



CHOKE MEDITATION

Date : July 31, 1975

Posture : Sit in Easy pose with a straight spine. Chin in , Chest out .

Mudra : The fingertips of each hand are all touching; known as praying mantis hand in martial arts. Place the mudra in the armpit; the left hand in the left armpit, the right hand in the right armpit. This will force the spine to become very straight.

Eyes : Closed and focus on the Brow Point.

Mantra : Raa Maa Daa Saa Saa Say So Hang

Chant in the traditional melody.

Time : 11-31 minutes

Comments : This meditation will work on your inner faculty and your ego. You have five things to show your ego: two legs, two hands and one tongue. No investigator can penetrate into you if you can control those 5 organs. No one can know who you are. Once they don't know who you are they think you are God. Your metabolism will go through tremendous change in this meditation. This painful posture is like a bitter melon. The tremendous discomfort it creates is all in the head; it brings the combination of five centers of the left and right brain into the neutral self.

This Mantra has eight sounds of the Kundalini in it. It is a combination of earth and ether. Raa is the Sun. Maa is the Moon. Daa is the Earth. Saa is the Infinity. Saa is the Infinity. Say is that totality of infinity which is Thou. So Hang means I am thou. Saa Say So Hang is the ether mantra, Raa Maa Daa Saa is the Earth mantra. It has an interconnection. Saa is the link word, it comes twice; it is the tide, and Saa is a reversal of the tide. Going, converting, reversing, it is a complete cycle. Through every test of time this will carry you through because this is a big mantra. This is Siree Gaitree.

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