

Meditation on Rama

This meditation uses the same melody as Kirtan Kriya. Chanting Ra-a-Ma-a in this way merges the sun and moon energies, bringing the polarity energies of the mind- body into balance.

Ra is the solar energy, and Ma is the lunar energy. In Sanskrit, the “a” serves as an invocation. Chanting Ra-a-ma-a brings the sun and moon energies into balance.

The Practice

▶ **Posture:** Sit in a perfect yogic pose with a straight spine.

Mantra: *Ra-a Ma-a*. Inhale and chant beautifully and rhythmically. Pace is one repetition every four seconds. Chant in the same melody as Kirtan Kriya (*Sa Ta Na Ma*).

▶ *Ra*: The sun energy, positive, generating force

A: Come, exist

Ma: The moon energy, negative, receptive force

▶ **Eyes:** Focus at the Brow Point.

▶ **Breath:** Breathe as necessary



This meditation can be done alone or in a group. Chanting in a group will bring you to the same frequency of communication with each other and will expand your intuition to understand one another, rather than misunderstand, or misinterpret the communication.