

Meditation Mudras



Vayu	Mantra	Yantra	Bhav	Image
Apana	Om Apanaya Svaha	Dark blue triangle pointing downward, lightning grounded into Earth	Grounded and stable	
Samana	Om Samanaya Svaha	Multi-colored spiral behind navel	Balanced and still	
Prana	Om Pranaya Svaha	Meditate on brain and senses absorbing white light and energy	Replenish and heal	
Udana	Om Udanaya Svaha	Blue lotus in throat; head and spine float upward	Ascending, aspiration; sense head floating	
Vyana	Om Vyanaya Svaha	Wheel spinning, sending rays of orange light outward	Expansive and all-inclusive	

PRANA SHAKTI