



**Santhika  
Retreat  
Center**

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## Meditation for Habituation

Yogi Bhajan · January 7, 1974

Sit in a comfortable pose. Straighten the spine and make sure the first six lower vertebrae are locked forward. Make fists of both hands and extend the thumbs straight. Place the thumbs on the temples and find the niche where the thumbs just fit. This is the lower anterior portion of the frontal bone above the temporal-sphenoidal suture.

Lock the back molars together and keep the lips closed. Vibrate the jaw muscles by alternating the pressure on the molars. A muscles will move in rhythm under the thumbs. Feel it massage the thumbs and apply a firm pressure with the hands.

Keep the eyes closed and look toward the center of the eyes at the brow point. Silently vibrate the five primal sounds, "SA TA NA MA" at the brow. Continue 5 to 7 minutes. With practice the time can be extended to 20 minutes and ultimately to 31 minutes.

Comments: This meditation is one of a class meditations that will become well-known to the future medical society. Meditation will be used to alleviate all kinds of mental and physical afflictions, but it may be as many as 500 years before the new medical science will understand the effects of this kind of meditation well enough to delineate all its parameters in measurable factors.

The pressure exerted by the thumbs triggers a rhythmic reflex current into the central brain. This current activates the brain area directly underneath the stem of the pineal gland. It is an imbalance in this area that makes mental and physical addictions seemingly unbreakable.

In modern culture, the imbalance is pandemic. If we are not addicted to smoking, eating, drinking or drugs, then we are addicted subconsciously to acceptance, advancement, rejection, emotional love etc. All these lead us to insecure and neurotic behavior patterns.

The imbalance in this pineal are upsets the radiance of the pineal gland itself. It is this pulsating radiance that regulates the pituitary gland. Since the pituitary regulates the rest of the glandular system, the entire body and mind go out of balance. This meditation corrects the problem. It is excellent for everyone but particularly effective for rehabilitation efforts in drug dependence, mental illness, and phobic conditions.





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