

# Ra Ma Da Sa Meditation

## (Healing Meditation for Self and Others)

**Posture:** Sit in easy pose or in a chair with a straight spine.

**Focus:** Eyes are closed and focused at the third-eye point.

**Breath:** The breath will come automatically as you chant. Inhale deeply before you begin chanting.

**Mantra:** "Ra Ma Da Sa, Sa Say So Hung." The mantra should be sung in one complete exhalation. As you chant the first "Sa," your navel point is pulled in so that this syllable is abbreviated. You should rest for 4 beats between the first "Sa" and the second "Sa." You should also pull your navel point in as you chant "Hung." "Hung" should be vibrated at the root of the nose. The rest of the syllables are drawn out in a strong, powerful chant. Strive to keep your chant at full volume (loud but not raucous) throughout the meditation.

### Meaning of Mantra:

Ra=sun energy  
Ma=moon energy  
Da=earth energy  
Sa=infinity, universal energy  
Sa=repeat in second half of mantra  
Say=the personal embodiment of Sa  
So=the personal sense of merger with Sa  
Hung=the Infinite, vibrating and real.

The mantra literally means, "I am Thou." It is also used to mean, "The service of God is within me."



**Mudra:** Bend the arms and bring the elbows against the side of the rib cage. The palms of the hands are parallel and face the sky. The elbows are snug at your sides with the forearms in close to your upper arms. The hands are at a 60 degree angle, halfway between pointing forward and pointing to the sides.

**Time:** 11 minutes, increasing gradually to 31 minutes.

**End:** Inhale deeply, hold your breath and visualize the person you want to send healing to (it can be yourself).

Make that image in your mind very clear and see a glowing green light around the person. Keeping that person in your mind, exhale. Inhale deeply, hold your breath and continue to send the person healing green light. Still keeping that vision in your mind, exhale. For the last time, inhale deeply, hold your breath and see the person very clearly, see the green healing light bathing the person, bathing every cell in the body. Exhale and relax.

**Comments:** This highly effective meditation deals with vayu siddhi, the power of air. It brings health and many other desirable positive changes. If you wish to heal yourself, imagine a glowing green light around yourself as you meditate.