



Santhika
Retreat
Center

www.santhikaretreatcenter.com

Creative Meditation of the Sublime Self

Yogi Bhajan · February 2, 1976

"The fact is, nobody can control anybody. All you can do is flow with each other, like rivers and streams flow with each other and end up in the same ocean. All things come from God and all things go to God." –Yogi Bhajan

1. Sit calmly in a comfortable position. Relax your arms at your sides with your palms facing forward. Alternately bend each elbow bringing your palms toward the center of your chest, but do not touch your chest. Do not bend the wrists or hands. Move as rapidly as you can. You should have sweat on your forehead after a couple of minutes. Maintain a balance in the rhythmic motion of your hands. If your hands hit each other, it means that this balance is upset.

This exercise clears out the lymph glands in the upper chest, makes the heart healthy, and is good for the breast area. It works on the left and right hemispheres of the brain, creating a balance between them. It will make you quick to know what to do.

As a warm-up for the following meditation, practice this exercise for 3 to 11 minutes. (If you wish to practice this exercise on its own, do it for 10 or 15 minutes every morning.)

2. Immediately after practicing the warm-up, bring your forearms up to sixty degrees with your elbows still at your sides. Place the sides of the hands together, palms up, at the height of the diaphragm. The fingers are relaxed and spread slightly. The thumbs are relaxed and held slightly up and out.

Look right into the center of the hands, where the Mercury (pinky) fingers are. Inhale deeply and chant "Hariang" eight times on one breath. Each chanting cycle takes about 10 seconds.

There are eighty-four points in the upper part of the mouth and the touch of the tongue works like acupuncture. When you speak, this tongue touches those areas and stimulates the nervous system and brain. The words we call mantra are designed to stimulate a particular combination of meridians in the mouth.

These words also have a projective power. The theory is that the huge computer mind is infinite and our mind is limited. If you know the combination of the frequency of the signal which can tap the resources of the Infinite Mind, then the flow of Infinity will start appearing to your finite mind. Mantra is nothing but a telecommunication of the finite unto the Infinite.

The individual creates a frequency of vibration within his electro-magnetic field to tap the electro-magnetic field of the Universe.





Santhika
Retreat
Center

www.santhikaretreatcenter.com

Creative Meditation of the Sublime Self

Yogi Bhajan · February 2, 1976

"The fact is, nobody can control anybody. All you can do is flow with each other, like rivers and streams flow with each other and end up in the same ocean. All things come from God and all things go to God." –Yogi Bhajan

"Hariang" means "Shiva, Destroyer of Evil." It is a powerful mantra which brings wealth and intuitive opportunity. When chanting "Hariang," the tip of the tongue touches the roof of the mouth, behind the front teeth to make the "r" sound.

It may take a couple of months to bring this meditation under your control. But, if you do this meditation for 90 days, it will activate your brain so that you will know exactly what is what. It will make you super sensitive. It will make it intuitively possible for you to live creatively to your own potential and to tap the opportunities around you.