



## Santhika Retreat Center

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

# KY Meditation for the First Chakra

**Yogi Bhajan · January 22&23, 1991**

*"In Kundalini Yoga we don't initiate anybody. A person has to initiate himself or herself and learn the discipline." - Yogi Bhajan*

**Posture:** Sit in a comfortable position such as easy pose, making sure that your spine is straight.

**Starting Position:** Your arms are held out to your sides with the elbows bent and the palms of your hands facing each other. The palms are angled towards each other at a 60 degree angle. (To put the hands in the correct position. begin by holding them with the palms facing downward. Tilt the inner edge of each hand up 60 degrees so that the thumbs and forefingers are the highest part of the tilted plane of the hand.)

**Warm up:** The initial warm-up involves moving your hands slowly toward each other from the starting position simultaneously squeezing the anus until the hands meet at the center of your body at which time the contraction of the anus is released. Practicing this for a few minutes will give you the feel of the meditation before all the other elements are added.



**Mantra:** The meditation is done to the music of "[Humme Hum Brahm Hum](#)" by Nirinjan Kaur and Guru Prem Singh. The chanting is performed in a special way: Your tongue is "recessed" that is, it is relaxed and flat in the bottom of your mouth and is not used to chant the mantra. This will produce a pressure that will be felt in the cheekbone area.

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

**Meditation:** From the starting position with a straight spine and eyes focused at the tip of the nose, the hands are brought together at the center of the body (similar to clapping) in two distinct and strong moves. The first move brings the hands half-way in as you chant 'Humme Hum' with the recessed tongue. The hands stop briefly and begin to move again as you chant "Brahm Hum" bringing the hands together in front of the body. When the hands move you squeeze the anus and maintain that contraction until the hands touch and then you relax the anus, return your hands to the starting position and begin again.



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Time: Begin with 11 minutes and slowly work up to 31 minutes.