



Santhika
Retreat
Center

www.santhikaretreatcenter.com

KY Meditation For The Fifth Chakra

Yogi Bhajan · February 19&20, 1991

" Those who do not know how to live to their words shall never have the knowledge to know God." - Yogi Bhajan

Posture: Sit in easy pose, making sure that your spine is straight.

Position: Thumb and forefinger touch each other with the tips in Gyan Mudra, the other fingers are relaxed and slightly curved. The hands are on the knees. The neck is absolutely straight with the chin pulled in. This is Jalandhara Bandha or Neck Lock - the chin rests in the notch between the collar bones at the top of the breast bone. The head stays level without tilting forward. The spine in the neck is straight. The chin is pulled in, the chest is out and there is little weight on the buttocks.

Yogi Bhajan mentioned that when the Neck Lock is properly applied, a stretch can be felt in the deltoid muscles.

Mantra: The meditation is done to the music of "[Humees Hum, Brahm Hum](#)" by Nirinjan Kaur and Guru Prem Singh. The chanting is done with the root of the tongue, the pressure is felt in the throat.

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

Meditation: In Jalandhara Bandha. chant the mantra with the root of the tongue.

Time: Do this meditation for 11 minutes.

Benefits: Practicing this kriya for 11 minutes a day for 18 months will keep you young in spirit and looks.

