



Cross-Heart Kirtan Kriya Taught by Yogi Bhajan

Mudra: Sit straight. Cross the forearms, below the wrists, and hold them in front of the chest. Arms are out slightly, palms up and a little toward the chest. Look down at the tip of the nose.

Mantra: Begin to chant: Saa – taa- naa – maa

--as you play the fingers by touching the thumb tip to the fingertips in the following fashion:

- Saa – touch the tip of the thumbs to the index fingers
- Taa – touch the tip of the thumbs to the middle fingers
- Naa – touch the tip of the thumbs to the ring fingers
- Maa – touch the tip of the thumbs to the pinkie fingers

Continue for 11 – 31 minutes

End: Inhale, hold the breath, roll the eyes up and become completely still. Relax the breath.

Comments: The hemispheres of the brain will balance; the past will be processed and dumped; and insecurity will vaporize.

For more information on Kundalini Yoga as taught by [Yogi Bhajan](#)© visit the [Kundalini Research Institute](#). This meditation published in [The Mind](#) by Yogi Bhajan and Gurucharan S. Khalsa, PhD.