



Santhika
Retreat
Center

Meditation to Balance The Moon Centers

Yogi Bhajan

www.santhikaretreatcenter.com

This meditation will balance the moon centers and will help you to go through natural transitions with strength that creates stability. Kirtan Kriya (on the abdomen) is the most recommended meditation for women. It helps them to break their bad habits and create balance during emotional withdraws. This meditation has the power to repair a woman's arc line holes due to past relationships with men. This is done by eliminating the mental and physical association with these men. This variation will balance the effects of the moon centers in a woman. It also illuminates a woman's aura and presence.

[Kirtan Kriya](#) on the abdomen is only for women. Sitting down is for men and women. It represents the cycle of life. SA means infinity, TA means birth, NA means death, MA means rebirth.

How to do it:

(Only for women)

Lie down on the floor facing down with the chin on the floor. Place the arms by the side with the palms facing up. Eyes focused on the brow point while mentally chanting the mantra SA TA NA MA. SA pressing gently the thumb and the index finger, TA pressing gently the thumb and the middle finger, NA pressing gently the thumb and the ring finger, and MA pressing gently the thumb and the pinky. Keep repeating the sequence.

Time: From 3 to 31 minutes.

Breath: Through the nose. The breath will adjust by itself.

