

HEALING CIRCLE:

In times of stress, one of our most powerful abilities is to offer help to others and to be able to turn to others for help. A strong sense of community is recognized as a prime factor in the ability to deal with stress, as well as to strengthen the immune system.

The Healing Circle offers an enjoyable way of healing, creating a sense of community and sharing. It also permits one to feel that it is alright to reach out to others for help.

Arms are raised up 30° in front, palms facing down. (Rub the hands together first to get the energy flowing, first) Keep the arms straight and stationary.

Together, chant the Siri Gaitri mantra:

RA MA DA SA,
SA SAY SO HUNG



"RA MA DA SA" is the earth mantra .

"SA SAY SO HUNG" is the ether mantra.

It is chanted in an ascending scale and vibrated up the spine, chakra by chakra. Let the "Hung" go forcefully out the top of the head, vigorously vibrating in the skull, but don't drag it out too long. This mantra will carry you through every test because it is a "big mantra". It has the 8 sounds of the Kundalini in it, and it is a combination of earth and ether. Continue for 3-11 minutes, or extend it to 31 ± minutes. Repeat as the group desires to have everyone in the center of the circle.

TO END: (Modify according to your own desire):

1. Inhale deeply, hold and project energy to those in the center or else where. Exhale.
2. Inhale, stretch up straight and then relax down, meditating silently for a few moments.
3. Inhale, hold, send healing energy to Yogi Ji, exhale.

This meditation can be done in circles of any size. Those who need healing lie with their heads at the center and stretch out like the spokes of a wheel, alternating male and female, if possible. Those who form the outer circle, chant. The ratio is 1 person in the inner circle for every 3-5 in the outer one.

It can also be done even by one person alone, to develop healing powers, heal oneself and for long-distance healing. Just project healing energy to the person in need.



RA is the sun, Ma the moon, DA is the earth, SAY is the totality of Infinity, and SO HUNG means, "I am Thou".

4. Feel a bright golden light in your heart, expanding to fill every cell of your body. Merge it with the group's light and feel it expanding to radiate throughout the room, the vicinity, the whole city, state, country and then bathe the whole earth in healing light. See the environment healed & the hearts of our leaders penetrated by love and peace. Rise above the earth and beam golden energy on it. Merge with Universal Light. Gradually come back (if you can), knowing that you can maintain this light and share its healing energy simply by smiling or greeting others.