



Santhika
Retreat
Center

Earth Energy Meditation

Yogi Bhajan

www.santhikaretreatcenter.com

"To forget how to dig the earth and to tend the soil is to forget ourselves." - Mahatma Gandhi

Mantra: [Dharti Hai Akash Hai Guru Ram Das Hai](#)

Translation:

Dharti Hai - The Earth is.

Akash Hai - The Ethers are.

Guru Ram Das Hai - Guru Ram Das is.

Posture: Sit in Easy Pose, hands in Gyan Mudra

Eyes: Eyes are either 1/10th open or completely closed

Time: 11 to 31 Minutes

End: Inhale deeply, hold the breath, exhale. Repeat 2 times and relax.



A perfect mantra for the Earth energy is the Isht Sodhana Mantra "Dhartee Hai, Akasha Hai, Guru Ram Das Hai". It connects the Earth and the vastness of the ether and projects it from the heart. It is done with visualization. It makes you present, calls on your highest spirit, keeps you humble and effective on your new ventures, and attracts opportunities for prosperity.

As you chant 'Dhartee Hai' visualize a gray earthy tone from the navel expanding on both sides down to the whole Earth and hold.

As you chant 'Akasha Hai' visualize from the eye brows and brow point up a vast blue sky expanding into the Ethers and hold.

As you chant 'Guru Ram Das Hai' visualize from the Heart Center a circular huge bright white light expanding out in all directions encompassing everything in this light.