

Sit straight in Easy Pose.

EYE POSITION: Meditate at the Brow Point.

MANTRA: Produce the five primal sounds (*panj shabd*): S, T, N, M, A, in the original word form:

SAA: Infinity, cosmos, beginning

TAA: Life, existence

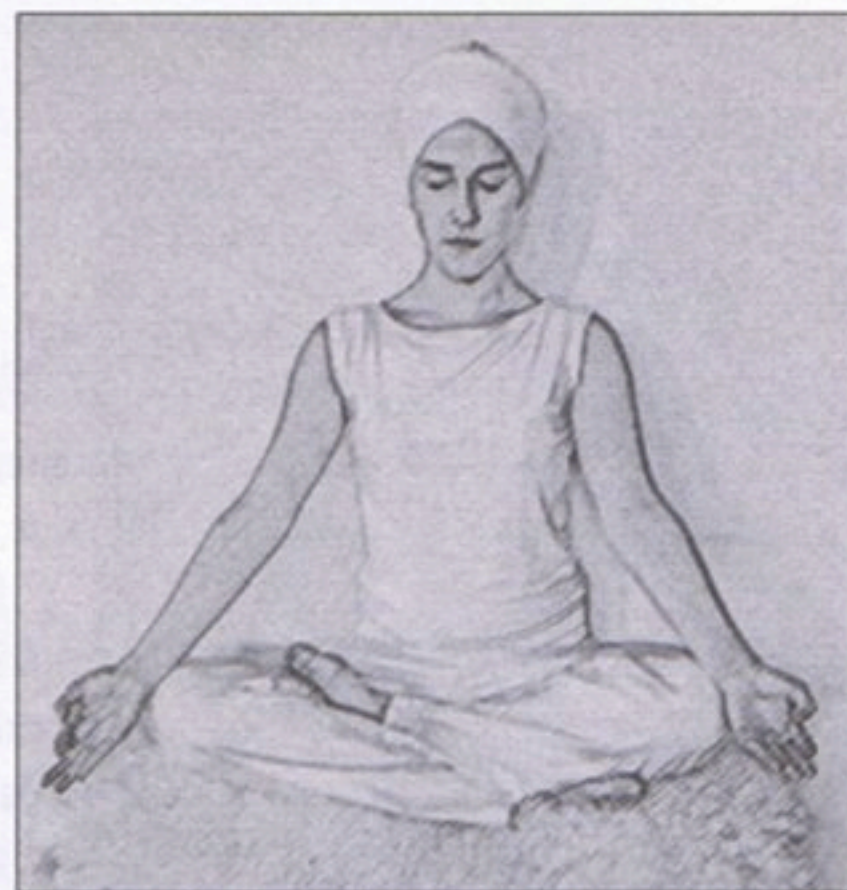
NAA: Death, change, transformation

MAA: Rebirth

Each repetition of the entire mantra takes **3 to 4 seconds**.

This is the cycle of Creation. From the Infinite comes life and individual existence. From life comes death or change.

From death comes the rebirth of consciousness to the joy of the Infinite through which compassion leads back to life.



MUDRA: This mantra can be done in many different mudras. Most common is to begin in Gyan Mudra. The elbows are straight while chanting, and the mudra changes as each fingertip touches in turn the tip of the thumb with firm pressure.

On **SAA**, touch the first (Jupiter) finger

On **TAA**, touch the second (Saturn) finger

On **NAA**, touch the third (Sun) finger

On **MAA**, touch the fourth (Mercury) finger

Chant in three languages of consciousness:

Human: normal or loud voice (the world)

Lovers: strong whisper (longing to belong)

Divine: mentally; silent (Infinity)

TIME: Begin the kriya in a normal voice for **5 minutes**;

then whisper for **5 minutes**; then go deep into the sound,

vibrating silently for **10 minutes**. Then come back to a whisper for

5 minutes, then aloud for **5 minutes**. The duration of the meditation

may vary, as long as the proportion of loud, whisper, silent, whisper, loud is maintained.

TO END: This sequence will take 30 minutes. Follow with one one minute of silent prayer. Then inhale, exhale. Stretch the spine, with hands up as far as possible; spread the fingers wide, taking several deep breaths. Relax.

COMMENTS

Each time the mudra is closed by joining the thumb with a finger, the ego "seals" the effect of that mudra in the consciousness.

The effects are as follows:

1st finger:	Gyan Mudra	Knowledge
2nd finger:	Shuni Mudra	Wisdom, intelligence, patience
3rd finger:	Surya Mudra	Vitality, energy of life
4th finger:	Buddhi Mudra	Ability to communicate

This meditation brings a total mental balance to the individual psyche. Vibrating on each fingertip alternates the electrical polarities. The index and ring fingers are electrically negative, relative to the other fingers. This causes a balance in the electromagnetic projection of the aura.

(Continued next page)

