

Day 9 – Ra Ma Da Sa Healing Meditation

Hello, my dear friend,

Today we are going to chant a healing mantra! Chanting is one of my favorite practices. Who does not like to sing along?! I will be delighted to guide you through this process.

Set aside 15 minutes to do this exercise.

You can chant the mantra on your own or you can download it at <http://www.spiritvoyage.com/yoga/Ra-Ma-Da-Sa/Snatam-Kaur/ALB-900000.aspx> or stream it at <https://www.youtube.com/watch?v=w9OCEfi4Lv0#t=16> and sing along with Snatam Kaur as she chants the mantra.

A mantra is a sound or a vibration that you can use to enter a deep state of meditation.

The mantra we will use is *Ra Ma Da Sa Sa Say So Hung*. It is known in *Kundalini Yoga* as one of the most powerful healing mantras.

This mantra taps into the energies of the sun, moon, earth, and the Infinite Spirit to bring deep healing.

Ra Ma Da Sa is the earth mantra.

This part of the mantra pulls the healing vibration into the physical plane.

Sa Say So Hung is the heavens mantra.

This part of the mantra resonates with the healing frequency of God.

The mantra means “I am God” It can also mean, “the service of God is within me.”

There is a hand position, called a mudra, we will combine with the chanting of the mantra.

You can use this practice to either send or to receive healing and you can do either or both in a single session. Here are the mudras:

To send healing: Place your right hand on your heart with the palm facing forward. The healing extends as you move the hand forward.

To receive healing: The elbows are bent down by your sides, and are tucked comfortably but firmly against the ribs with your forearms almost perpendicular to

the floor. Palms are flat, facing up. The fingers are kept side by side, except that the thumb is spread from the other four fingers.

Mental Focus: You can choose to mentally visualize the person or persons that you want to send healing to, as you send this energy to them for their well-being.

Sit comfortably, spine straight, eyes closed. And begin.

To End: To end the meditation, inhale deeply and hold your breath as you offer a healing prayer. Visualize the person you wish to heal as totally healthy, radiant, and strong. See the person engulfed in a healing white light and completely healed. Then, exhale and inhale deeply. Hold your breath, and offer the same prayer again. Exhale, inhale, and hold, repeat the prayer, and exhale.

To complete, inhale deeply, stretch your arms up high, and vigorously shake out your hands and fingers for several seconds. Keep your arms up and hands shaking as you exhale. Repeat two more times and relax.

Let me know what was your experience with this healing mantra.

With all my love,

Mira