

CLEANSING CHANNELS WITH AUM (OM)

Left ch.: AUMx 7

Right ch.: AUMx 7

Center ch.: AUMx 7

Take a deep breath, breathing out a

long A for left channel

(mouth slightly open)

long U for right channel

(round 'opera'-mouth)

long M for center channel

(mouth open just so much that you get
a tickling feeling in your lips)

BEEJA MANTRAS FOR EVERY CHAKRA

Each chakra has a certain sound. Here AUM is pronounced OM

MOOLADHARA (OM 4 x LAM OM) x 3

SWADISTHANA (OM 6 x WAM (2X3, breath in between) OM) x 3
OM 4 x LAM OM

NABHI (OM 10 x RAM (2x5, breath in between) OM) x 3
OM 4 x LAM OM

ANAHAT (OM 12 x YAM (3x4, breath in between) OM) x 3
OM 4 x LAM OM

VISHUDDHI OM 16 x HAM (4x4, breath in between) OM) x 3
OM 4 x LAM OM

SUPEREGO/EGO (OM HAM x 3 (separate the breaths) OM)
(OM KSHAM x 3 (separate the breaths) OM) x 3
OM 4 x LAM OM

SAHASRARA 7 long OM

(breathing in deeply, filling up the lungs, and keep breathing in with the support of diaphragm and stomach muscle until the air reaches mooladhara. Then start breathing out with OM, following the air out until we reach sahasrara with our attention)

General advice: Do everything slowly, take time between chakras and NEVER do it mechanically.