



The power of Kundalini Yoga: **KIRTAN KRIYA**

KIRTAN KRIYA

Clinical research has shown that practicing Kirtan Kriya for just 12 min. a day can improve cognition, reverse memory loss, ease depression and decrease inflammatory genes while increasing healthy ones.

(EN ESPAÑOL)

Estudios clínicos han demostrado que practicar Kirtan Kriya durante sólo 12 min. al día puede mejorar la cognición, revertir la pérdida de memoria, aliviar la depresión y disminuir los genes inflamatorios mientras aumenta los saludables.



KIRTAN KRIYA

This meditation that combines mantra & mudra also reduces stress levels, increases circulation in the brain & promotes focus and clarity.

(EN ESPAÑOL)

Esta meditación que combina mantra y mudra también reduce los niveles de estrés, aumenta la circulación en el cerebro y promueve el enfoque y la claridad.



KIRTAN KRIYA

To practice it we chant
"Sa Ta Na Ma" as we touch the tip of
each finger with the tip of the thumbs.



(EN ESPAÑOL)

Para practicarla cantamos
"Sa Ta Na Ma" mientras tocamos
la punta de cada dedo con la
punta de los pulgares.



KIRTAN KRIYA

The sounds come from the mantra "Sat Nam", which means "my true essence". "Sa Ta Na Ma" translates as Infinity, life, death, rebirth. This is the cycle of life.

S A T A N A M A

(EN ESPAÑOL)

Los sonidos provienen del mantra "Sat Nam", que significa "mi verdadera esencia". "Sa Ta Na Ma" se traduce como Infinito, vida, muerte, renacimiento. Este es el ciclo de la vida.



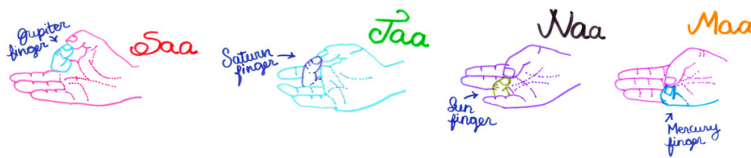


KIRTAN KRIYA



Sit in Easy Pose, elongating the spine. Your eyes are closed, focused at the eyebrow point.

Chant the Mantra Sa Ta Na Ma as you press the thumb against each of the other four fingers as described below:



- Saa, touch the thumbs of each hand with the index fingers.**
- Taa, touch the thumbs of each hand with the middle fingers.**
- Naa, touch the thumbs of each hand with the ring fingers.**
- Maa, touch the thumbs of each hand with the little fingers.**

Chant in three languages of consciousness:

- Human: normal or loud voice (the world)
- Love: strong whisper (longing to belong)
- Divine: mentally; silent (Infinity)

Press the fingers strongly enough to keep you awake and conscious of the pressure. Keep repeating at a steady rhythm and keep doing the fingers movement along the complete meditation.

Duration:

Begin 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, inhale deeply stretching the arms over your head and spreading the fingers wide, shaking them out, circulating the energy. The movement may involve the whole body and the spine. Exhale.

COMMENTS:

Panj means five, and expresses the five primal sounds of the Universe. (SSS. MMM. TTT. NNN and AAA.) It is the atomic or Naad form of the Mantra Sat Naam. It is used to increase intuition, balance the hemispheres of the brain and to create a destiny for someone when there was none. This Mantra describes the continuous cycle of life and creation. This Mantra is a great catalyst for change.



imagine@imagineacademy.eu

www.imagineacademy.eu