



<i>Maha Mrityunjaya Mantra</i>	131
<i>Awakening Rudrani: Prana and Apana</i>	132
<i>Bhuta Shuddhi Kriya</i>	133



TANTRA SHAKTI



*om tryambakam yajāmahe sugandhim puṣṭivardhanam
urvārukamiva bandhanānmṛtyor muksīya maamṛtāt*

Translation: "I meditate on and surrender myself to the Divine Being who embodies the power of will, knowledge and action. I pray to the Divine Being, who manifests in the form of fragrance in the flower of life and is the eternal nourisher of the plant of life. Like a skillful gardener, may the Lord of Life disentangle me from the binding forces of my physical, psychological and spiritual foes. May the Lord of immortality residing within free me from death, decay and sickness and unite me with Immortality."

The *mantra* gives victory over death, suffering and disease, removing obstacles and creating an environment that brings happiness and success. When courage or determination are blocked, the power of this *mantra* awakens the power to overcome obstacles, sickness and disease. Just as a plant patiently gathers nutrients from the soil, so healing and nourishing forces enter the human body through foods, medicines, supportive emotions and encouraging thoughts. The *maha mrityunjaya mantra* attracts these forces and creates an inner environment to enhance their effectiveness. Thus, the *mantra* can be used whenever any restorative process is undertaken.

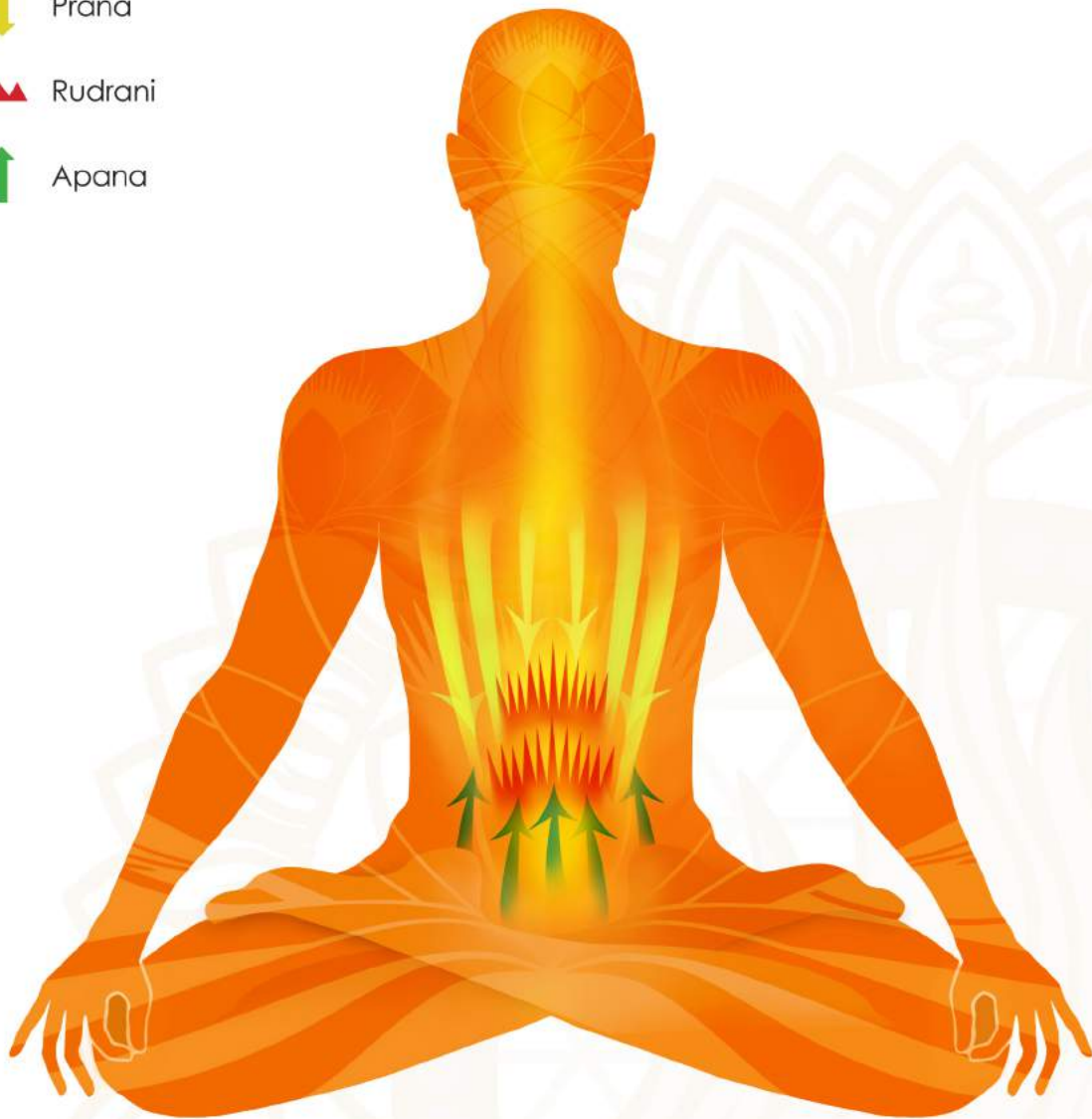
The *mantra* is the sound body of Rudra—the power of light and fire and healing—the most compassionate form of Shiva. Sending forth its ripples of healing and nourishment from the body to the mind to the soul, it strengthens the power of will, knowledge and action. The *mantra* unblocks the flow of enthusiasm, courage and determination.

"With this *mantra* one is able to conquer all one's enemies (anger, hatred, jealousy, and greed). Assuming different forms and shapes, the power of this light, the *mrityunjaya mantra* pervades the whole universe. It is the source of all protection, physical, mental, and spiritual. There is no mystery higher than this, the mystery [of the eyes of the] Lord of life, the fire residing in them, and how that fire manifests in the form of *mrityunjaya mantra*."

—Excerpted and adapted from *Netra Tantra*,
translated by Pandit Rajmani Tigunait, PhD.



- ↓ Prana
- ▲ Rudrani
- ↑ Apana



TANTRA SHAKTI



Six Stages of Practice:

Invocation

After establishing *prana dharana*, settle into your heart center and invoke the power of the chakras by offering devotion and respect to the feminine force of light and life (*Sarasvati*) who dwells in all the chakras.

Awakening

Go to the *muladhara chakra*. See, feel, or experience a yellow square, surrounded by four petals, an oval-shaped *lingam*, with a coil of brilliant, lightening-like energy wrapped three and a half times around the *lingam*. Establish a root lock. At the central point of the root lock, awaken the energy there, the dormant *kundalini*, with the sound *Hum* (16x).

Ascending through the Chakras

As the energy awakens, She immediately ascends, first piercing the *muladhara chakra* and then each *chakra* with the appropriate mantras (repeated 16x each). As you move upward, dissolve the lower *chakra(s)* into the higher, finally merging all the lower centers into the crown.



Chakra	Name	Description	Sound	Element
	Muladhara	Just above the <i>lingam</i> is the letter <i>lam</i> .	<i>Lam</i>	center of the earth element
	Svadhishthana	An ocean-blue circle surrounded by six lotus petals/ containing a yellow crescent moon	<i>Vam</i>	center of the water element
	Manipura	An upward pointing triangle filled with red flames, surrounded by a lotus of ten petals	<i>Ram</i>	center of the fire element
	Anahata	Interlocked smoky-grey triangles surrounded by a lotus of twelve petals, at the center is the individual soul in the form of a brilliant flame	<i>Yam</i>	center of the air element
	Vishuddhi	A sky-blue circle surrounded by a lotus of sixteen petals and containing the full moon	<i>Ham</i>	center of the space element
	Ajna	Upward pointing yellow triangle surrounded by a circle, a bright, white flame in the triangle (<i>mantra</i> not coordinated with the breath)	<i>Soham</i>	center of the mind
	Sahasrara	The center of consciousness/1000-petaled lotus/pinkish aura	<i>Om</i>	beyond mind and imagination



Pranayama

There are three rounds of pranayama, each with unique visualizations and its corresponding *mantra*.

Stage One: Exhale through both nostrils. Inhale through the left nostril: see, feel, or experience a smoky grey stream of light flowing down to the region of the heart, repeating the *mantra* "yam" (16 x). Block both nostrils and retain the breath. While retaining, experience and see all the impurities of mind and body gathered and dried at the heart center by the air element, repeating the *mantra* "yam" 16 more times. Exhale through the right nostril, repeating "yam" (16x). Repeat 2 more times. Breathe out and in through both nostrils for a few breaths to relax the breath.

Stage Two: Exhale through both nostrils. Inhale through the right nostril: see, feel, or experience a brilliant, lightening-like stream of white light flowing down to the region of the heart, repeating the *mantra* "ram" (16x). Block both nostrils, retain the breath and feel all impurities being burned as you repeat the *mantra* (16x). On exhale, see the ash and smoke of the fire leaving the body while mentally repeating the *mantra*. Repeat 2 more times.

Stage Three: Exhale through both nostrils. Inhale through the left nostril: see, feel, or experience a flowing upward to the *ajna chakra* (or just a little above it – the *guru chakra*). Repeat the *mantra* "vam" (16x); retain the breath. At the *ajna (guru) chakra*, during retention, experience a flow of ambrosial nectar showering down through the entire body and mind, removing sickness, fear, anxiety and worry. Continue repeating the *mantra* "vam" (16x) or as long as comfortable). Exhale through the right nostril, while repeating the *mantra*. Repeat 2 more times. At the end of the cycle, breathe a few times through both nostrils to relax and stabilize the breath.



Decending Through the Chakras

Having awakened, energized and purified all the energies associated with each of the chakras, now descend. Place the energy and element of each *chakra* back into its respective seat: the essence of mind at the *ajna chakra*, the essence of space at the throat, the essence of air at the heart, the essence of fire at the navel, the essence of water at the pelvic center and the essence of earth at the root center. Finally, the calm and tranquil *kundalini shakti* returns to rest as a coiled energy at the base of the spine. Now the body, mind and pranic forces are prepared for a deep and still meditation.

Meditation

Bring awareness to whatever *chakra* you use for meditation and let your personal *mantra* emerge so that you can rest in it as formless love, light and peace.