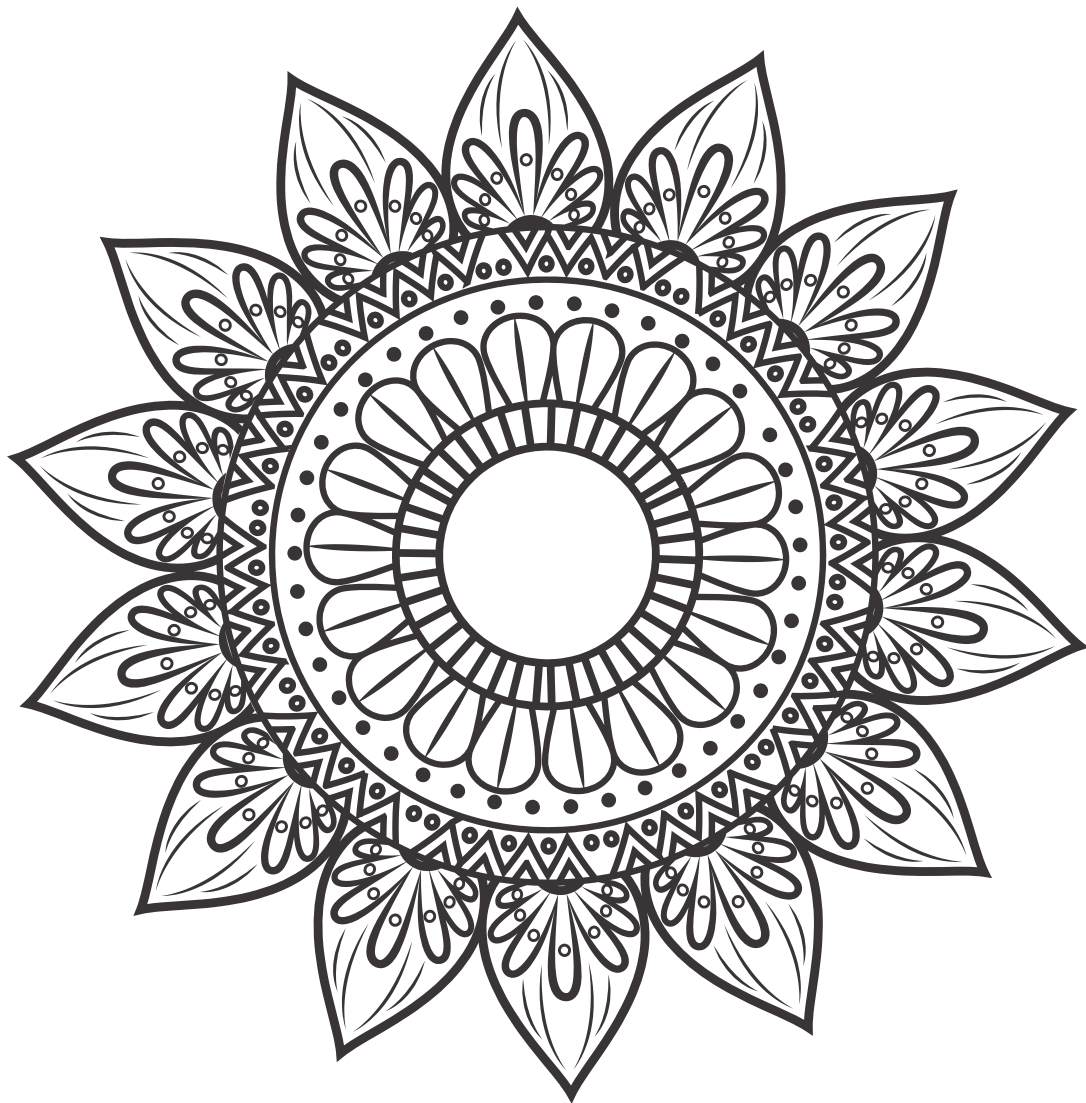
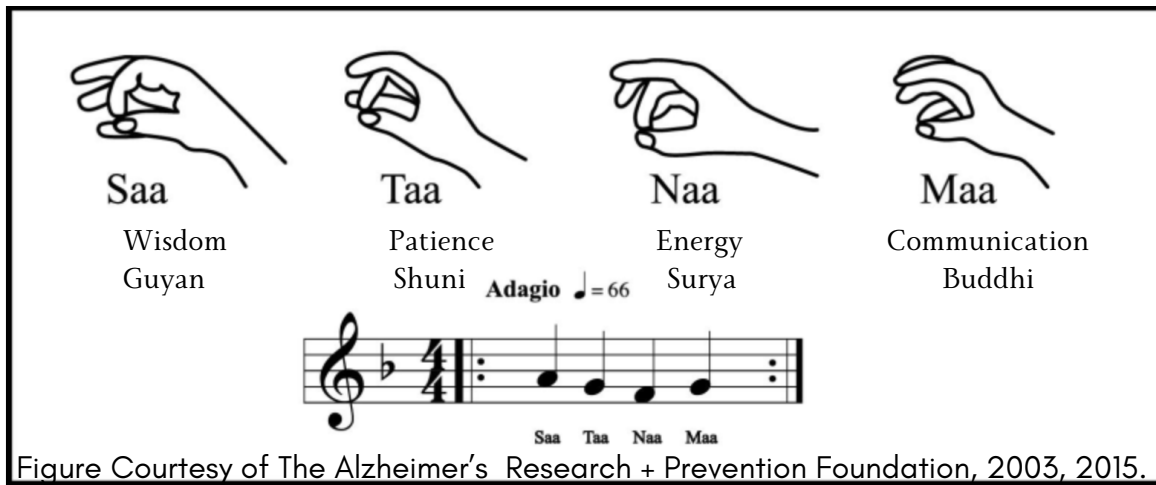




SA TA NA MA KUNDALINI KRIYA MEDITATION



A BEGINNER GUIDE



- On Saa, touch the index [Jupiter] fingers of each hand to your thumbs.
- On Taa, touch your middle fingers [Saturn] to your thumbs.
- On Naa, touch your ring fingers [Sun or Uranus] to your thumbs.
- On Maa, touch your little fingers [Mercury] to your thumbs.



What does 'Sa Ta Na Ma' mean?

- Sa: Infinity, cosmos, beginning
 - Ta: Life, existence
 - Na: Death, change, transformation
 - Ma: Rebirth
- **Posture:** Sit cross-legged in an easy pose with a straight spine. Sitting in a chair works, too.
 - **Mudra:** Keep elbows straight while chanting, and make the mudra changes as each fingertip touches the tip of the thumb with firm pressure in turn. On Sa, touch the index finger of each hand to your thumb. On Ta, touch your middle finger to your thumb. On Na, touch your ring finger to your thumb. On Ma, touch your little finger to your thumb.
 - **Focus:** Eyes closed, meditate at the Brow Point. As you chant, visualize each syllable of the mantra - Sa, Ta, Na, Ma - coming down into the crown of the head and projecting out through the third eye point.
 - **Time:** Begin the kriya chanting aloud for 2 minutes; then whisper for 2 minutes; then vibrate the sound in silence - continuing to play the fingers - for 4 minutes. Then, come back to a whisper for 2 minutes, then aloud for 2 minutes.
 - **To End:** Take a conscious round of breath, like a cleansing breath. Then, stretch the spine by reaching your hands up as far as possible; spread the fingers wide, taking several deep breaths in this position. Then, rest your hands in your lap and relax for a few moments more.