale in eight equal sniffs, exhale completely through the mouth. When exhaling through the mouth, gently purse the lips almost as in a whistle.

Eyes are 1/10th open as you look at the tip of the nose.

Time: 11 minutes.

