



Santhika  
Retreat  
Center

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## Finding Happiness & Peace Within

Yogi Bhajan · September 26, 1974

*"Make yourself so happy, that by looking at you, other people become happy." - Yogi Bhajan*

Sit in Easy Pose with your spine straight, chin in and chest out. Warm up first by chanting "Ong" in the long form to that it takes approximately 10 seconds to chant "Ong" one time. Chant through the conch, with the mouth slightly open and the breath coming only out of the nostril. Chant in this manner 5 times then gradually begin to chant "Ong" faster so that you are chanting one "Ong" every 3-5 seconds. Start with 1 Minute of rapid "Ong" and gradually work up to 2 Minutes.



Practice it, it will set your brain, if you do it correctly. If you start to cough, allow it, because it is just your thyroid adjusting to the pressure. The thyroid is responsible for beauty and for keeping you young. Chanting this sound correctly gives power, beauty, and youth.

There is no word "Om". Neither "Aum". Actually the sound "Om" is the sound of the conch, which can only be created. It cannot be written and it cannot be expressed. It is the sound of Infinity (in Formlessness). When this starts working, even the loincloth is lost. It frees the man of all possessions.

Ong is never chanted through the mouth, it comes through the central nerve channel, the Shushmana, which is the tip of the nose. It brings out from you the breath like fire. Ong is the sound that man found out of the conch where he put in the breath of life. Sound of the conch is only expanded Ong. When a disciple or seeker practices at the center of the nose, his entire brain gets a very specific vibration and then the nectar starts coming.

Through time man started writing about the chanting of Ong and reading about it, but not practicing it. The result was that he eventually forgot what the sound is and then he became a shopper. He went from one place to another, to another, to another, to another. He went from one person to another person, to another person, asking, begging for happiness. He went from one religion to another, from one place to another, from one house to another, just asking for peace. He forgot that what he is asking for, is within himself.