

**MAHA SIVAYOGA MEDITATION
(LEVEL 1)**

DEEKSHA

SIT on a woollen mat in a Quiet Place in a Comfortable Position. Preferably facing EAST or NORTH.

(Option to Sit on a Chair and Place Both Feet on a woollen mat)

Keep the Spine Straight with both Palms facing UPWARDS.

Do Deep Breathing for 3 – 5 MINUTES.

Start Chanting “**OM HREEM OM**”. While chanting, Create a KAVACHAM (PROTECTION ARMOUR) by Visualizing a Light Surrounding Your Body.



CHAKRA BALANCING MANTRA

“**AUM**” (11 TIMES)

SALUTATION TO MOTHER EARTH

“**OM BOOMITAYE NAMAH**” (11 TIMES)

Worship of mother earth who has nourished our souls with her energy and blessings since our first footsteps on earth. She witnesses our daily routines and gives her undue blessings for those who pay her gratitude.

KULA DEIVA MANTRA

“**OM KULA DEVIYE NAMAH**” (11 TIMES)

Salutation to our female ancestors or feminine energy giving us protection

“**OM KULA DEVAYE NAMAH**” (11 TIMES)

Salutation to our male ancestors or masculine energy giving us protection

(Note: You Can Substitute The Above Mantra With Your Own Ancestors Mantra)

GANAPATHI SALUTATION

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

Salutations to Ganesha, May He BREAK ALL BARRIERS AND REMOVE ALL OBSTACLES in this Meditation

GANAPATHI MANTRA

“OM GAM GANAPATHIYE NAMAH” (11 TIMES)

Ganapathi Mantra: May He BLESS this Meditation Practise to go on Smoothly

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)**

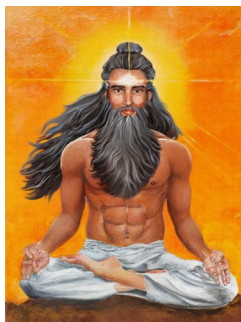
*Salutations to our divine mother(shakti) and father(shiva). Their blessings guide us towards our divine teacher, who
will guide us closer towards Them.*

THIRUMOOLAR MANTRA

**“OM MOOLAYA NAMAH OR OM MOOLANJI NAMAH”
(11 TIMES)**

Salutations to our Guru, Thirumoolar, guiding us in this meditation

DEEKSHA



THIRUMOOLAR PRANAYAMA

MUDRA

SURYA MUDRA



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

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.

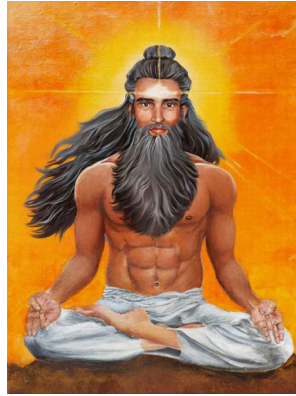
AIR

“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 TIMES.

THIRUMOOLAR MEDITATION



THIRUMOOLAR NAVAKKARI

MUDRA
SURYA 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