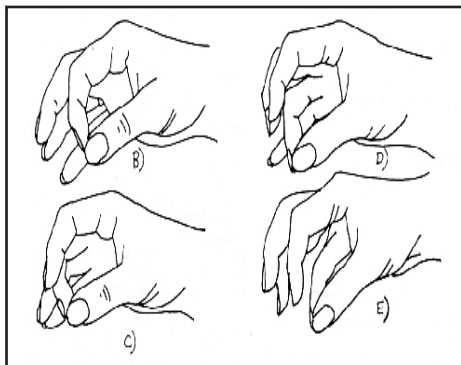


Kirtan Kriya



Mantra:

SAA: Infinity

TAA: Life

NAA: Death

MAA Rebirth

SAA touch first finger with thumb

TAA touch second finger

NAA touch third finger

Maa touch the fourth finger

use 5lbs of pressure to activate the brain

eyes are closed focused on the third eye

first part normal voice

second part whisper the sounds

third part silently vibrating the sounds

back to whisper

back to normal voice

11 mins

normal - 2 mins
whisper - 2 mins
silent - 3 mins
whisper - 2 mins
normal - 2 mins

22 mins

normal - 4 mins
whisper - 4 mins
silent - 8 mins
whisper 4 mins
normal - 4 mins

31 mins

normal - 5 mins
whisper - 5 mins
silent - 10 mins
whisper - 5 mins
normal - 5 mins

the subconscious mind **will start dumping - old thoughts/ emotions / memories will start to rise up** - imp not to attach to them stay focused on the mantra - this powerful mantra is **destroying this old programing** - so that you can reach your highest potential and really be YOU.