

Record Your Own Sa Ta Na Ma

This technique combines the rhythmic movement of your breath with rhythmic movements of your jaw and fingers and the rhythmic sounds.

You will be using the sounds:

Sa, Ta Na, Ma

*These sounds represent the circle of life and some alternatively interpret them as “**Truth is my identity**”*

...record the following

Allow your eyes to softly close, or soften your gaze.

Start with connecting with your breath. Long calm inhale, long calm exhale.

As you feel your body relaxing and your breath calming, start to repeat in your mind:

Sa Ta Na Ma.

Each inhale, repeat those sounds in your mind;

Each exhale, repeat those sounds in your mind.

Now take your awareness to your hands. Touch the pad of your index fingers to the pad of your thumbs, at the same time as you mentally say: Sa

Then touch the pad of your middle fingers to the pad of your thumbs, as you mentally say: Ta

Next touch the pad of your ring fingers to the pad of your thumbs, as you mentally say: Na

Then touch the pad of your small fingers to the pad of your thumbs, as you mentally say: Ma

Sa Ta Na Ma

Continue, feeling movement of fingers and listening to the sounds in your mind, Sa Ta Na Ma on each inhale, and each exhale, for nine breaths.

Then nine breaths listening to the sound while only moving your right hand,

Then nine more breaths listening to the sound while only moving your left hand,

Then nine more breaths feeling the movement in both hands, listening to the sound in your mind as you breathe in, and whispering the sounds as you breathe out – just loud enough for you to hear.

When you finish, take three deeper cleansing breaths and open your eyes when you are ready.

Neil Pearson and Pain Care U