



Santhika
Retreat
Center

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Meditation For Brosa

Yogi Bhajan

"No one wants to become limited, because each of us is infinite; the source of each of us is Infinity. Infinity has everything. When you relate to Infinity, Infinity gives you everything" - Yogi Bhajan

Posture: Sit in Easy Pose, or in a chair with a straight spine. Arch the arms up over the head with the palms facing down. If you are male, place the right palm on top of the left. If you are female, place the left palm on top of the right. The thumb tips are together with the thumbs facing back. The arms are slightly bent at the elbows.

Eyes: With the eyes opened very slightly, look down toward the upper lip.

Chant: While chanting the following mantra, form the sounds with the lips and tongue very precisely. Whisper it so that the "Guru" is almost inaudible. It takes about 2½ seconds per repetition. The entire mantra is repeated on a single breath. The tone is a relaxed monotone that varies in emphasis automatically as you proceed through the stages of the mantra.

Time: Continue for 11 minutes

Mantra: Wa-hay Guroo



male



female

Comments:

"When trust and courage come together, it is called belief. When belief and grace come together it is called faith. We must develop our dignity, our integrity, our courage, our faith and our trust to the extent that nothing can shake it. The most courageous act is trust itself. Humble are those who believe and trust in God's energy and let it flow." - Yogi Bhajan

Trust is the next step in the process of transformation and without it, nothing can happen. For instance, results may be imminent but not immediately visible, and trust is necessary to maintain the discipline of what you are doing, whatever you are doing in life.

The "Meditation for Brosa" affects the element of trust in the human personality. Trust is the basis of faith and commitment and the sense of reality. It will give you the elevation of spirit so you can stand up to any challenge. It builds and balances the aura from the fourth chakra up. This kriya should be done for a maximum of 11 minutes per day for the first week or two and then may be increased by 1 minute every 15 days of practice until you reach a total of 31 minutes.