



Say Saraswati Celestial Communication Meditation

Celestial Communication is a moving meditation that is part of Kundalini Yoga as taught by Yogi Bhajan. It is unique in that Yogi Bhajan did not specify exact mantras, mudras, or movements to use for this type of meditation. Instead, a teacher or practitioner can create the movements to a mantra or inspirational song.

The focus of the movement is on the use of the arms and hands, and only the upper body is used. The movements are "choreographed" and are repetitive so that the movement becomes meditative. If there is a group of individuals, they will follow and mirror the leader.

Celestial Communication is a technology to uplift. It relieves stress that accumulates deep in the brain. By moving the body with the mantra and music, a harmony is created between the body, mind and spirit. The effect is one of relaxation and a natural state of creativity and prosperity.

"Say Saraswati" Celestial Communication

Mantra: "Say Saraswati" is a poem written by Yogi Bhajan, Master of Kundalini Yoga, in both Sanskrit and English. The lyrics and music are for gaining knowledge. The words call upon the Shakti, the powerful female energy of the universe, to bring happiness, victory, prosperity and fulfillment.

Say Saraswati Sar-rang – Hay Bhagwatee Har-rang – La Lakhshmee Nar-ring –
Karn Kar-an Kar-ring – Dev Maa-haa Dev Deva – Sarab Shakti Seva – Tarn Taran Tar-ring –
Neel Narayan Nar-ring – Guru Dev Dev-ing – Sarab Lok Sev-ing

Goddess of Love - Happiness
Shakti Power - Victory
Goddess of Wealth - Prosperity
God's Three Aspects - Fulfillment
Nurtures the Experience of Totality
The God of Gods, the Infinite One
Under and Over, God is love
All Creation, serving

Mudra: Sit in any position with a straight and elongated spine. The eyes are open. Begin with the hands in prayer pose at the heart, and follow along with the video:

Say Saraswati - arms cross in front of the body, then lift up into a halo above the head

Sar-rang - fingertips flip up, the elbows lower down, palms are flat and face up

Hay Bhagwatee - hands come into prayer pose a few inches in front of the heart

Har-rang - left hand (for leader - right hand for follower) slices down and up, ending in prayer pose. One count after the left, the right hand does the same movement.

La Lakhshmee - with hands in prayer pose, the thumb knuckles massages a line from the top of the forehead down to the brow point, while the entire body leans left.

Nar-ring - body moves to the center, the palms face downward, the fingers circle towards the body, and end with palms up in the shape of an offering cup.

Karn Kar-an Kar-ring - same movement as La Lakshmi Nar-ring, leaning to right

Dev Maa-haa Dev Deva - hands begin in prayer pose at the heart and then rise straight up above the head and end by opening the hands into a "V"

Sarab Shakti - in gyan mudra the left hand circles down, in, and back up into a "V"

Seva - repeat the movement of Sarab Shakti on the right side

Tarn Taran - in gyan mudra, make a circle above the head, with arms straight, moving forward and to the left

Tar-ring - the hands make a second circle, with elbows bent and hands closer to the head

Neel Narayan Nar-ring - after completing the second circle, the elbows move down and into the body and the hands will make a third circle in front of the body. The left arm will complete the circle first, remaining stationary as the right arm continues to circle around and under the left arm.

Guru Dev - arms move out to the side, arms straight, palms are flat and facing up

Dev-ing - move arms straight forward, palms up

Sarab - arms move out to the side again, palms face out, hands in gyan mudra

Lok - arms move straight up, hands stay in position with the fingers overlapping each other above the head

Sev-ing - elbows bend and the hands move down just below the heart. The hands rotate so that the palms are facing up. The hands remain in gyan mudra, fingers overlapping.

The movement will repeat with each repetition of the poem. When the song is sung in English, the last few movements will repeat two additional times at the end.

End: Inhale and suspend the breath. Exhale and relax.

Comments: Practice this Celestial Communication for a few minutes as we do in the video, or increase the time up to 31 minutes. It is most important to breathe and relax. Follow along with the video, and experience your happiness, victory, fulfillment and prosperity!