

KIRTAN KRIYA

Sit straight in Easy Pose.

EYE POSITION: Meditate at the Brow Point.

MANTRA: Produce the five primal sounds (*Panj Shabd*): S, T, N, M, A, in the original word form:

SAA: Infinity, cosmos, beginning

TAA: Life, existence

NAA: Death, change, transformation

MAA: Rebirth

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

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.

MUDRA: This mantra can be done in many different mudras.

Most common is to begin in Gyan Mudra. The elbows are straight while chanting, and the mudra changes as each fingertip touches in turn the tip of the thumb with firm pressure.

On **SAA**, touch the first (Jupiter) finger

On **TAA**, touch the second (Saturn) finger

On **NAA**, touch the third (Sun) finger

On **MAA**, touch the fourth (Mercury) finger

Chant in three languages of consciousness:

Human: normal or loud voice (the world)

Lovers: strong whisper (longing to belong)

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**.

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

The duration 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 one minute of silent prayer. Then inhale, exhale. Stretch the spine, with hands up as far as possible; spread the fingers wide, taking several deep breaths. 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, intelligence, patience

3rd finger: *Surya Mudra* - Vitality, energy of life

4th finger: *Buddhi Mudra* - Ability to communicate

This meditation brings a total mental balance to the individual psyche. Vibrating on each fingertip alternates the electrical polarities. The index and ring fingers are electrically negative, relative to the other fingers. This causes a balance in the electromagnetic projection of the aura.

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 Kirtan Kriya is effective and exact, it can also lead to problems if not done properly.

Yogi Bhanan said at Winter Solstice 1972 that a person who wears pure white and meditates on this sound current for 2-1/2 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.

