



# Mantra Sādhanā

# 1

WITH EMMA BALNAVES



## *Pranams & Invocation*

### **Gaṇesh**

**om śri gaṇeśāya namaḥ**

I bow to Ganeśa

### **Adināth**

**om ādinātham namāskṛtyam śaktiyuktam jagadguruṃ namaḥ**

Obeisance to adinatha (Siva) united with Sakti the preceptor of the universe

### **Matsyendranāth**

**om śri guru matsyendranāthaya namaḥ**

I bow to guru matsyendra

### **Śiva - Gorakṣa**

**om śiva-gorakṣa**

I bow to lord siva and goraksa, the two as one



## Shaktis

### Seven powers of Saraswati

om aim ḍa śa la ka sa ha ya aīm

Place the Image of Dakini's fierce form as a smokeless flame, she is in the centre of its pure form (flames), sitting holding a waterpot & scissors giver of boon (in the muladhara chakra), chanting her mantra. (she lives through the skin)

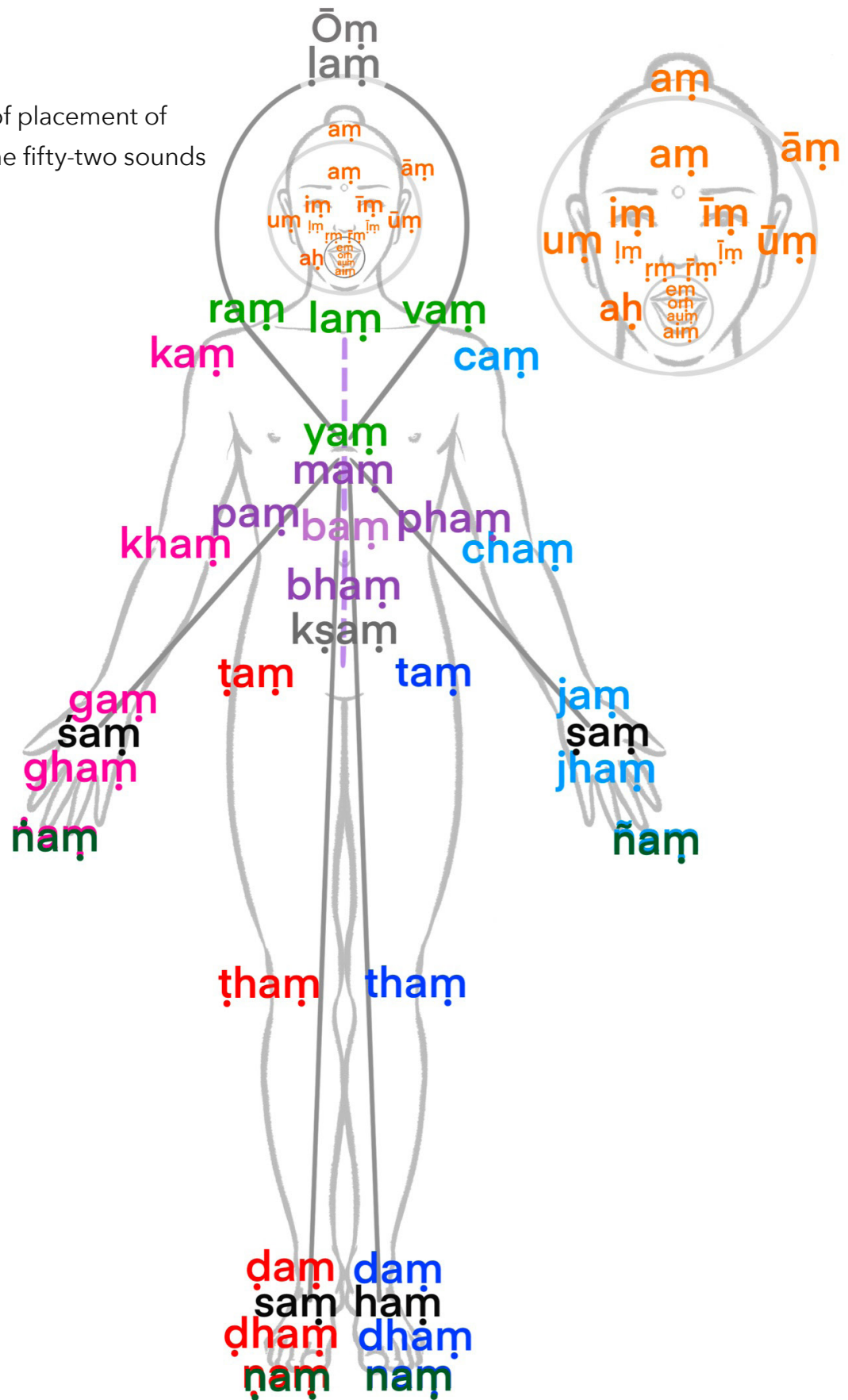
## Essences

Śakti	Čakra	Ādhāras
Yakṣiṇī	Sahasram	mind-body complex
Hākinī	Ājñā (3rd eye)	bone marrow
Sākinī	Viśuddhi (throat)	bone
Kākinī	Anāhata (heart)	fat
Lākinī	Maṇipūra (navel)	flesh
Śākinī	Svādhiṣṭhāna (abdomen)	blood-fluid
Ḍākinī	Mūlādhāra (coccyx)	skin

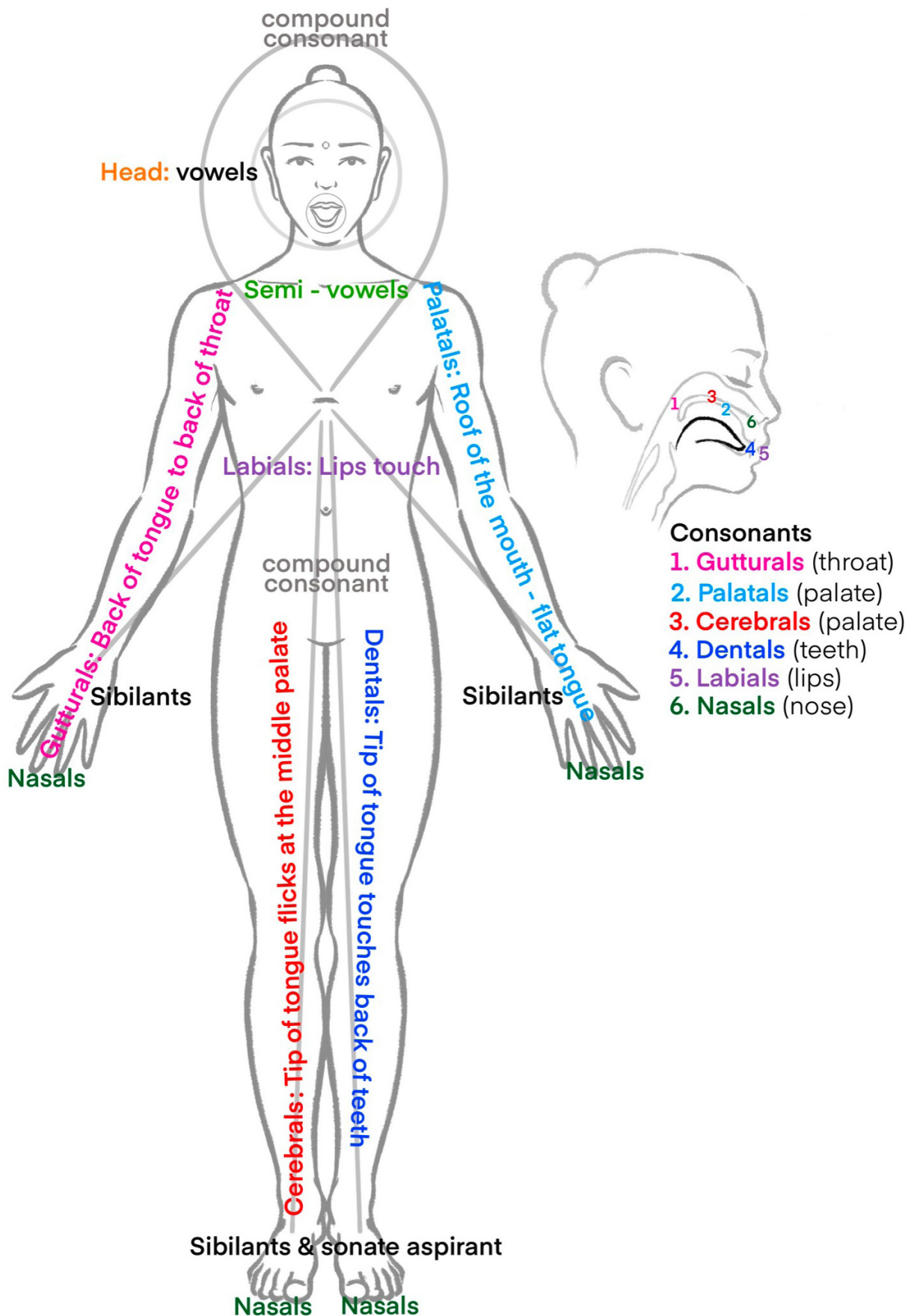


# Yogininyasavidhim

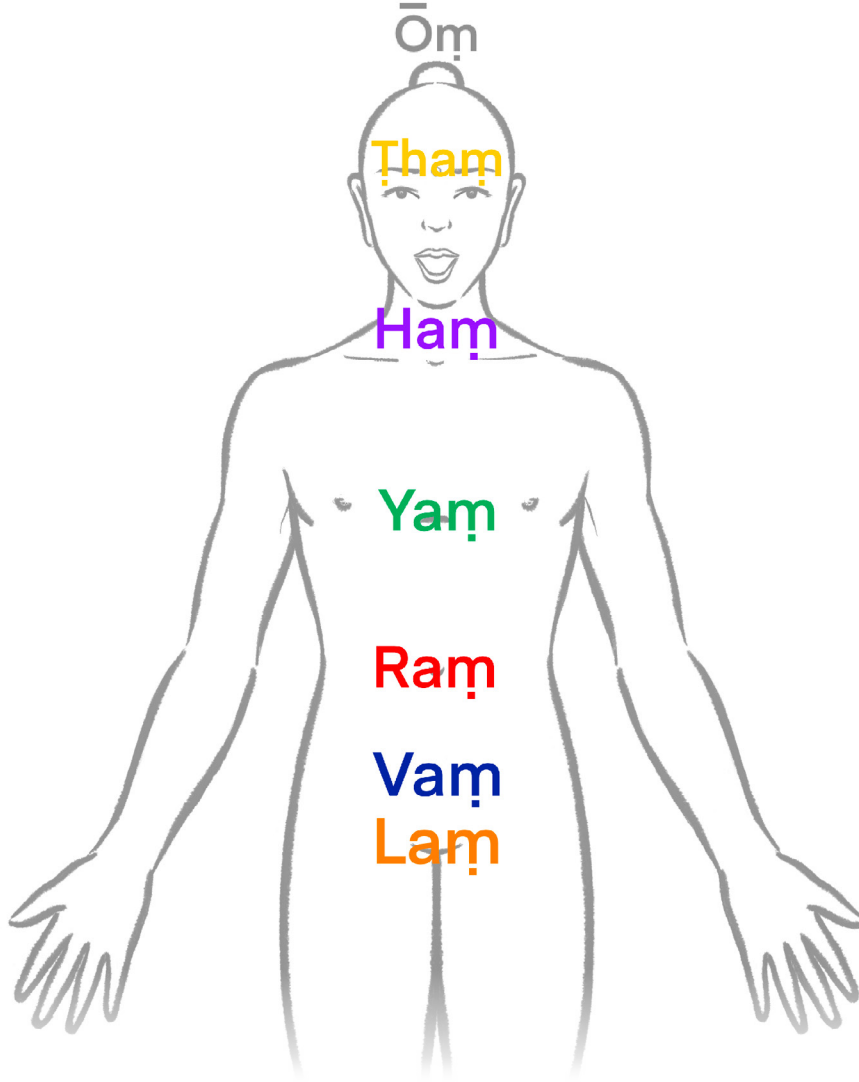
Science of placement of  
varnas, the fifty-two sounds



# Tongue & Varanas (sounds)



## Čakras, Bījas & mudrās



Čakra	Bīja sound	Hand mudrā
Mūlādhāra	Laṃ	yoni mudrā
Svādhiṣṭhāna	Vaṃ	yoni-liṅga mudrā
Maṇipūra	Raṃ	trikuta mudrā
Anāhata	Yaṃ	jwalini mudrā
Viśuddha	Haṃ	dhenu mudrā
Ājñā	Ṭhaṃ	khecharī mudrā
Sahasrāra	Ōṃ	saumya mudrā



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## *Nāḍī prayer*

### **Nāḍīs**

**om namo nadyolalanarasanavadhūṭaya  
madhyadeśetu mahasukhādhara rūpiniya svāhā**

I bow to the solitary restorer who shakes loose the middle path, which leads to the seed vessel. The true state of joyful everlasting being. So be it.



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## *Japa & Conclusion*

### **Hamsa Nyasa**

**hum-hamsa nyasa x 7**

hum-wind-vayu, ham-sun-release, sa-śakti-draw

### **Japa**

**hum-hamsa**

japa with mala

### **Closing pranam**

**viśvarūpam paramāyogin atoham ādeśam kurum**

I bow to the Paramayogi who is the lord of all moving forms Goraksanathji

### **Gaṇesh**

**om śri gaṇeśāya namaḥ**

I bow to Gaṇeśa



## *Sources*

- Matsyendra Samhita translated by Poonthottam Chandramohan
- The Garland of Letters by Sir John Woodroffe (Arthur Avalon)
- The Serpent Power by Arthur Avalon (Sir John Woodroffe)

