



Santhika
Retreat
Center

www.santhikaretreatcenter.com

Meditation on Your Self as a Yogi

Yogi Bhajan

"All in self is the Self, Oh yogi, meditate and then find that precious, priceless gem of Self, and the whole world is yours." - Yogi Bhajan

Mudra: Sit in a meditative posture of your choice. Close your eyes, and meditate on your being a yogi, on your purity, your honesty, your higher self. Meditate in complete silence.

Time: 7 minutes.

Comments/Effects: How many times a day do you meditate on yourself as a yogi? How many times in your whole life have you meditated upon yourself as an angel, that your being is absolutely pure, and that you are here by the Will of God and not by your own individual will?