

Unlocking Cognitive Wellness with Kirtan Kriya

KUNDALINI YOGA MEDITATION



Introduction:

Kirtan Kriya is a powerful yogic meditation that offers numerous cognitive and mental health benefits. This simple yet effective practice combines mantra, mudra, and visualization to enhance brain function, reduce stress, and promote overall well-being.

Key Benefits:

Cognitive Enhancement: Kirtan Kriya has been shown to improve memory, focus, and cognitive function.

- **Stress Reduction:** Regular practice can reduce stress levels and promote emotional balance.
- **Neuroprotection:** It may help protect against age-related cognitive decline.
- **Hippocampal Growth:** Recent research indicates that Kirtan Kriya increases the size of the hippocampus, a key brain region associated with memory and learning.

How to Practice Kirtan Kriya:

Choose Your Posture:

- Sit comfortably with a straight spine, either in a chair or on the floor with crossed legs.
- Place your hands on your knees with your palms facing upward. Arms are straight.

Mantra and Mudra:

- Use the following sounds and corresponding finger movements:
- **Sa (Index Finger):** Touch the tip of your index finger to your thumb.
- **Ta (Middle Finger):** Touch the tip of your middle finger to your thumb.
- **Na (Ring Finger):** Touch the tip of your ring finger to your thumb.
- **Ma (Little Finger):** Touch the tip of your little finger to your thumb.

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How To:

(continued)

- Chant **Sa, Ta, Na, Ma** out loud for 2 minutes.
- Chant **Sa, Ta, Na, Ma** in a whisper for 2 minutes.
- Chant **Sa, Ta, Na, Ma** in silence for 4 minutes.
- Chant **Sa, Ta, Na, Ma** in a whisper for 2 minutes.
- Chant **Sa, Ta, Na, Ma** out loud for 2 minutes.

Visualization:

- As you chant, visualize the sound moving in through the crown of your head and out through your third eye (the point between your eyebrows).
- Coordinate each sound with the corresponding finger movement.

Duration:

- Start with 12 minutes a day and gradually increase if desired.
- Maintain the chanting ratio (2:2:4:2:2) as described above if you want to practice longer.

To End:

- To conclude, inhale deeply, hold your breath briefly, and exhale.
- Sit quietly for a few moments, absorbing the effects of the practice.
- Stretch your arms over your head, pointing your fingers to the ceiling.



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