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Retreat
Center

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KY Meditation For The Fourth Chakra

Yogi Bhajan · February 12, 1991

"When the heart gets into prayer, every beat of the heart creates a miracle." - Yogi Bhajan

Posture: Sit on your heels with a straight back.

Mudra: The forearms are parallel to the floor, level with the shoulders, the arms are bent at the elbows and the fingertips are almost touching in the center of the chest near the heart center. The palms are facing down.

Mantra: The meditation is done to the music of "[Hume Hum, Brahm Hum](#)" by [Nirinjan Kaur](#) and Guru Prem Singh. You are not chanting the mantra, just listen.

Focus: The eyes are focused at the tip of the nose.

Meditation: From the starting position, you spread your arms out to the sides, palms down. Push the navel center inward with force, the diaphragm and solar plexus are raised, focus on this movement. When the hands return to their original position, relax the navel center. When spreading your arms, push in the navel center again. Continue this movement using the mantra for rhythm.

Time: 11 minutes.

To Finish: Inhale and hold your breath for 15 seconds, then relax. Repeat two more times.

