



Mantra

Mantras are words or sounds chanted for effect. In Bhakti Yoga (worship), mantras are used to chant divine names with the intent of putting the devotee into a spiritual state and connecting them with the divine. In the Kriya Jyoti tradition, mantra is used to vibrate specific areas of the body and specific energy centers (chakras) with the intent of relaxing and opening the area, activating stagnant energy, generating more energy, stimulating endocrine glands and increasing hormone production.

When practicing a mantra, focus your attention on the area targeted and adjust your tone to maximize the vibration in that area. Mantra can also be done internally by focusing your intent on the target area and creating internal vibration with your mind and will.

Practicing mantra is a powerful preliminary to meditation. Mantra will help activate and charge your energy system, clear and focus your mind, and relax your being.

OM- The 'O' sound vibrates in the navel. The 'MMM' sound vibrates at the third eye between the eyebrows. If you want to focus on generating power, the emphasis is on the 'O'. If you want to activate the brain centers, the emphasis is on the 'M'.

AH- The AH mantra vibrates the heart.

EE- The EE mantra vibrates the medulla oblongata at the base of the skull. It is toned with a wide smile to move the cranial plates. The EE is sounded with a high pitched tone to maximize the vibration of the medulla.

SUM- SUM is a Tibetan mantra that I often incorporate into this work. The focus is on the 'M' sound between the eyebrows to activate and energize the third eye.

SUN- SUN is another Tibetan mantra. The focus is on the 'N' sound one inch above the third eye on the forehead. This activates higher brain centers.

AUM- AUM is pronounced in three syllables, AH-OH-MM. The AH is focused on the heart, the OH is focused on the navel and the MM is focused on the third eye. The mantra is generally divided in thirds to distribute energy through your system, but any particular syllable can be emphasized to charge the corresponding area.

-Hari Om Tat Sat