



Santhika
Retreat
Center

KY Meditation For The Sixth Chakra

Yogi Bhajan · March 5, 1991

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*"Patience gives you power, the power to practice:
practice gives you power that leads you to perfection." -
Yogi Bhajan*

Posture: Sit in easy pose, making sure that your spine is straight.

Meditation: Look at the tip of the nose (the "Lotus Tip") for 11 minutes a day between the hours of 4 am and 8 am local time and you shall control the entire glandular system for the next 24 hours and the chemistry of the blood will change for the better.

