**Here’s How to Do Kirtan Kriya Mediation (simple)**

Here's a handy primer to Kirtan Kriya, courtesy of the  [Alzheimer's Research & Prevention Foundation](https://alzheimersprevention.org/research/kirtan-kriya-yoga-exercise/):

Step One: Sit with your spine straight and your eyes closed and repeat the 'Saa Taa Naa Maa' mantra. "Your focus of concentration is the L form [see the link for a visual]," says the site. "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)."

Step Two: "For two minutes, sing in your normal voice."

Step Three: "For the next two minutes, sing in a whisper."

Step Four: "For the next four minutes, say the sound silently to yourself."

Step Five: You'll now reverse the order here, going backwards. Whisper for two minutes, then out loud for two minutes, "for a total of twelve minutes."

Step Six: "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." For more on meditation, don't miss  [The Side Effects of Meditation, According to Health Experts](https://www.eatthis.com/news-alarming-side-effects-of-meditating-according-to-health-experts/?utm_source=msn&utm_medium=feed&utm_campaign=msn-feed).