

KIRTAN KRIYA. With Breath 4-4-for balance the tatwas

**Sit with a straight spine and meditate at the Brow Point, use of the Panj Shabad SA TA NA MA to inhale breath and SA TA NA MA to exhale breath long & deep:**

("Sa" Infinity, cosmos, beginning, "Ta" life, existence, "Na", death, "Ma", rebirth) with the hands on the knees, elbows straight. On "Sa" touch the Jupiter (index) finger to the thumb, on "Ta" the Saturn (middle) finger and thumb, on "Ma", the Mercury (little finger and thumb of each hand, chanting in the "Three Languages of Consciousness as follows:



"SA" Infinity Cosmos Beginning		Gagan Mudra Jupiter ♃ Knowledge
"TA" Life Existence Endurance		Shuni Mudra Saturn ♄ Patience, Wisdom
"NA" Death		Surya Mudra Sun ☉ Vitality, Life
"MA" Rebirth		Bhuddi Mudra Mercury ☿ Communication