

Kirtan Kriya

This kriya is one of three that Yogi Bhajan mentioned would carry us through the Aquarian Age, even if all other teachings were lost. There are four principle components to practicing Kirtan Kriya correctly: Mantra, Mudra, Visualization, and Voice.

1. **Mantra:** this kriya uses the five primal sounds, or the *Panj Shabd* – S, T, N, M, A – in the original *bij* form of the word Sat Nam:

SA – infinity, cosmos, beginning

TA – life, existence

NA – death

MA – birth

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. From rebirth comes the joy of the Infinite through which compassion leads back to life. Chant the ‘A’ as if you were pronouncing ‘mom,’ in the following manner:

SAA TAA NAA MAA

2. **Mudra:** each repetition of the entire mantra takes 3 to 4 seconds. The elbows are straight while chanting, and each finger touches, in turn, the tip of the thumb with a firm but gentle pressure;

SA – index finger (Jupiter) touches thumb,

TA – middle finger (Saturn) touches thumb,

NA – ring finger (Sun) touches thumb,

MA – pinkie finger (Mercury) touches thumb.

Repeat.

3. **Visualization:** you must meditate on the primal sounds in the “L” form. This means that when you meditate you feel there is a constant inflow of cosmic energy into your solar center, or Tenth Gate (The Crown Chakra). As the energy enters the top of the head, you place **Sa**, **Ta**, **Na** or **Ma** there.

As you chant **Sa**, for example, the “S” starts at the top of your head and the “A” moves down and out through the Brow Point, projected to Infinity. This energy flow follows the energy pathway called the golden cord – the connection between the pineal and pituitary gland. Some people may occasionally experience headaches from practicing Kirtan Kriya if they do not use this “L” form. The most common reason for this is improper circulation of prana in the solar centers.

4. **Voice:** we chant the mantra in the three languages of consciousness:

Aloud	the voice of the human	-	awareness of things of the world
Whisper	the voice of the lover	-	experiencing the longing to belong
Silent	the voice of the divine	-	meditate on Infinity or mentally vibrate

To Begin the Practice:

Sit straight in Easy Pose and meditate at the Brow Point.

Chant aloud for 5 minutes, then whisper for 5 minutes, and then go deeply into silence, mentally vibrating the sound. Vibrate in silence for 10 minutes, then whisper for 5 minutes, then chant for 5 minutes.

Close the meditation with a deep inhale and suspend the breath as long as comfortable – up to a minute – relaxing it smoothly to complete 1 minute of absolute stillness and silence.

To End:

Stretch the hands up as far as possible and spread the fingers wide. Stretch the spine and take several deep breaths. Relax.

Comments:

Each time you close a mudra by joining the thumb with a finger, your ego seals the effect of that mudra in your consciousness. The effects are as follows:

SIGN	FINGER	NAME	EFFECT
Jupiter	Index	Gyan Mudra	Knowledge
Saturn	Middle	Shuni Mudra	Wisdom, Intelligence, Patience
Sun	Ring	Surya Mudra	Vitality, Energy of Life
Mercury	Pinkie	Buddhi Mudra	Ability to communicate

Practicing this chant brings a total mental balance to the individual psyche. As you vibrate on each fingertip, you alternate your electrical polarities. The index and ring fingers are electrically negative, relative to the other fingers. This causes a balance in the electro-magnetic projection of the aura. If during the silent part of the meditation your mind wanders uncontrollably, go back to a whisper, to a loud voice, to a whisper, and back into silence. Do this as often as necessary to stay alert.

Practicing this meditation is both a science and an art. It is an art in the way it molds consciousness and the refinement of sensation and insight it produces. It is a science in the tested certainty of the results it produces. Each meditation is based on the tested experience of many people, in many conditions, over many years. It is based on the structure of the psyche and the laws of action and reaction that accompany each sound, movement, and posture. The meditations as kriyas code this science into specific formulas we can practice to get specific results. Because it is so effective and exact, it can also lead to problems if not done properly.

Chanting the *Panj Shabd* – the primal or nuclear form of *Sat Nam* – has profound energy within it because we are breaking the *bij* (seed or atom) of the sound, *Sat Nam*, into its primary elements. You may use this chant in any position as long as you adhere to the following requirements:

1. Keep the spine straight.
2. Focus at the Brow Point.
3. Use the “L” form of meditation.

4. Vibrate the *Panj Shabd* in all three languages – human, lover, and divine.
5. Use common sense without fanaticism.

The timing can be decreased or increased as long as you maintain the ratio of spoken, whispered, and silent chanting – always end with 1 minute of complete stillness and silence. Yogi Bhajan said, at the Winter Solstice of 1972, that a person who wears pure white and meditates on this sound current for 2.5 hours a day for one year, will know the unknown and see the unseen. Through this constant practice, the mind awakens to the infinite capacity of the soul for sacrifice, service, and creation.