

Gayatri Beejakshara Meditation with Chakra activation

Om Tatsa Vitur Varenyam, Bhargo Devasya Dhi Mahi,

Dhi Yoyo Naha Pracho Dayaat

Aapo Jyoti Raso Amrutam Brahma Bhu Bhavah Svarom

[Concentrate 1inch above the crown charka and say this mantra in your mind]

Om Satyam - **Crown Chakra** (Sahasrara) - pineal gland - illumination - White Light

Om Tapaha - **Brow Chakra** (Ajna) - pituitary gland - Third Eye - violet

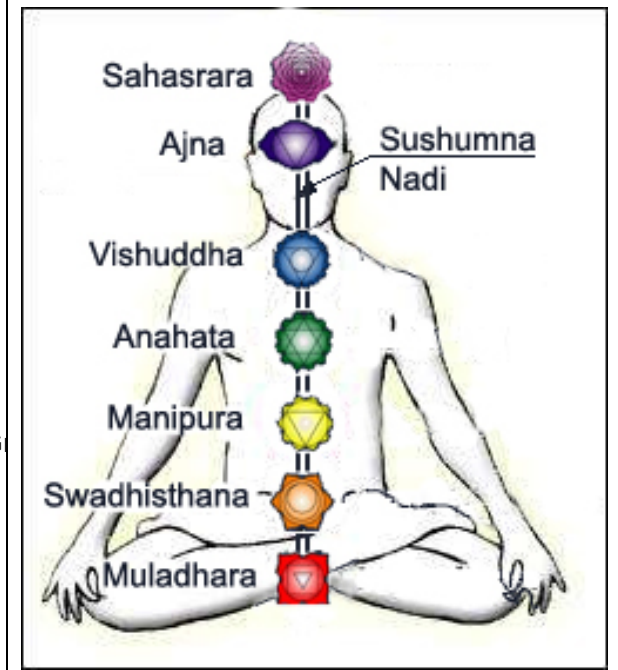
Om Janaha - **Throat Chakra** (Vishuddha) - thyroid gland - creativity - Blue

Om Mahaha - **Heart Chakra** (Anahata) - heart and thymus gland - compassion - center point – Bluish G

Om Suwaha - **Solar plexus Chakra** (Manipura) - liver - feelings, emotions - yellow

Om Bhuvaha - **Navel Chakra** (Swadhisthana) - spleen - fear – orange

Om Bhuhuu - **Root Chakra** (Muladhara) - prostate/uterus - sex, aggression, animal instinct - red



Procedure 1 : Take 7 deep belly breaths (breathing into the belly through the mouth, inhale 6 seconds hold 3 seconds, exhaling for 6 seconds, hold for 3 seconds...inhale again 7x - At time of inhale say Aaaaaa...At time of exhale say Oooooooooooooomm)

Gayatri Meditation

Procedure 2 : Concentrate on the Heart Chakra – inhale through the crown chakra breathing into the Heart Chakra, (hold breath for 3 seconds) exhale to the root charka and say – **OM BHUHUU** – hold for 3 seconds. Inhale into the Heart Chakra, hold (3 sec) exhale to the Naval charka and say - **OM BHUVAHA** – hold for 3 sec. Inhale into the Heart Chakra, hold (3 sec) exhale to the o the Solar Plexas and say - **OM SUWAHA** – hold for 3 sec. Inhale into the Heart Chakra, hold (3 sec) exhale to the Heart Chakra and say - **OM MAHAHA** – hold for 3 sec. Inhale into the Heart Chakra, hold (3 sec) exhale to the Throat Chakra and say - **OM JANAHA** – hold for 3 sec. Inhale into the Heart Chakra, hold (3 sec) exhale to the Brow Chakra and say - **OM TAPAHA** – hold for 3 sec. Inhale into the Heart Chakra, hold (3 sec) exhale to the Crown Chakra and say - **OM SATYAM** – hold for 3 sec. Concentrate one inch inches above the crown and say the full Mantra:

Om Tatsa Vitur Varenyam, Bhargo Devasya Dhi Mahi, Dhi Yoyo Naha Pracho Dayaat
OM Aapo Jyoti Raso Amrutam Brahma Bhu Bhavah Swah Om

After this sit quietly, try and be thought less for about a minute ...then start the again (once thoughts start coming in)

This is one cycle of Gayatri meditation. It is best to do at least 16 cycles (or more) of this meditation everyday.