



KIRTAN KRIYA MEDITATION

Kirtan Kriya is a meditation that has been studied by memory scientists. UCLA researchers found a group trained in the Kirtan Kriya showed significantly more improvement in executive skills and fewer depressive symptoms than those who only did a memory wellness class. Kirtan Kriya sessions take about 11 minutes to do.

SAA TAA NAA MAA

This meditation asks you to chant these sounds while lightly touching the tip of each finger with the tip of your thumb. As you touch each finger, you chant one sound. SAA (pause) TAA (pause) NAA (pause) MAA. The sounds are chanted repeatedly and in order. They come from the mantra “Sat Nam”, which means “my true essence”.

SAA. Touch your thumb and first finger

TAA. Touch your thumb and 2nd finger

NAA. Touch your thumb and 3rd finger

MAA. Touch your thumb and 4th finger

Now close your eyes lightly. Try focus on the “3rd eye” or the central area of your forehead, slightly above the bridge of your nose. Begin and continue the meditation for about 11 minutes, repeating the sequence slowly, always starting with the index finger.

2 minutes out loud

2 minutes at a whisper

3 minutes silently to yourself

2 minutes at a whisper

2 minutes out loud

To end, inhale, hold the breath for a few seconds, focus the eyes upward, exhale and relax.