

**MAHA SIVAYOGA MEDITATION
(LEVEL 1)**

DEEKSHA

SIT ON A WOOLEN MAT IN A QUIET PLACE IN A COMFORTABLE POSITION WITH SPINE KEPT STRAIGHT, PLACE BOTH YOUR PALMS IN RECEIVING (UPWARDS) POSITION ON YOUR LAP AND FACING EAST OR NORTH FOR THE MEDITATION AND CREATE KAVACH USING MANTRA. DO DEEP BREATHING FOR 3-5 MINUTES AND START CHANTING “**OM HREEM OM**”. (YOU CAN ALSO USE CHAIR AND KEEP WOOLEN MAT BELOW YOUR FEET)

CHAKRA BALANCE MANTRA

“**AUM**” (11 TIMES)

SALUTATION TO MOTHER EARTH

“**OM BOOMITAYE NAMAH**” (11 TIMES)

KULA DEIVA MANTRA

“**OM KULA DEVIYE NAMAH**” (11 TIMES)

“**OM KULA DEVAYE NAMAH**” (11 TIMES)

**YOU CAN SUBSTITUTE THE ABOVE MANTRA WITH YOUR OWN
KULA DEIVA MANTRA**

GANAPATHI SALUTATION

“**VAKRA TUNDAA MAHA KAYA SURYA KODI SAMA PRABHA
NIR VIGHNAM KURU ME DEVA SARVA KAARYESU SARVADAA**”
(1 TIME)

GANAPATHI MANTRA

“**OM GAM GANAPATHIYE NAMAH**” (11 TIMES)

MAHAPADUKAM GURU MANTRA

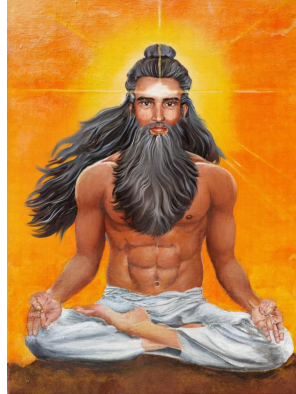
“**OM AIM HREEM SHREEM AIM KLEEM SAUH AIM GLAUM HSEKPREM**
(sikhprem) **HSEKSA** (sikhsa) **MALAVARAYUM SAUH** (saho), **SAHAKSA**
MALAVARAYIM SAUH (saho), **SRIVIDYA NANTHA MARKA CHARYA**
NANTHANATHA SRI MAHAPADUKAM PUJAYAMI NAMAH” (1 TIME)

THIRUMOOLAR MANTRA

“**OM MOOLAYA NAMAH**”

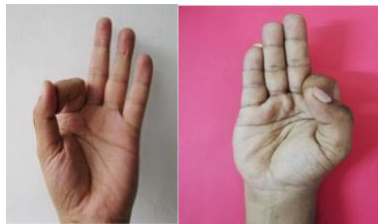
(11 TIMES)

DEEKSHA



THIRUMOOLAR PRANAYAMA

MUDRA CHIN MUDRA



PLACE BOTH YOUR HANDS IN THIS POSITION ON YOUR LAP THROUGHOUT THIS PROCESS

EARTH

“SINGLE DEEP BREATH FROM NOSTRIL AND EXHALE FROM MOUTH AS LONG AS POSSIBLE, THE EXHALATION MUST BE LONGER THAN THE INHALATION” REPEAT 3 TIMES.

WATER

- (A) ***“REPETITIVELY CONTRACT AND RELAX THE ANUS MUSCLE (SPHINCTER MUSCLES)/ELIMINATION POINT)”***
(REPEAT 11 TIMES)

****LIKE KEGEL EXERCISE. THE ABOVE STEP IS AN EXERCISE TO ENHANCE (B). AFTER SEVERAL DAYS OF PRACTICE, (A) CAN BE IGNORED.**

**(B) “AS YOU INHALE THROUGH NOSTRILS,
CONTRACT/SQUEEZE THE ANUS AND AS YOU EXHALE FROM
MOUTH RELAX THE ANUS” REPEAT 3 TIMES.**

FIRE

**“SUCK AIR THROUGH MOUTH (FROM UPWARD AND SHOULD FEEL
THE AIR THROUGH TONGUE) AT MAXIMUM CAPACITY AND EXHALE
THROUGH NOSTRIL” REPEAT 3 TIMES.**

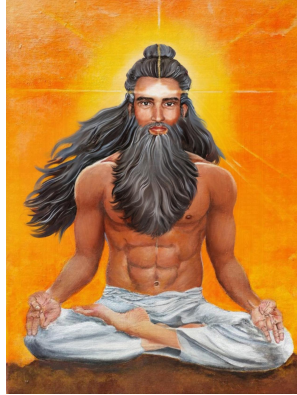
AIR

**“SUCK AIR THROUGH MOUTH (FROM UPWARD AND SHOULD
FEEL THE AIR THROUGH TONGUE) AT MAXIMUM CAPACITY AND
HOLD THE BREATH WITHIN THE STOMACH (YOU WILL FEEL THE
AIR MOVING INSIDE THE ABDOMEN ESPECIALLY AT SOLAR PLEXUS)
THAN EXHALE FORCEFULLY FROM NOSTRIL” REPEAT 3 TIMES.**

SPACE

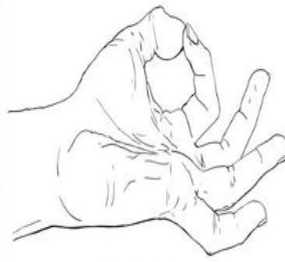
**“INHALE AND EXHALE RAPIDLY AND REPETITIVELY FEW TIMES
(LIKE PANTING BUT THROUGH BOTH NOSTRILS AND MOUTH), THEN
COMPLETELY REMOVE ALL THE AIR FROM THE LUNGS BY
MAKING A HISSING SOUND. AFTER THE FINAL EXHALATION,
HOLD YOUR BREATH WITH ABSOLUTELY NO AIR IN THE LUNGS
AS LONG AS YOU CAN,” REPEAT 3 TIME**

THIRUMOOLAR MEDITATION

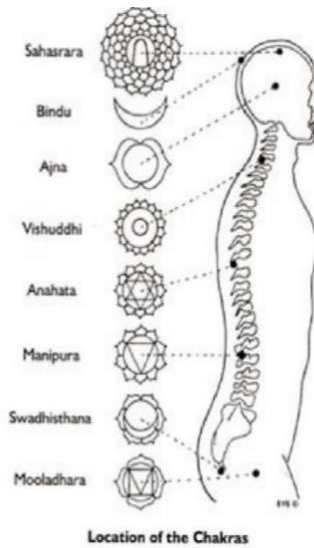


THIRUMOOLAR NAVAKKARI

MUDRA
CHIN MUDRA



Chin Mudra



PLACE BOTH YOUR HANDS AS THE MUDRA SHOWN ABOVE ON YOUR LAP.

FOCUS ON **MULADHARA** CHAKRA AND CHANT:

**“SHREEM HREEM AIM GAUM KREEM HAUM AUM SAUM KLEEM OM HREEM NA MA
SI VA YA”**

(1 Time)

FOCUS ON SWATHISTHANA CHAKRA AND CHANT:

***“HREEM AIM GAUM KREEM HAUM AUM SAUM KLEEM SHREEM OM HREEM NA MA
SI VA YA”***

(1 Time)

FOCUS ON MANIPURA CHAKRA AND CHANT:

***“AIM GAUM KREEM HAUM AUM SAUM KLEEM SHREEM HREEM OM HREEM NA MA
SI VA YA”***

(1 Time)

FOCUS ON ANAHATHA CHAKRA AND CHANT:

***“GAUM KREEM HAUM AUM SAUM KLEEM SHREEM HREEM AIM OM HREEM NA MA
SI VA YA”***

(1 Time)

FOCUS ON VISHUDDHA CHAKRA AND CHANT:

***“KREEM HAUM AUM SAUM KLEEM SHREEM HREEM AIM GAUM OM HREEM NA MA
SI VA YA”***

(1 Time)

FOCUS ON AJNA CHAKRA AND CHANT:

***“HAUM AUM SAUM KLEEM SHREEM HREEM AIM GAUM KREEM OM HREEM NA MA
SI VA YA”***

(1 Time)

FOCUS ON IDA & PINGALA AND CHANT:

***“AUM SAUM KLEEM SHREEM HREEM AIM GAUM KREEM HAUM OM HREEM NA MA
SI VA YA”***

(1 Time)

FOCUS ON SAHASRARA CHAKRA AND CHANT:

***“SAUM KLEEM SHREEM HREEM AIM GAUM KREEM HAUM AUM OM HREEM NA MA
SI VA YA”***

(1 Time)

FOCUS ON SOUL STAR AND CHANT:

***“KLEEM SHREEM HREEM AIM GAUM KREEM HAUM AUM SAUM OM HREEM NA MA
SI VA YA”***

(1 Time)

SELF REALIZATION



SO HAM (I AM THAT I AM)

MUDRA SURYA MUDRA



PLACE BOTH YOUR HANDS AS THE MUDRA SHOWN ABOVE ON YOUR LAP.

BREATH NORMALLY AND CONCENTRATE ON THE FLOW OF AIR
AS YOU INHALE (chant “**SO**”) AND EXHALE (chant “**HAM**”):

“**SO**”
AS YOU INHALE

“**HAM**”
AS YOU EXHALE

} 11 TIMES



THE END