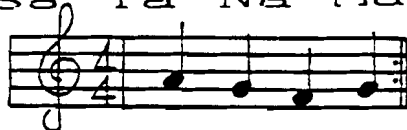


KIRTAN KRIYA "Sa Ta Na Ma" meditation for Emotional Balance & Healing

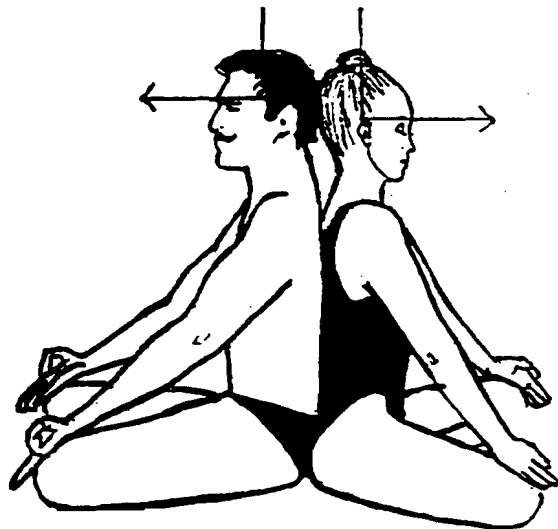
This is an excellent daily practice for couples to remove emotional blocks and balance their energies. It is also done individually when you are working on your own issues. It is the meditation for women to clear out the psychic effects of past relationships.

Sit back to back with your partner, spines straight and aligned with each other, and meditate at the Brow Point, chanting the 5 primal sounds of the Panj Shabad

Sa Ta Na Ma



("Sa" Infinity, cosmos, beginning, "Ta" life, existence, "Na", death, "Ma", rebirth) with the hands on the knees, elbows straight. On "Sa" touch the Jupiter (index) finger to the thumb, on "Ta" the Saturn (middle) finger and thumb, on "Ma", the Mercury (little finger and thumb of each hand, chanting in the "Three Languages of Consciousness as follows:



"SA" Infinity Cosmos Beginning		Guyan Mudra Jupiter ♃ Knowledge
"TA" Life, Existence Endurance		Shuni Mudra Saturn ♄ Patience, Wisdom
"NA" Death		Surya Mudra Sun ☉ Vitality, Life
"MA" Rebirth		Bhuddi Mudra Mercury ☿ Communication

For the first 5 minutes, chant in a normal voice (the language of humans) and for the next 5 minutes, whisper (in the language of lovers), and for the next 10 minutes, chant silently (in the divine language) - for the next 5 minutes whisper again, and for the last 5 minutes return to the normal voice. Meditate on these primal sounds in an "L" shape: let each "Sa Ta Na Ma" enter through the Crown Chakra and project it out to Infinity through the 3rd Eye.

COMMENTS: All meditation stops at "Sa Ta Na Ma" - there is nothing beyond it. Kirtan Kriya is the most important meditation in Kundalini Yoga. If you could do only one meditation, this is it! It does everything for you and in the proper order. Over a period of time it can be your best friend. Each time you close a mudra by joining the thumb with a finger, your ego "seals" its effect in your consciousness: Guyan Mudra with thumb and index finger effects knowledge, Shuni Mudra (middle, Saturn finger and thumb) gives wisdom, patience and discipline, Surya Mudra (ring, Sun finger & thumb) imports vitality and energy, and Bhuddi Mudra (little, Mercury finger and thumb) gives the ability to communicate. It is important to do this meditation properly, using the "L" form so that the sound follows the "Golden Cord" entering at the 10th Gate (top of the head), and projects out through the 3rd Eye to Infinity. As always, the spine must be straight and the Chin Lock must be applied.