

MEDITATION

GANPATI KRIYA

11/2/88_

(Pronounced "gun" and "puti")

This is a very sacred kriya. "Ganpati" also means "Ganesha," the elephant God who rode on the back of a rat, a rat which could go anywhere. There's nothing in the world where Ganpati cannot penetrate. It is also called the impossible-possible kriya, where all negative from the past and present will be redeemed. Ganpati is sometimes called "mangalam" - the God of Happiness.

This meditation deals with samskaras, karma, and dharam. It will take away all samskaras, all the negative karmas you carry from past lives and have to pay for now. The sufferings we have are only because of past debt and past credit.

It also takes away the karma you create from what you do in your day to day life. It creates the way for dharam, what good you do today will be rewarded tomorrow.

MUDRA: Sit in easy pose, spine straight, elbows straight, wrists resting on knees. As in the Kirtan Kriya (Sa-Ta-Na-Ma meditation), you will be pressing your thumb to new fingers with each new sound. Keeping eyes closed, chant in the same rhythm and tune as you use in the Sa-Ta-Na-Ma meditation.

MANTRA: The mantra that we will be using is:

Sa-Ta-Na-Ma-Ra-Ma-Da-Sa-Sa-Se-So-Hung

SA: Press the thumb to the index finger. (Jupiter)
TA: Press the thumb to the second finger. (Saturn)
Na: Press the thumb to the ring finger. (Sun)
Ma: Press the thumb to the baby finger. (Mercury)
Ra: Press the thumb to the index finger.
Ma: Press the thumb to the second finger.
Da: Press the thumb to the ring finger.
Sa: Press the thumb to the baby finger.
Sa: Press the thumb to the index finger.
Se: Press the thumb to the second finger.
So: Press the thumb to the ring finger.
Hung: Press the thumb to the baby finger.

Continue chanting in this fashion for 11 minutes.

At the end of the meditation, inhale and let the body physically move and rotate as if it is going through physical spasms. Every muscle must be stretched, squeezed and turned around, from the muscles in your face, head and neck, down to your toes. The idea is to circulate the pranas to every part of your body. The breath is held in approx. 35 seconds.

Repeat this procedure with the breath held in 4 times total.

Last step: Inhale, sit calmly, and concentrate on the tip of your nose for 20 seconds. RELAX.