

# Linking with the INFINITE

FEBRUARY 16, 1976

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- 1 Sit in Easy Pose with a straight spine and a light Neck Lock.
  - 2 Mudra & Mantra: Block your right nostril with your finger and inhale through your left nostril. Chant “Ong” in the long form in such a way that the sound comes out of your left nostril. Your entire exhalation is one recitation of “Ong” (15-20 seconds). The mouth is open but nothing comes out of the mouth; the chanting is only through the left nostril. (You may find you need to sneeze if you are doing it correctly. Do not suppress the sneeze.)
- TIME: 3-11 Minutes.
- COMMENTS: “Without breath, the body has no value. Breath is the principle of life. Meditation on breath is the highest meditation” – Yogi Bhajan

