

Loka Bija Mantras

All that exists in the three worlds rests in the control of prana. As a mother protects her children, O prana, protect us and give us splendour and wisdom. ~ Prashna Upanishad 2.13

These mantras actually come from the longer, full, version of Gayatri Mantra...which is said to be the best of all mantras. The Loka seed mantras, along with OM, help to create vibrations that can help direct positive energy into the subconscious. If we practice as if it is a meditation, creating space in the mind, it helps to create more prana (life force energy), and when the mind is brought into a silent and receptive place; a new energy comes into being which can bring about great transformation.

These short mantras work all the layers of our being...the koshas. As you practice, feel the effects. Take time at the end to just be with the sensations and energy in and around you.

To start your practice spend ten minutes practicing Nadi Shodana (alternate nostril breathing).

As you repeat the mantras, let the awareness move through each chakra. Do the whole set, rather than just repeating one mantra...we want balance. Do up to 7 rounds.

Om Bhur	Mooladhara	salutations to Earth
Om Bhuvah	Swadhisthana	salutations to Water element
Om Swaha	Manipura	salutations to Fire element
Om Mahaha	Anahata	salutations to Air element
Om Janaha	Vishuddhi	salutations to Ether element
Om Tapaha	Ajna	salutations to higher intelligence
Om Satyam	Sahasrara	salutations to Supreme Truth, consciousness