

**CORE MANTRAS IN SAHAJA YOGA**

*Formula (unless specifics are given):*

**Om twameva sakshat, Shri..... Namoh Namah**

*Om, Thou art verily that, I bow unto you Shri..... (to the deity/Universal Archetype or quality, and to the spark of divinity we have inside)*

<b>IDA NADI (left channel)</b>	<b>SUSHUMNA NADI (centre)</b>	<b>PINGALA NADI (right channel)</b>
Shri Mahakali	Shri Mahalakshmi	Shri Mahasaraswati
Shri Bhairava	Shri Mahavishnu	Shri Hanumana

<b>Left Mooladhara</b>	<b>Centre Mooladhara</b>	<b>Right Moolhadara</b>
Shri Nirmala Ganesha	Shri Ganesha	Shri Kartikeya
Shri Gauri Mata	Shri Gauri Kundalini	Shri Raksakari

<b>Left Swadistan</b>	<b>Centre Swadistan</b>	<b>Right swadistan</b>
Shri Nirmala Vidya ( <i>pure knowledge</i> )	Shri Brahmadeva-Saraswati	Shri Hazrat Ali
Shri Suddha Iccha ( <i>Pure desire</i> )		Shri Brahmadeva-Saraswati
		All mantras for cooling & attention <b>(see liver)</b>

<b>Left Nabhi</b>	<b>Centre Nabhi</b>	<b>Right Nabhi</b>
Shri Gruhalakshmi	Shri Lakshmi Vishnu	Shri Rajalakshmi
Shri Param Shanti	Shri Lakshmi Narayan	Shri Shesha Lakshmana
		<b>Liver</b>
		Attention: Shri Nirmala Chitta ( <i>pure attention</i> ), Shri Chitta Shakti ( <i>power of attention</i> ), Shri Chitta Nirodha ( <i>preserver of attention</i> )
		Cooling: Shri Himalaya, Kailasha, Chandrama

<b>Left void</b>	<b>Whole Void</b>	<b>Right void</b>
Shri Raja Janaka Shri Abraham Shri Lao-Tze Shri Zarathustra Shri Sirdi Sai-Nath	Shri Adi Guru Dattatreya	Shri Mozes Shri Nanaka Shri Socrates Shri Confucious Shri Mohammed

<b>Left heart</b>	<b>Centre Heart</b>	<b>Right heart</b>
Shri Shiva Parvati  Shri Atma Paramatma ( <i>the individual Spirit within the universal Spirit</i> )	Shri Durga Mata  Shri Jagadamba	Shri Sita-Rama  Shri Puranam Purushottam ( <i>the ancient ideal human being</i> )

<b>Left Vishuddi</b>	<b>Centre Vishuddi</b>	<b>Right Visuddhi</b>
Shri Vishnumaya.	Shri Radha Krishna  Shri Mahavirata ( <i>union with the universal consciousness</i> )	Shri Vithala Rukhmini  Shri Yashoda

<b>Left agnya (right temple)</b>	<b>Front Agnya (centre)</b>	<b>Right agnya (left temple)</b>
Shri Mahavira  Shri Manasa Ahamkara ( <i>Ego of the emotions</i> )	Shri Jesus Mary Mata  Shri Mahavishnu Lord's Prayer	Shri Gautam Buddha  Shri Mahat Ahamkara ( <i>Great ego</i> ).
	<b>Back Agnya (back of the head)</b>	
	Shri Mahaganesha  Shri Mahabhairava	

<b>Sahasrara chakra</b>	
Shri Sahasrara Swamini  Shri Nirananda ( <i>pure bliss</i> )  Shri Nirvichara Samadhi ( <i>state of thoughtless awareness</i> )	.