



SIREE GAITRI MANTRA PRANAYAMA

Posture: Easy pose with a straight spine.

Eyes: Focused at the Brow Point.

Mantra: Raa Maa Daa Saa Saa Say So Hung

This mantra is chanted with the same rhythm and inflection as Kirtan's Saa Taa Naa Maa. When chanted the mouth must have a full play. There should also be an awareness of the tongue as it touches specific points in the mouth. This is a very subtle science. It is the mantra of Shushmuna. It is a healing mantra.

Mudra: There are two mudras used with this mantra: The left hand rests in the right hand, palms up. The thumbs are touching and the hands rest in the lap. Reverse the hands for men. The right thumb, pointing downward, is hooked with the left thumb. The left hand then encloses both thumbs in a fist, and the right hand closes over the back of left hand and both rest in the lap. Reverse the hands for women.

Breath:

1- self-regulating breath. After chanting for a short while the breathing rate will be automatically established. For healing use your hand (either one) and project energy from it to heal. Always make a prayer to God that you may be a pure channel for healing energy. Never use this energy for sexual or egocentric purposes.

2- Praan Artee Praanayam. Inhale deeply through the nose in one breath. Exhale as you chant. This will bring you out of depression.

3- Sitali (Seetalee) Artee Praanayam. Inhale through the rolled tongue, exhale as you chant. One cycle with the five second breath takes 15 seconds.

4- Trikuti Artee Praanayam. Inhale through the nose while mentally reciting the mantra 3 times. Hold the breath while mentally reciting the mantra 3 times. Exhale while mentally reciting the mantra 3 times. Repeat. This is the highest form of praanayam.

5- Chou Pad Artee Praanayam, which translates to "on the fourth step I find God". On the inhale (nasal) repeat the mantra 4 times. Hold the breath and repeat 4 times. Hold the breath out and repeat 4 times. With 8 parts to the mantra that gives a total 128 parts to one breath cycle. The best way to practice this praanayam and Trikuti Artee Praanayam is with a recording. Record the chant in your own voice if possible, and then mentally say it with the recording as you do the breathing.

6- Sarro Naree Soohnee Praanayam. Inhale with Sitali praanayam in 8 strokes. Exhale through the nose, in 8 parts. The Siree Gaitree mantra accompanies the breath. Inhale (Sitali Praanayam) Raa Maa Daa Saa Saa Say So Hung, and exhale (nose) Raa Maa Daa Saa Saa Say So Hung.

This will clear all channels of the beings.



Time: 11 to 31 minutes