



Santhika
Retreat
Center

The Rhythm of Eternal Truth

Yogi Bhajan

www.santhikaretreatcenter.com

"You live by breath. You can get everything from your breath of life." - Yogi Bhajan

As we work with our breath, we often time it. We want to know how long to extend the inhalation and how long to extend the exhalation, or we break the breath into individual strokes which are each of a certain timed length. Generally now we use a little battery-operated meditation timer to help us with this and we count our breaths in seconds, but the ancients timed their breathing in relation to the beating of their hearts.

Just as the breath is a potent rhythm in our lives, so also is our individual heartbeat. The following kriya is suggested as a good meditation for someone who wants to develop fundamental meditation skills because it develops the skill to be able to tune into the rhythm of our own heartbeat. It develops concentration in action and strengthens our ability to control our reaction to any situation.

Sit in Easy Pose with a straight spine, chin in and chest out. Gently focus your eyes at the root of your nose (the Third Eye Point). With four fingers of your right hand, feel the pulse at the left wrist. (Place your fingertips lightly along your arm up from the wrist in a straight line, so you can feel the pulse in all four fingertips). On each beat of the heart, mentally vibrate the mantra "Sat Naam." Continue for 11 Minutes. Gradually build up to a maximum practice time of 31 Minutes.

