



Sit in an Easy Pose, with a light jalandhar bandh.

Eyes: The eyes are 1/10th open. Concentrate at the Third Eye Point.

Mudra: Place the wrists over the knees, hands in Gyan Mudra, with the arms and elbows straight.

MANTRA:

SAA-TAA-NAA-MAA
RAA-MAA-DAA-SAA
SAA-SAY-SO-HUNG

Part I

Chant the mantra on a single breath, as you press the fingertips sequentially with each syllable. Use a monotone voice in the Tibetan form or use the same melody you would use for Kirtan Kriya.

Time: Continue for 11-62 minutes.

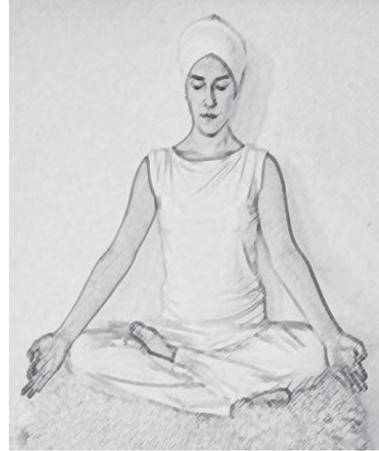
Part II

Inhale deeply and hold the breath. Move the body in a slow twist and stretch motion. Move each muscle of the body. Move the head, torso, arms, back, belly and hands. Then exhale powerfully. Repeat this 3-5 times.

Part III

Immediately sit straight. Look at the Lotus Point, the tip of the nose. Become totally calm, absolutely still. Meditate for 2-3 minutes.

To End: Inhale and hold the breath for 30 seconds as you physically move and rotate your body as if it is going through spasms. Every muscle must be stretched, squeezed and turned around, from the muscles in your face, head and neck, down to your toes. Exhale. Repeat this 3 more times. Then inhale, sit calmly and concentrate on the tip of your nose for 20 seconds. Exhale, and relax.





Comments:

This beautiful and powerful meditation has a history in its name. The ancient symbol for this was the Hindu God of Knowledge and Happiness, Ganesha. The other name for Ganesha is Gunpati. Ganesha was depicted as a rotund man with the head of an elephant. This huge body balances and rides on a rat, conveying the message that even the impossible can be done with this meditation. The rat represents the quality of penetration. A rat can get in almost any place. So Ganesha can know anything and can get past any blockages. Wisdom and wise choices grant you happiness in your life. The impact of this meditation is to clear the blocks from your own karma. Each of us has three regions of life to conquer: The past which is recorded in our samskaras and which brings us the challenges and blessings of fate are balanced by these sounds; the present which must be mastered by karma yoga, the practice of action with integrity in the moment; and the future, recorded in the ether and, which at its best and most fulfilled, is called dharma. This kriya allows you to let go of the attachments to the mind and to the impact of past actions so you can create and live a fulfilled life and a perfect future.