



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 Bhajan 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.

If during the silent part of the meditation, the 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.

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 or correct this problem, meditate on the primal sounds in the "L" form. This means feel there is a constant inflow of cosmic energy into the solar center, or Tenth Gate. Imagine the energy of each sound moving through the Crown Chakra, and out through the Third Eye 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. You may also want to try covering the head with a natural fiber cloth.

Mantra: Produce the five primal sounds (panj shabd). They are S, T, N, M, and A. In the original word form, they are:

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.

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 change between chanting out loud, whispering, and silence are the three languages of consciousness:

1. Kirtan Kriya

Comments: Each repetition of the 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. In Kirtan Kriya you first chant out loud, then chant with a strong whisper, then mentally vibrate the mantra. To complete Kirtan Kriya you reverse the sequence, continuing silent with chanting, then whispering, then chanting out loud.

Chanting Aloud (1 minute 40 seconds to 5 minutes)

1. Sit in Easy Pose with a straight spine, and a light Neck Lock.
2. Wrists on the knees, arms and elbows straight, start with Hands in Gyan Mudra.
3. Meditate at the brow point.
4. Chant Saa, Taa, Naa, Maa in full voice.
5. With each sound, alternate through four mudras:
 - 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
6. As you chant, imagine the energy of each sound moving down through the Crown Chakra, and then out through the Third Eye Point. Project the sounds to Infinity.
7. Continue.
8. See kriya comments for in-depth instruction on the practice of Kirtan Kriya.



Whisper (1 minute 40 seconds to 5 minutes)

1. Continue the mudra sequence while chanting in a strong whisper.

Vibrate Silently (3 minutes 20 seconds to 10 minutes)

1. Continue the mudra sequence while chanting silently, mentally vibrating the mantra.

Whisper (1 minute 40 seconds to 5 minutes)

1. Continue the mudra sequence while chanting with a strong whisper.



Chanting Aloud (1 minute 40 seconds to 5 minutes)

1. Continue the mudra sequence while chanting out loud.

Finishing (1 minute)

1. Inhale deeply and suspend the breath as long as comfortable—up to a minute—relaxing it smoothly to complete 1 minute of absolute stillness and silence. Then, stretch the hands up as far as possible and spread the fingers wide. Stretch the spine and take several deep breaths. Relax.



Eye Focus Brow Point

Mudra Gyan Mudra

Mantra

Sa Ta Na Ma

