



## Kirtan Kriya

This meditation brings total balance to the individual psyche. It is considered one of the most important meditations in Kundalini Yoga for its ability to clear out the negative effects of past experiences and relationships (especially for women).

Sit straight in Easy Pose.

EYE POSITION: Meditate at the Brow Point.

### MANTRA:

SAA: Infinity, cosmos, beginning

TAA: Life, existence

NAA: Death, change, transformation

MAA; Rebirth

Each repetition of the entire mantra takes 3 to 4 seconds. Imagine the sounds coming in through the crown of the head and projecting out through the brow point.

### MUDRA:

The elbows are straight while chanting and the wrists rest on the knees. The mudra changes as each fingertip touches the tip of the thumb with firm pressure.

On SAA, touch the index finger

On TAA, touch the middle finger

On NAA, touch the ring finger

On MAA, touch the pinky finger

Chant in three languages of consciousness:

Human: normal voice (the world)

Lovers: strong whisper (longing to belong, devotion)

Divine: mentally; silent (Infinity)

### TIME:

Begin the kriya in a normal voice for 5 minutes; then whisper for 5 minutes; then go deep into the sound, vibrating silently for 10 minutes; continue to move the fingers.

Then come back to a whisper for 5 minutes, then aloud for 5 minutes.

The length of the meditation may vary, as long as the proportion of loud, whisper, silent, whisper, loud is maintained.

### TO END:

This sequence will take 30 minutes. Follow with one minute of sitting silently, then stretching the arms over your head and spreading the fingers wide, shaking them and then inhaling and exhaling 3 times. Relax.

### COMMENTS

Each time the mudra is closed by joining the thumb with a finger, the ego "seals" the effect of that mudra in the consciousness.

The effects are as follows:

1st finger: Gyan Mudra: Knowledge

2nd finger: Shuni Mudra: Wisdom, discipline, patience

3rd finger: Surya Mudra: Vitality, energy, physical health

4th finger: Bhuddhi Mudra: Ability to communicate