



Santhika  
Retreat  
Center

## Blood cells, balance of red and white blood cells

Yogi Bhajan

[www.santhikaretreatcenter.com](http://www.santhikaretreatcenter.com)

Sit in Easy Pose with your back straight. The right arm is bent at the elbow, the elbow looks down, the palm is raised up as in an oath. The middle and index fingers are pointing up, the other two are bent and pressed to the palm with the thumb.

The left hand is the same mudra, two outstretched fingers touch the heart center, between the nipples. Try to keep your extended fingers as straight as possible. Eyes closed or focused on the tip of the nose. Breathe slowly, meditatively, controlling the breathing process, mentally drawing air from the nose to the point between the eyebrows and then down to the heart, where the fingertips are.

Continue for 11 minutes. Then take a deep breath in and out 3 times and relax.

**Comments:** This meditation helps balance the formation of white and red blood cells. This balance is closely related to the function of the immune system. Do this meditation once a day for 40 days in order to achieve perfection in it.

