

## Kundalini Yoga

### Ra Ma Da Sa Sa Se So Hong Healing Meditation

Developing the power to heal:

Sit in Easy Pose. Put your left hand on your navel point. Your right arm is by your right side, elbow bent, with the palm facing forward. You are holding your right hand up as if you are taking an oath. This meditation is done with Gurnam's RaMaDaSa, Healing Sounds tape or CD. You may either chant out loud or meditate silently. The movement of the kriya is timed with the chanting of "Raa Maa Daa Saa Saa Say So Hung" by Gurnam.

At "Raa", slowly begin moving your right arm forward from the starting position and continue slowly moving so that your arm is straight out in front of you with the palm facing downward at "Hung." The movement begins with "Raa" and is completed at "Hung." Then the right arm moves back to the starting position by your side and the movement begins again at "Raa." The right arm moves as if giving a blessing. Start with 11 minutes and work up to 31 Minutes. Gradually, over time, you may increase the time to a maximum practice time of 2 ½ hours.



Yogi Bhajan said that this is a meditation to practice for the rest of your life. It is a simple exercise that can give you the power to heal.

Variations for healing others:

You may do this kriya using your left hand to hold the hand of the person you want to heal. The right hand moves as described above. You may chant the mantra out loud or mentally and silently.

OR

If the person needing healing is very ill, shaking and shivering, you can place your left hand on their navel point and place your right hand on their pituitary. You may chant the mantra out loud or mentally and silently.

***"People will be attracted to you like the magnet attracts iron. They will ask you for help. They are not asking "you" for help, they are asking your aura to help them. It is a different psyche... People will reach out to you because they will feel, in the presence of your arcline and aura, some calmness, some quietness where they might get to some rest. Just extend yourself...just help them to calm their inner volcano." - Yogi Bhajan -***

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*Reaching ME in Me*, by Harijot Kaur Khalsa published by the Kundalini Research Institute

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