

## Kirtan Kriya Singing Exercise

The Alzheimer's Research & Prevention Foundation has assembled this information on the Kirtan Kriya singing exercise for medical professionals, the public, caregivers, the media, and anyone interested in improving their brain function and improving memory loss.

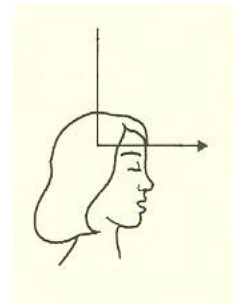
Kirtan Kriya exercise utilizes the primal sounds - and is meant to be practiced for greater attention, concentration, focus, improved short term memory, and better mood. The primal sounds consist of:

- Saa Taa Naa Maa
- The sounds are chanted repeatedly and in order (i.e., Saa Taa Naa Maa). They come from the mantra 'Sat Nam', which means 'my true essence'.

### Kirtan Kriya Singing Exercise Instructions

If you would like to practice the Kirtan Kriya singing exercise, here are the basic steps:

1. Repeat the *Saa Taa Naa Maa* sounds (or mantra) while sitting with your spine straight. If possible, your focus of concentration is the L form (see illustration at right), while your eyes are closed. With each syllable, imagine the sound flowing in through the top of your head and out the middle of your forehead (your third eye point).
2. For two minutes, sing in your normal voice.
3. For the next two minutes, sing in a whisper.
4. For the next four minutes, say the sound silently to yourself.
5. Then reverse the order, whispering for two minutes, and then out loud for two minutes, for a total of twelve minutes.
6. To come out of the exercise, inhale very deeply, stretch your hands above your head, and then bring them down slowly in a sweeping motion as you exhale.



L Form of Concentration

The finger positions, are very important in this kriya (see illustration below).

- On *Saa*, touch the index fingers of each hand to your thumbs.
- On *Taa*, touch your middle fingers to your thumbs.
- On *Naa*, touch your ring fingers to your thumbs.
- On *Maa*, touch your little fingers to your thumbs.

