



Santhika
Retreat
Center

Gan Puttee Kriya

Yogi Bhajan

www.santhikaretreatcenter.com

Sit cross-legged, with your hands in the classic meditation posture known as Gyan Mudra. You will touch each fingertip with your thumb as you chant a mantra, starting with the index finger, then middle, then ring, then pinkie. You chant one syllable per finger, and so you repeat the finger sequence 3 times per repetition of the mantra.

The mantra is

“Sa Ta Na Ma”

“Ra Ma Da Sa”

“Sa Say So Hung”

Eyes are closed, and you keep your navel tight and your back straight throughout.

Do this for eleven minutes. You can gradually build your time to 31 minutes.



SA RA SA

TA MA SAY

NA DA SO

MA SA Hung