

Tampa Yoga Therapy

Blog: <https://takemetotheriveryoga.com/wpsite/mudra-homunculus-man/>

Alzheimersprevention.org: <http://alzheimersprevention.org/research/12-minute-memory-exercise/>

<https://youtu.be/GH4aT9pt2kQ>

MEDITATION KIRTAN KRIYA MANTRA SA - TA - NA - MA

Position: Sit in easy pose, elbows straight, arms stretched and resting on the knees. Straight column.

Mudra:

While you vibrate the mantra, each fingertip presses alternately and firmly to the tip of the thumb.

In SA, you touch the first finger, the index finger (wisdom) with the thumb.

In TA, you play the second, the middle finger (patience) with the thumb.

In NA, you touch the third, the ring finger (energy) with the thumb.

In MA, you touch the room, the little finger (communication) with the thumb.



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Concentration: In each sound, feel as a ray of light enters through your crown and out through the third eye. This energy follows an L-shaped path, a path called The Golden Rope, which is the connection between the pineal gland and the pituitary gland.

Mantra: This meditation uses the primary or basic sounds and represents a complete cycle: S, T, N, M.

SA - Infinity, cosmos, totality
TA - Life, existence, creativity
NA - Destruction, death
MA - Regeneration, rebirth.

Time: There are three types of voices or tones in this meditation. You start the kriya with a normal voice for approximately 2.5 minutes, then 2.5 minutes in a low voice in the form of a whisper and 2.5 minutes in silence. Then you start in the opposite direction for an approximate total of 13-15 minutes.

To finish: Stretch your hands up as far as you can and shake them.

This causes a balance in the projection of your electro magnetic field.

If during the silent part, your mind wanders and you cannot calm it, return to the form of the whisper.

Comment: Practicing this meditation brings a total mental balance in the psyche of the individual. This mantra helps you consolidate and change your habits. It is a catalyst mantra of change.

Each time you vibrate each sound and press each finger, alternate your electrical polarities. The index fingers and ring finger have electric negative polarity, in relation to the other fingers.

Practicing this meditation is an art and a science. It is an art in the sense that it molds the conscience and the refinement of sensation, and the understanding that it produces. It is a science in the proven certainty of the results that are produced. Meditations have coded actions to the reactions in the psyche.

Vibrate SA-TA-NA-MA is the primary form or nucleus of the Sat Nam form, it contains the energy of the atom since we are decomposing the atom of sound, Sat Nam.