

Ra Ma da Sa (Total Healing)

Snatam Kaur

Complete Mantra:

Sa Ta Na Ma Ra Ma Da Sa Sa Say So Hum

Language: Sanskrit

Translation:

Sa Ta Na Ma: The five primal sounds representing the complete cycle of life.

Ra: Sun

Ma: Moon

Da: Earth

Sa: Impersonal Infinity

Sa Say: Totality of Infinity

So: personal sense of merger and infinity

Hung: Infinity vibrating and real. (So Hung: I am Thou)

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