



'RA MA DA SA':

THE HEALING SIRI GAITRI MANTRA

The Siri Gaitri mantra or popularly called the 'Ra Ma Da Sa' is one of the most powerful healing prayers on the planet.

Ra Ma Da Sa Sa Say So Hung was first introduced in the summer of 1973. Chanting the mantra becomes a meditation that enables the user to send healing energy to anyone near or far, be it across the room or thousands of miles away. The mantra channels the healing energy of the universe to touch you or those around you.

The Siri Gaitri mantra holds within it eight sounds that stimulate the life force (kundalini) flow stored in circular or coiled form within the central channel of the spine, at the base of it. This 'kriya' (from Sanskrit, meaning: action, deed, effort; technique, practice), when practiced right, these eight basic sounds can fine-tune your soul to the rhythm of the Universe; a healing vibration that is untouched by pain or illness.

The Siri Gaitri mantra taps into the energies of the Sun, Moon, Earth, and the Infinite Spirit to bring deep healing. This healing prayer is a Sushumna Mantra, as it harnesses the energy that flows through the Sushumna Nadi (Sanskrit word, meaning channel through which energy travels through the whole body) that runs through the spinal cord. Sushumna is a Sanskrit word that means "**kind**" or "**very gracious**".

When you unblock the divine energy within your chakras, the life force energy rises up from the root chakra, through the Sushumna, and flows through all the nadis and chakras in your body. While the initial part of the mantra, which is ascending, reaches out to the Infinite, the second part of the mantra, which is descending, directs those qualities back into the self, thus interweaving the Divine with the Human.

Apart from awakening the life force energy, the Siri Gaitri mantra is known to adjust the metabolism of the body and balance hemispheres on both sides of the brain to stimulate the neutral mind.



PRACTICING THE MANTRA OF

”RA MA DA SA SA SAY SO HUNG”

(“Sun, Moon, Earth, Infinity: All that is in Infinity, I am Thee.”)

I. PREPARATION

1. Posture

Sit down on a mat with legs crossed and a straight spine. Relax your shoulders and arms. Clear your throat, apply a light neck lock with your chin slightly pulled back.

2. Mudra

Using the right mudra is vital, **thumb and index finger touched**. Tuck your elbows on either side of the torso, rest your forearms on your thighs, keep your palms facing up. Try to keep your palms flat during the meditation.

3. Focus

Focus your mind on the energies evoked with each combination of sounds. Visualize the people towards whom you want to channel this radiant healing energy.





II. STEPS

1. Inhale and when you exhale say the mantra:

”RA MA DA SA SA SAY SO HUNG”

Note that you should pull the navel point in firmly on Hung. The sound Hung should not be stretched out—it should end abruptly when you pull your navel in.

2. Chant the mantra for a couple of minutes. (You may also chant it for longer time).

3. Then inhale deeply and hold your breath as you offer a prayer to heal your loved ones. Visualize them glow in the radiance of a healing white light, then green light and in the end golden light.



4. Exhale.

5. Inhale again and repeat the visualizing, then exhale. Repeat this once more.

6. Finish it off with one last deep inhalation as you stretch your arms up high.



Vigorously shake your hands and fingers for a few seconds.

7. Exhale, and relax.



About the mantra "Ra Ma Da Sa Sa Say So Hung"

- **Ra** – Ra means the Sun. Chanting "Ra" helps connect you with the frequency that gives you energy. This strong, hot, and bright energy can purify you from within.
- **Ma** – Ma means Moon. Cool and nurturing, Ma symbolizes the receptive trait in you, to accept everything that comes your way calmly.
- **Da** – Da is the energy of the Earth. This is the frequency that keeps you grounded despite all the uncertainties in life. It gives you a sense of security that makes you feel like everything is going to be alright in the end, no matter what happens.
- **Sa** – Sa represents the Impersonal Infinity. As you chant this sound, your energy rises up and flows outwards, merging with the divine healing frequencies of the universe.
- **Sa** – When Sa is chanted the second time, you draw this Infinity into you.
- **Say** – Say is the embodiment of Sa. It represents the totality of Infinity and is quite a personal experience. It is the means to honour and respect the sacred "Thou".
- **So** – So symbolizes the personal sense of merger and self-awareness.
- **Hung** – Hung stands for the Infinite, vibrating and real. When So and Hung are chanted together, it means, "I am thou".

There is a world of difference between 'getting cured' and 'getting completely healed'. When you fall sick, the disease does not just affect your body, but also your mind and spirit. Eventually, when you overcome the disease, your ecosystem may bounce back to normal, thanks to the right remedies, nourishment and fitness routine.

But what about your mind's recovery? What about your energetic body, your soul's well-being?...

Weakness or pain takes a tremendous toll on who you are and what you feel. Many slip into depression or anxiety when faced with such a challenge. People lose their careers, their loved ones, and their healthiest selves when battling a disease. Healing of your whole being is more than the seemingly symptom-free recovery of the physical body. Real healing on the inside occurs when ***you have the courage to accept your past, come to terms with your present, and brace for the future.***