



Santhika
Retreat
Center

Hust Kriya

Yogi Bhajan

www.santhikaretreatcenter.com

"Keep up, and you will be kept up." - Yogi Bhajan

Position: Sit straight in a cross-legged position. Raise the arms to shoulder height, parallel to the floor and bend the elbows so that the hands are in front of your chest, palms facing down, right over left, 1 to 2 inches apart. Eyes are closed.

Mantra: Mentally chant the mantra, "Sat Naam, Sat Naam, Sat Naam Jee, Wah-hay Guroo, Wah-hay Guroo, Wah-hay Guroo Jee" with the instrumental tape "[Dhuni](#)". Breathe very long and deep: Three complete repetitions of the mantra for each breath cycle (inhale, hold, exhale).

Time: Continue for 11 or 31 minutes.

To end: Inhale deeply, hold the breath and squeeze every muscle of the body. Exhale. Repeat 1 time. Then inhale deeply, hold the breath and make your hands like steel, with all your force focused on the gap between them. Exhale and relax.



During the meditation, it is possible that your elbows or upper arms will start hurting. This indicates that the central nervous system is weak. Breathe to compensate; it will give you strength, and the pain will disappear. Be steady. Let your central nervous system access the energy of the central nerve to give you strength. Let the rhythm of your breath give you enough prana. See whether you are in control or your body is in control. If your body is in control, you will give up. If you are in control, you will have the feeling of elevation.

If you practice Hust Kriya every day for 11 minutes, you will be a different person. If the balance of the hands is correct, your brain will balance itself; if the breath is balanced, your consciousness will balance itself with the universe.