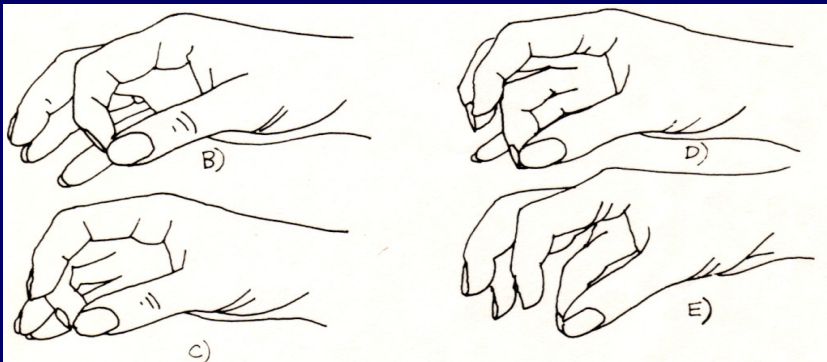


KY Meditation Kirtan Kriya



Sit straiight in easy pose (A). Meditate at the brow point and produce the five primal sounds. or the Panj Shabad — S, T, N, M, A— in the original word form:

SA — infinity, cosmos, beginning

TA — life, existence

NA — death

MA — rebirth

This is the cycle of creation. From the infinite comes life and individual existence. From life comes death or change. From death comes the rebirth of consciousness to the joy of the infinite through which compassion leads back to life. This sound current is represented musically this way:



Each repetition of the entire mantra takes 3 to 4 seconds.

The elbows are straight while chanting, and each figertip touches in turn the tip of the thumb with firm pressure.

On “SA” touch the first, the Jupiter finger, to the thumb (B).

On “TA” touch the second, the Saturn finger, to the thumb (C).

On “NA” touch the third, the Sun finger, to the thumb (D).

On “MA” touch the fourth, the Mercury finger to the thumb (E).

Then begin again on the first finger.

Chant in the three languages of consciousness:

human — things, the world; normal or loud voice

lovers — longing to belong; strong whisper

divine — infinity: mentally (silent)

Begin the kriya in normal voice for 5 minutes, then whisper for 5 minutes and then go deep into the sound silently. Vibrate in silence for about 10 minutes, then come back to a whisper, then aloud. Inhale and exhale.

To come completely out of the meditation, stretch the hands up as far as possible and spread them wide. Stretch the spine and take several deep breaths. Relax.

COMMENTS:

Each time you close a mudra by joining the thumb with a finger, your ego “seals” the effect of that mudra in your consciousness. The effects are as follows:

SIGN	FINGER	NAME	EFFECT
ॐ	1st	Gyan Mudra	Knowledge
ॐ	2nd	Shuni Mudra	Wisdom, intelligence, patience
ॐ	3rd	Surya Mudra	Vitality—energy of life
ॐ	4th	Bhudi Mudra	Ability to communicate ,

Practicing this chant brings a total mental balance to the individual psyche. As you vibrate on each fingertip, you alternate your electrical polarities. The index and ring fngers are electrically negative, relative to the other fingers. This causes a balance in the electro-magnetic projection of the aura.

If during the silent part of the meditation your mind wanders uncontrollably, go back to a whisper, to a loud voice, to a whisper and back into silence. Do this as often as you need to.

Practicing this meditation is both a science and an art. It is an art in the way it molds consciousness and in the refinement of sensation and insight it produces. It is a science in the tested certainty of the results each technique produces. Meditations have coded actions to their reactions in the psyche. But because it is effective and exact it can also lead to problems *if not done properly*.

Some people may experience headaches from practicing Kirtan Kriya. The most common reason for this is improper circulation of prana in the solar centers. To avoid this problem or correct it if it has already occurred, you must meditate on the primal sounds in the “L” form. This means that when you meditate you feel there is a constant inflow of cosmic energy into your solar center, or tenth gate As the energy enters the top chakra, you place Sa, Ta, Na, or Ma there. As you chant “Sa,” fo example, the “S” starts at the top of your head and the “A” ends through the brow point as it is projected to infinity. This energy flow follows the energy pathway called the golden cord — the connection between the pineal and pituitary glands. Chanting “SA-TA-NA-MA” is the primal or nuclear form of “Sat Nam.” It has the energy of the atom in it since we are breaking the atom (or bij) of the sound, “Sat Nam”.

You may use this chant in any position as long as you adhere to the following requirements:

- 1) Keep the spine straight
- 2) Focus at the brow point.
- 3) Use the “L” form of meditation.
- 4) Vibrate the Panj Shabad in all three languages.
- 5) Use yogic common sense without fanaticism.

The Siri Singh Sahib said at the Winter Solstice of 1972 that a person who wears pure white and meditates on this sound current for 2,5 hours a day for one year, will know the unknowable and see the unseeable. Through this constant practice, the mind awakens to the infinite capacity of the soul for sacrifice, service, and creation.