

# Isht Sodhana Mantra

This chant is perfect for the Earth's energy and helps bring in the new season. It can be used at anytime but I started using as we crossed from one season to the next, specifically autumn to winter. This mantra connects the Earth to the vastness around it. You may find that you project positive energy out into the universe when you really engage with this sacred chant.

**Dharti Hai Akaash Hai Guru Ram Das Hai  
Prithvi Hai Akaash Hai Guru Ram Das Hai  
Wahe Guru Wahe Guru Wahe Guru Wahe**

Dharti is earth/ground.

Akaash is Sky.

Guru Ram Das is one of Sikh faith's ten gurus.

Prithvi is another name for earth/ground.

Waheguru is the invocation mantra to the Guru within/without/ever present.

A simple translation is: In remembering the ground that is below our feet, and the sky that is above our heads.... We ground and soar within the 'present moment'.

## Visualisation:

There is a visualisation that goes alongside the mantra if you wish to use it

When you are chanting '**Dhartee Hai**' you should **visualise a grey earthy tone coming from your navel and expanding on both sides**. This tone will reach down from you to touch the Earth.

When you next chant '**Akasha Hai**', you should put **your focus on your eyebrows and brow**. Believe that these point up toward an expansive blue sky. They reach out into the ether and continue out into the universe.

Finally, when you chant '**Guru Ram Das Hai**', you should **visualise a huge bright circular light expanding from the Heart Center**. The light should move out in all directions around you to encompass everything that you can see. Feel or imagine it's beauty.

## Timing:

if you can chant for 11minutes but you can work up to doing it for 31 minutes. Choose a session length that serves you and fits into your schedule.