

A close-up photograph of a woman with blonde hair tied back, wearing a shimmering, metallic, draped garment. She is in a meditative pose with her hands clasped near her face. She is wearing multiple gold bangles on her wrists and two large, ornate rings on her fingers. The background is a soft, out-of-focus purple and blue.

Let's Meditate —

Practice the power of *meditation and mantra*

Morpho Bleu x Sara Gallagher Bloom | September 2026

In Kundalini Yoga...

meditation is not about emptying the mind – it’s about refining and redirecting it, using breath, mantra, mudra, and focus. We train the mind to serve the soul. Meditation cleanses the subconscious, like taking a daily energetic shower.

A Kundalini perspective on meditation

The mind has one-thousand thoughts every second. Most of these are repetitive and subconscious, sometimes incoherent. Meditation works to filter, organize, and channel them so we can act from our higher self. Through mantra and sound current (*Naad*), we restructure the mind’s neural patterns.

Kundalini meditations include mantra-based (e.g. *Sa Ta Na Ma*, *Wahe Guru*), breath-based (*One-Minute Breath*, *Alternate Nostril*), and movement-based kriyas.

Neuroscience of meditation

Meditation “retrains” our neural pathways, strengthening focus, resilience, and calm. We know that the brain is malleable and able to learn and reprogram itself – this is neuroplasticity. Meditation activates the prefrontal cortex, enhancing decision-making and emotional regulation; and it works to shrink the amygdala, reducing fear and stress responses. We know that stress has negative effects on the body. Research from Harvard and the University of California has shown that stress accelerates “telomere shortening” – stress at a cellular, DNA level. These studies examined how meditation reduces stress hormones and may maintain or even lengthen cellular chromosomes, supporting healthy aging and vitality.

The power of sound and vibration

A Mantra is a sound code that has the power to shift our consciousness. *Naad* is the vibrational essence of all sound. Repeating mantras like “*Sa Ta Na Ma*” stimulates both left and right brain hemispheres and improves mental clarity.

Some facts about meditation

1. Regular meditation can slow cellular aging and improve health at a microscopic level
2. Twenty minutes of meditation daily can reduce stress hormones by up to 25%
3. Tibetan monks can raise their body temperature via meditative breath (studied at Harvard)
4. Meditation improves digestive health by calming inflammation and activating the vagus nerve which can soothe stress.

Meditation isn’t about escaping the mind; it’s about befriending it. Every mantra, every breath, every still moment polishes the mirror of your subtle self.

At-home mini-practice and reflection **5-count breath**

Inhale for 5 counts, hold for 5, exhale for 5. Place your hands in Gyan Mudra. Silently repeat “*Sa Ta Na Ma*” for 2 minutes. Spend some time journaling for a few minutes before and after your meditation and notice how you feel your state shift.

KUNDALINI MANTRAS

Adi Mantra

Ong Namo Guru Dev Namo

Meaning: I bow to the Creative Wisdom, I bow to the Divine Teacher within.

Mangala Charan Mantra

ad Guray Nameh, Jugaad Guray Nameh, Sat Guray Nameh, Siri Guru Devay Nameh

Meaning: I bow to the Primal Wisdom, I bow to the Wisdom through the ages, I bow to the True Wisdom, I bow to the Great Invisible Wisdom.

Sat Nam

Sat Nam

Meaning: one of the most widely used mantras, “Sat” means “truth,” and “Nam” means “identity,” or to call on the truth, expressing the reality of existence. The vibration of *Sat Nam* creates what it names: “truth is my identity.” These sounds have the potential to work on the habit patterns of the subconscious mind.

AUM / OM

Aah – oooh – mmm

Meaning: an ancient sacred sound and one of the foundational mantras of yoga, its three sounds are traditionally associated with different states of consciousness: A with waking, U with dreaming, and M with deep sleep – followed by silence, representing the awareness beyond them. Some studies have also begun to observe and examine the influence of chanting AUM on our attention and emotions.

Kirtan Kriya

This is a powerful Kundalini meditation technique with benefits such as increased energy and stamina, reduced stress, improved sleep, and improved mental health. Clinical researchers have studied and found that practicing Kirtan Kriya for 12 minutes a day can improve cognition and activate parts of the brain that are central to memory, even protecting against Alzheimer’s Disease.

How: Sit in Easy Pose with a straight spine, and a light neck lock. Wrists are on the knees, arms and elbows straight, start with the hands in Gyan Mudra. Eyes are meditative at the brow point. Chant Sa, Ta, Na, Ma. With each sound, alternate through four mudras:

- Saa, touch the first (Jupiter) finger; Gyan Mudra (knowledge)
- Taa, touch the second (Saturn) finger; Shuni Mudra (wisdom, intelligence)
- Naa, touch the third (Sun) finger; Surya Mudra (vitality, energy of life)
- Maa, touch the fourth (Mercury) finger; Buddhi Mudra (communication)

Each repetition of the mantra takes 3 to 4 seconds. In Kirtan Kriya you first chant out loud, then chant with a strong whisper, then mentally vibrate the mantra. To complete Kirtan Kriya you reverse the sequence, continuing silent chanting, then whispering, then chanting out loud. To end: Inhale, exhale. Stretch the spine, with hands up as far as possible; spread the fingers wide, taking several deep breaths. Relax.

Notes —



Your Royal Nature Retreat
with Melanie + Sara
Lac Brome, coming September 2026



The Imprint is meditation, *simplified*.
Find tools to live in flow with cycles and seasons at
saragallagherbloom.com