

Separate yet Together - A Global Community of Yogis Meditating and sending Healing to All

By Hari Charn Kaur

Separate yet together, each morning a global sangat of Kundalini Yogis gather on Zoom to send healing to one another and to the world through the Ra Ma Da Sa meditation. There are students, teachers, trainers, and friends who are sick, all coming to meditate and heal. Some days we have participants lying down to receive the power of the mantra. We share a common prayer to send healing light to all beings on the planet.

This mantra, *the Siri Gaitri Mantra: Ra Ma Da Sa Sa Say So Hung*, connects us to the all of the elements that are both within us and outside of us. *Ra* – the Sun, *Ma* – the moon, *Da* – the earth, and *Sa* – the Heavens; and then *Sa Say So Hung* – I belong to you Divine Being. Chanting as one, we settle into stillness and through our etheric connection magnify the power of our meditation and prayer. I have been deeply impacted by the connection felt through the internet.

Each morning folks join the meditation from Egypt, Mexico, Italy, France, Germany, Russia, Greece, Peru, Colombia, USA, Canada, Estonia, Thailand, Brazil, Israel, Austria, Switzerland, and China. Collectively we create a sacred safe space to chant and send our prayers. Every day a different member of the online sangat leads the meditation, which is sometimes in their native language. We sing “Long Time Sun” in different languages too!

This space is open to anyone who is interested, would you like to join? The meditation will continue until June 14th. You are also invited to lead the meditation. We meet each day at 6:30a MST (GMT-6). Please follow the link here to join Sutra to be able to join the zoom call. Even if you are already participating in the meditation, please come in through sutra to allow us to share more information with you on this meditation.

<https://healing.sutra.co>

More about this mantra and its healing properties: <https://www.ramadasa-remedy.com/>

Also, Dev Suroop Kaur is leading a live webinar “Siri Gayatri Mantra Experience” on May 6th 7PM EST [click here to join Sutra and participate !](#)