

RAA MAA DAA SAA HEALING MEDITATION

Instructions: Sit in an Easy Pose with a straight spine, and a light Neck Lock. Have the elbows tucked comfortably against the ribs. Extend the forearms out at a 45-degree angle out from the center of the body. The palms are flat but not rigid, facing up, the wrists pulled back, fingers together. Consciously keep the palms flat during the meditation.

Mantra: Sing the Siri Gaitri mantra, which consists of eight basic sounds: **Raa Maa Daa Saa Saa Say So Hung.**

You may sing a capella or with a musical accompaniment being sure to use the same rhythm such as in the version we have shared by Snam Kaur.

Pull in the Navel Point powerfully on the sound Hung. Forcefully clip off the sound Hung as you pull in the navel.

Breath: Chant one complete cycle of the mantra on a single breath. Then inhale deeply and repeat.

Move the mouth fully with each sound. Feel the resonance in the mouth and the sinus areas. Let your mind concentrate on the qualities that are evoked by the combination of sounds.

To End: Inhale deeply and hold the breath as you offer a healing prayer, visualizing the person you wish to heal (including yourself) as being healthy, radiant, and strong. Imagine the person completely engulfed in healing white light, completely healed. Then exhale and inhale deeply again, hold the breath and offer your prayer. Then, lift your arms up high and vigorously shake out your hands and fingers.

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