



SHAKTI KRIYA

Date : March 17, 1977

Posture: Sit in a comfortable meditative posture with a straight spine.

Mudra: Place the right hand on the top of the left hand with both palms facing up. The hands are flat, parallel to the floor, and the thumb tips touch. The edges of the hands touch the body at the level of the diaphragm. Keep the hands flat. Don't let them bend forward or form a cup.

Eyes: 1/10 open, looking at the tip of the nose.

Mantra: Raa Maa Daa Saa Saa Say So Hung

Inhale deeply and completely and chant the mantra on the exhale.

Pace: Each repetition of the cycle takes about eight seconds. Recite each word of the mantra individually and correctly.

Mental Focus: Focus at a point between eyebrows at the root of the nose.

Time: Continue this meditation for as long as it is comfortable.

Comments: "Worms have their value as worms, human have their value as humans. Try to understand. That is why there are four values: baanee, baana, sayva and Simran. These are four values on which a being can become a practitioner and can never fail.

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