



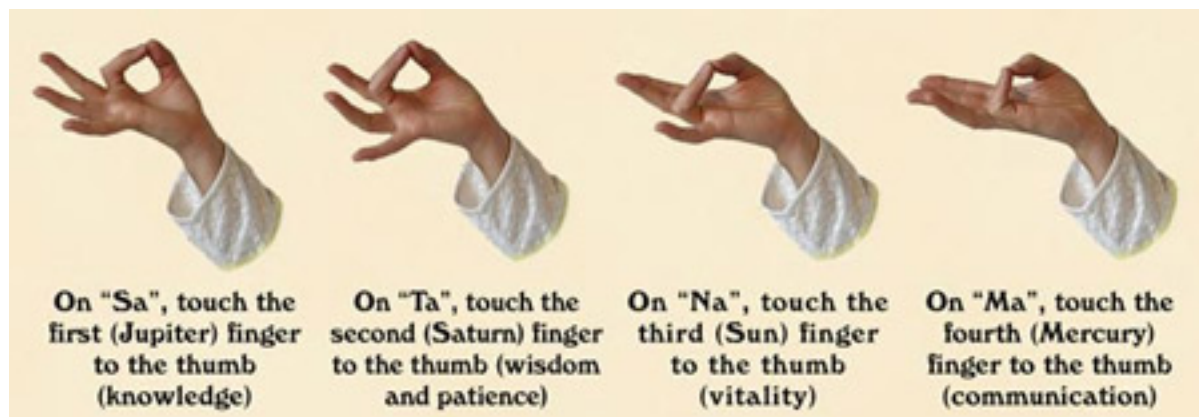
Benefits of *Sa Ta Na Ma*

- Increases intuitive abilities*
- Removes negative thoughts and emotions*
- Promotes positive emotions*
- Builds focus*
- Grants peace*

Sa Ta Na Ma is a **Kundalini Kriya** that is said to assist in realizing one's true divine nature. It is considered to be the most fundamental mantra in Kundalini Yoga. **Sa** is believed to represent birth, the beginning, infinity and the totality of everything that has ever been, is or will be. Placing the thumb and first finger together in **Gyan mudra** is believed to bring one knowledge and release from limitations. **Ta** represents life and creativity, which manifests from infinity. The connection of the thumb and the middle finger in **Shuni Mudra** is believed to give one patience and purity. **Na** is change, death and the transformation of consciousness. Touching the thumb and the ring finger together in **Surya mudra** brings one vitality. **Ma** is rebirth and resurrection which allows us to consciously experience the joy of the infinite. The **Buddhi mudra**, bringing together the thumb to the pinky finger aids in clear communication. It is a powerful practice which you will experience in your own body and mind through a mere twelve minute daily practice.

It was **introduced to the West by the Siri Singh Sahib Yogi Bhajan** in 1968. It has since then been of interest, not just to the yoga and spiritual communities, but also to the medical community, as a number of studies conducted at UCLA and the University of Pennsylvania revealed physiological benefits when chanting the mantra with the mudras. The Canadian Alzheimer Society recommends the practice to slow the effects of Alzheimers. Often science confirms what spiritual master have known.

The physical effects of the connection of the thumb and the index finger in **Sa**, **increases the air element** in the body, which stimulates the pituitary gland and the endocrine gland system. The thumb and middle finger in **Ta** **increases the ether element** within the body which assist in relieving congestion and detoxifies the body through the process elimination. Placing the thumb and ring finger together in **Na**, **increases the earth element while decreasing the fire element** within the body. This has a positive effect on bodily tissues which increases endurance, strength and aliveness. The thumb to the pinky finger in **Ma**, **reduces the water element in the body**. This helps to reduce excessive hormones and water retention. The practice of reciting the mantra with the mudra produces a powerful effect on the body.



Twelve minute practice:

<http://www.alzheimersprevention.org/research/12-minute-memory-exercise>

Much love and gratitude for the teachings and wisdom of the sages.

May the teachings assist you in your own spiritual growth,
Meighlin