RA MA DA SA

The Mantra of Healing

Meaning

Ra Ma Da Sa is often known as the healing mantra in Kundalini Yoga.

The sounds are traditionally associated with different expressions of universal energy:
Ra — Sun; vitality, warmth, life force
Ma — Moon; receptivity, cooling, reflection
Da — Earth; grounding, embodiment
Sa — Infinity; the vastness beyond the individual self
Sa Say — The movement from the Infinite into experience
So Hung — "I am That"; the recognition of our connection to the whole

Together, the mantra moves from the elemental and embodied toward the Infinite and then back into the self. It can be understood as a journey of remembering that healing is not only about fixing what is wrong, but about restoring relationship with the wholeness already present within us.

The Teaching

Healing is often spoken about as though something outside of us must come in and repair us.

Ra Ma Da Sa offers another perspective. The mantra brings our awareness to the many forces that sustain life:

The vitality of the sun.
The receptivity of the moon.
The stability of the earth.
The vastness of consciousness.
And finally, the recognition that we are not separate from any of it.
Healing, in this sense, becomes a movement toward integration.

We begin bringing the parts of ourselves that feel fragmented, exhausted, disconnected, or forgotten back into relationship with the whole.

The mantra does not ask us to deny pain or pretend that everything is well. It asks us to remember that even within challenge, there is still intelligence, rhythm, and life moving through us.

Why We Chant It

Ra Ma Da Sa is traditionally chanted as a meditation for healing—both for ourselves and, in some practices, with another person held in our awareness.

The purpose is not to force a particular outcome. Instead, the mantra creates a space of intention, presence, compassion, and connection. When we chant for ourselves, we can allow the sound to become an invitation for the body and mind to soften out of constant effort and return toward balance. When we chant with another person in mind, the practice can become an offering:
May you be supported.
May you be held in wholeness.
May whatever healing is possible unfold in the way that serves you most deeply.

The emphasis is not on controlling another person's process. It is on holding a field of compassion without attachment to the outcome.

The Sound Current

Ra Ma Da Sa moves through contrasting yet complementary qualities.

Ra carries the brightness and activation of the sun.
Ma brings the receptive and cooling quality of the moon.
Da brings the energy downward into the earth and the body.
Sa opens the awareness outward toward the Infinite.
Then the mantra begins its return:
Sa Say So Hung
From the vastness back into individual consciousness.
From the Infinite back into embodiment.
From **That** into **I am That.**
The sound current itself can be experienced as a movement between expansion and return.
Outward and inward.
Heaven and earth.
Universal and individual.

In this way, the mantra reflects a central principle of healing:
Wholeness comes through relationship, not separation.

How to Practice

Sit comfortably with the spine naturally lifted. Close the eyes and allow the breath to become steady.

Traditionally, Ra Ma Da Sa is practiced with the forearms lifted so the hands are at the shoulders and the palms facing upward with the writs flexed creating a receptive posture.

Begin chanting slowly:
Ra Ma Da Sa
Sa Say So Hung

Allow each sound to be clear and unhurried. Rather than rushing through the mantra, feel the movement of the sound through the body. You may practice with yourself as the focus, or gently hold another person in your awareness.

If practicing for another, avoid trying to decide what their healing should look like. Simply hold them in compassion and allow the mantra to carry the intention. After chanting, sit quietly for several moments. Notice what has shifted in your breath, your body, and your awareness.

Quundalini Mantra Reflection

What if healing is not always about becoming something different? What if sometimes healing is the process of remembering our relationship to what is already whole?

We live inside rhythms larger than ourselves. Light and darkness. Activity and rest. Expansion and contraction. Giving and receiving.

Ra Ma Da Sa reminds us that health and wholeness are not created through one force alone. They emerge through relationship and balance.

Ask yourself:

Where in my life am I trying to force healing rather than create space for it?

What part of me needs warmth and activation?

What part needs softness and receptivity?

Where do I need grounding?

Where do I need to remember that I belong to something larger than the story I am currently living?

And perhaps most importantly:

Can I hold myself in wholeness even while something within me is still healing?

Ra Ma Da Sa reminds us that healing does not always mean returning to who we were. Sometimes healing is the process of coming into a deeper relationship with who we are becoming.