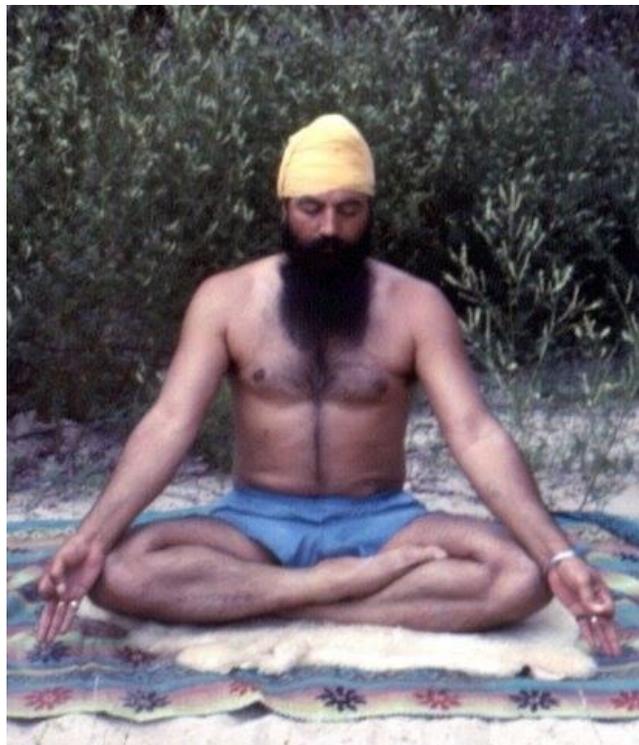


Kirtan Kriya (Sa Ta Na Ma Meditation)

Note from Susan: This is not original writing, but texts excerpted from a website about Kundalini Yoga as taught by Yogi Bhajan, reprinted for teaching purposes



<http://www.harisingh.com/SaTaNaMa.htm>

Meditation can be practiced daily. A regular, same-time-daily schedule for 40 days for each meditation is recommended. Given the daily changes in the Earth's magnetic field, the ideal time for meditation is between 3 AM and 6 AM. However, to be practical and moderate in all undertakings is the universal rule. Choose the time that works for you.

NOTE: This specific meditation has been shown to halt the disease and-or improve the condition of Alzheimer's patients.

Posture: Sit straight in easy pose as shown. (Or sit on chair with feet flat on floor.) Meditate at the brow point (third eye) and produce the **five** primal sounds: (A) **Sa, Ta, Na, Ma**. (See [Video on Primal Sounds](#).)

Eyes: Eyes are closed and focused at the brow point, which stimulates the [pineal-pituitary](#) centers within the brain. **Mantra: Saa, Taa, Naa, Maa**. These Sanskrit sounds, **Sa, Ta, Na, Ma**, translated respectively, mean **birth, life, death, rebirth**.



Saa Taa Naa Maa

On "Saa" touch the **index finger** (Jupiter finger) with the **thumb tip** with pressure.

On "Taa" touch the **middle finger** (Saturn finger) with the **thumb tip** with pressure.

On "Naa" touch the **ring finger** (Sun finger) with the **thumb tip** with pressure.

On "Maa" touch the **little finger** (Mercury finger) with the **thumb tip** with pressure.

- **Jupiter finger [mudra](#)** stimulates the brain and imparts knowledge, expands our field of possibilities, and releases us from limitations.
- **Saturn finger [mudra](#)** stimulates the brain and imparts patience, wisdom and purity.
- **Sun finger [mudra](#)** stimulates the brain and imparts vitality and vigor.
- **Mercury finger [mudra](#)** stimulates the brain and aids clear communication.

Each time you close a [mudra](#) by joining the thumb with a finger, your ego "seals" its effect in your consciousness.

Visualize or feel each individual sound come in the crown chakra at the **top of the head**, down through the middle of the head and **out to infinity through the third eye** in the **pathway of the letter 'L'**. This is very important and must be done with each sound. It is an essential part of the cleansing process. If this part of the meditation is not done, you may experience a headache.

IMPORTANT: During this meditation, you may experience pictures of the past come up like on a movie screen in your mind. Let them dance in front of your eyes and release them with the mantra. This is part of the cleansing of the subconscious mind. If emotions come up, you can also incorporate them in the chanting, i.e. if you feel anger then chant out the anger. Whatever you experience is okay. Do not try to avoid or control your experiences. Simply be the [Isolated Seer](#) with what is going on and go through it. It is all part of the cleansing process.

TIME: 31 MINUTE VERSION

Continue chanting, **Saa Taa Naa Maa**, for a total of 31 minutes in this manner:

- For the first 5 minutes chant **OUTLOUD** (the voice of humans).
- For the second 5 minutes chant in an **AUDIBLE WHISPER** (the voice of lovers).
- For the next 11 minutes chant **SILENTLY** (the voice of the divine) and keep the hands moving, visualizing the L

pathway in the head, and keep the tongue moving.

- Then chant 5 minutes in an AUDIBLE WHISPER.
- Finish with 5 minutes OUTLOUD.

Optimally this meditation is done for 31 minutes. It can also be done for 62 minutes by doubling the times.

TIME: 11 MINUTE VERSION

This meditation can also be done for shorter times. Yogi Bhanan has said that during these stressful times it should be done for at least 11 minutes every day. For the eleven minute version do:

- 2 minutes OUTLOUD.
- 2 minutes in an AUDIBLE WHISPER.
- 3 minutes chant SILENTLY. Keep the hands moving, visualizing the 'L' pathway in the head, and keep the tongue moving.
- 2 minutes in an AUDIBLE WHISPER.
- 2 minutes OUTLOUD.

FINALLY: At the end of either version, ALWAYS inhale deeply, raise the arms up in the air and vigorously shake the arms and fingers. You can involve the whole body and spine. Exhale. Repeat 1 or 2 more time if you desire. This is an important part of the meditation as it helps move and release the energy in the body.

RELAX for a few minutes before going about your day. Or relax on your back. If it is before bed time, simply go to sleep. [Get the iPhone App here.](#)

Comments: The connotation of the word “kriya” is an action or series of actions that completes a process and has a predictable outcome. By practicing Kirtan Kriya, we can begin to understand the cycle of creation. From the Infinite comes life, from life comes death or change. From death or change comes the re-birth of consciousness to the joy of the Infinite through which compassion leads back to life. [More.](#)

Meditation for improving brain function and to prevent or stop Alzheimer's Disease. POINTS TO PONDER "The meaning of the Word-Sound is not what is important.

It is the effect of the Word-Sound that matters." -- [Hari Singh](#) "Thoughts reflect and affect our mood, our attitude and our general tenor.

Thoughts are silent sounds. And sounds are electromagnetic vibrations. The more refined our thoughts, the more elevated our vibration; the more elevated our vibration, the closer we get to the highest vibration of all—our own divine nature. The entire universe was built on sound (Word), which is nothing but vibration. By vibrating a certain combination of sounds, we are able to tune into various levels of intelligence, or consciousness. Thus, [chanting mantras](#) is a conscious



method of controlling our moods, and in turn, our frequency and resultant all-around radiance." -- [Donna Quesada](#) "The side effects of practicing Kundalini Yoga and Meditation can be increased sensitivity - heightened awareness. It's not like Kundalini Yoga 'creates problems' - it sheds light on 'problems' that have been there all along - just buried deep within the psyche." -- [Hari Bhanan Singh](#)

About Susan Rose

Susan Rose is trained in Human Nutrition, Allergy Antidotes, Nutritional Supplements, Applied Kinesiology, Holographic Memory Resolution and Zpoint Process. She fell in love with Traditional Chinese Medicine in 2003 and is a certified Chinese Dietetics & Herbology Practitioner, using Chinese Patent Remedies. Her background includes recent training with the Kresser Institute of Functional Medicine and the use of the Paleo type diet and nutritional supplements. Susan holds a B.A. in Psychology and a Diploma from NHC and is international speaker and Health Coach, conducting coaching programs online and practicing as a Naturopath, Hypnotherapist & Functional Medicine Health Coach. Contact: roads2wellness@gmail.com or 514-924-7673.

