

Mantra Sādhanā 1

WITH EMMA BALNAVES

MANTRA SĀDHANĀ 1

Pranams & Invocation

Gaṇesh

om śri gaṇeśāya namaḥ

I bow to Ganeśa

Adināth

om ādināthaṁ 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

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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)

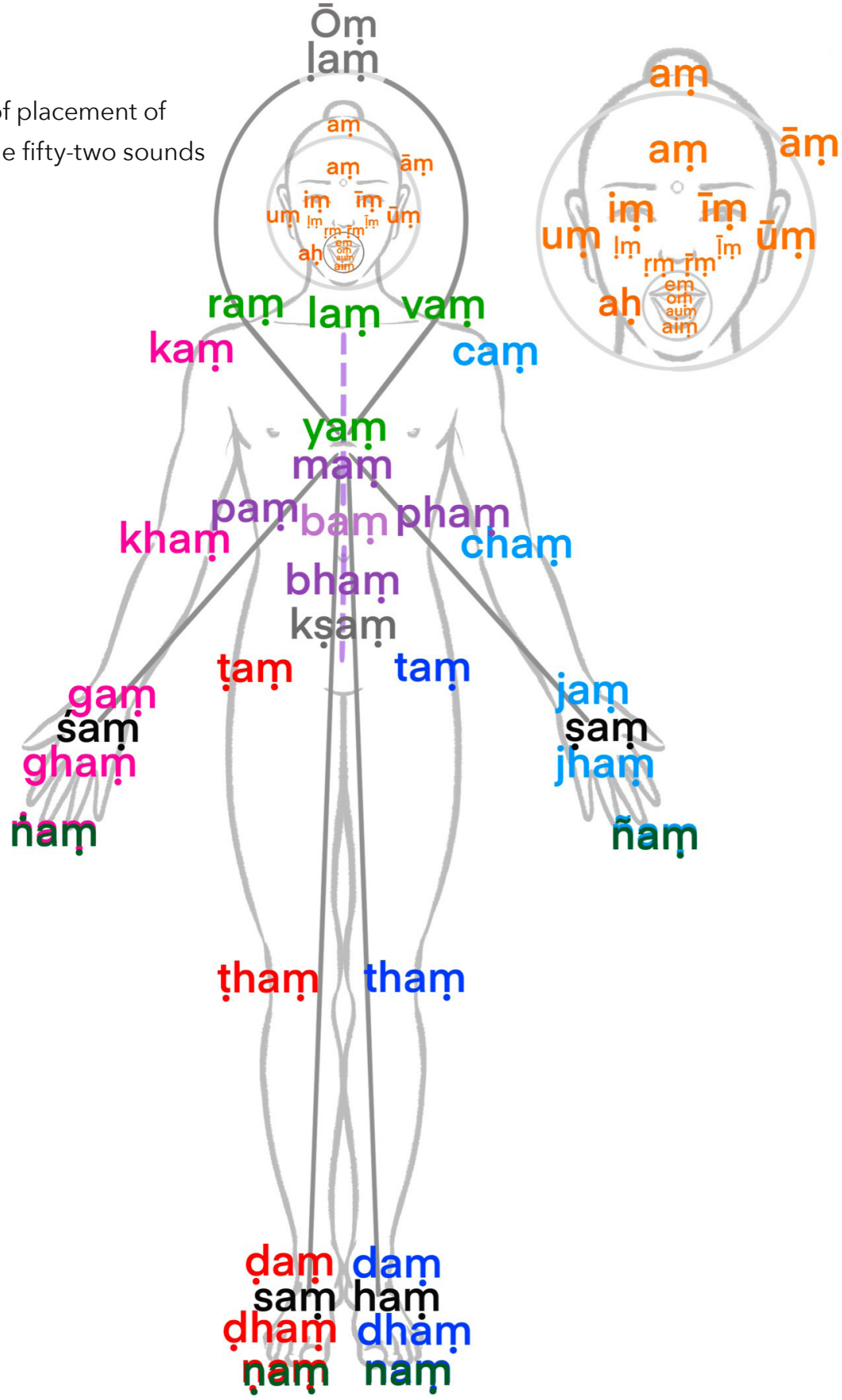
Essences

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

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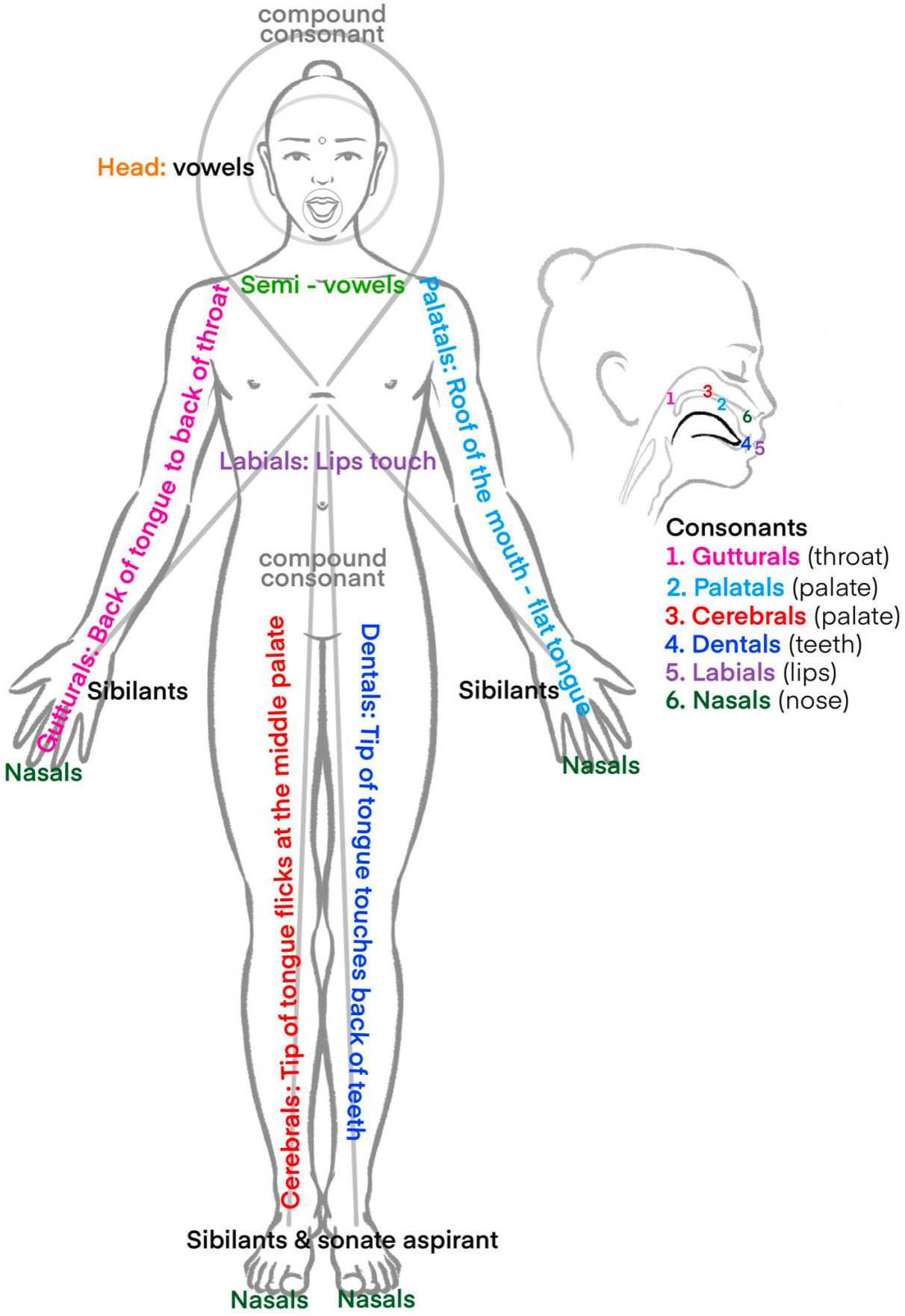
Yogininyasavidhim

Science of placement of varnas, the fifty-two sounds



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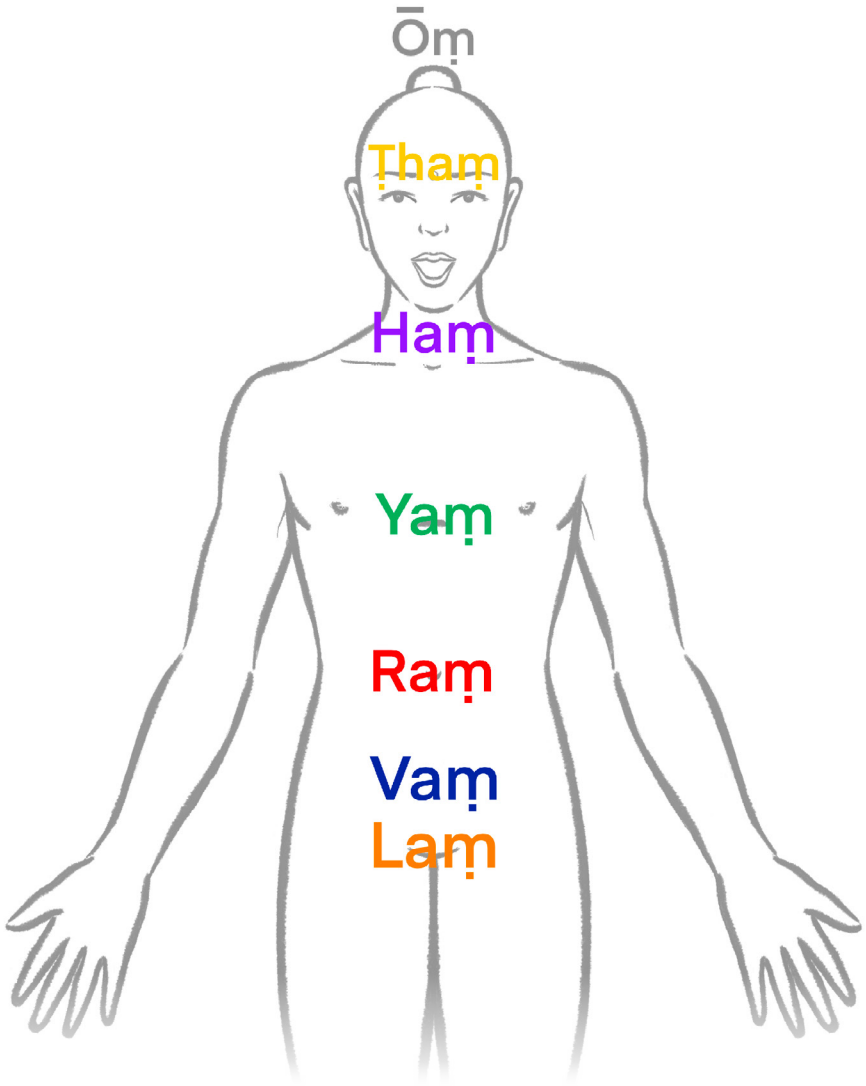
Tongue & Varanas (sounds)



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MANTRA SĀDHANĀ 1

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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MANTRA SĀDHANĀ 1

Nāḍī prayer

Nāḍīs

om namo nadyolalanarasanavadhūtaya
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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MANTRA SĀDHANĀ 1

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

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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)

Illustrations

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