

# MEDITATION TO HEAL ALL SICKNESS CONCH OR SHANKH KRIYA

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**Date:** April 24, 1979

**Instructions:**

Sit in Easy Pose with a straight spine. Relax the arms with the elbows at the sides of the body. Bend the elbows, bring the forearms up and towards the chest until the hands meet in front of the Heart Center. With both palms up, cross the right hand over the left hand. The left thumb rests on the right palm and the right thumb crosses over the left thumb. The rest of the fingers are relaxed and slightly curved.

**Eyes Focus:** Close the eyes 9/10ths.

**Breath:** Inhale completely and exhale as you chant the mantra once. A full breath is required for this meditation.

**Mantra:** RAA MAA DAA SAA SAA SAY SO HUNG

One repetition takes about 12 seconds.

Continue for 11 minutes. When you can keep the pitch constant, gradually increase to a maximum of 31 minutes. It will take 3 to 7 years to achieve this.

**Comments:** It requires pranic energy to sustain the pitch. Practice with a full breath. After a few minutes your voice may go down; try to maintain full strength and constant pitch. There are many variations of sank or conch kriya; this is the simplest version. Use it to heal all sickness and to glorify yourself. This meditation works with the Vayu (air) Siddhi. It will allow that faculty to enlarge, to become healthier and to bring all desirable positive change

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