



DEVATMA SHAKTI - KUNDALINI

CREATIVE, OMNIPOTENT, DYNAMIC CONSCIOUSNESS
3 MONTHS COURSE: PREPARATION FOR KUNDALINI AWAKENING

SESSION 1

NADI SHODHANA & ANULOM VILOM /1

Instructions:

Important Keep spine and head straight, adopt a relaxed posture on the floor or sitting on the chair.

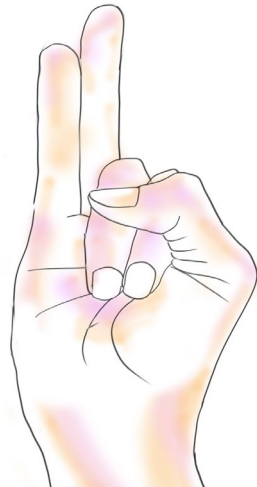
1

Right hand in Pranayama Mudra, left hand in Dhyana Mudra, place the left hand on the knee, bring the right hand to the nose to close the respective nostril. Begin by closing the right nostril, inhaling into the left nostril and exhaling into the left nostril. Inhale and exhale 3 times in the left nostril. Then close both, pause briefly and close the left nostril while opening the right.

Inhale and exhale again 3 times with the right nostril.



Dhyana Mudra



Pranayama Mudra



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NADI SHODHANA & ANULOM VILOM /2

2

Close both nostrils, pause briefly and then inhale into the left nostril and exhale into the right nostril. Inhale into the right nostril and exhale into the left nostril.

7 repetitions

3

Inhale into the left nostril, hold the breath, close both nostrils (you can count to 4, for example) and then exhale through the right nostril. Inhale on the right, close both nostrils and hold the breath as long as you can, then exhale through the left nostril. Hold the breath and then inhale again in the left nostril. Hold the breath and exhale on the right again....etc...

7 repetitions



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MEDITATION /1

Once a day in the morning:

Sit relaxed and draw in your mind the symbol OM in this order (clockwise) above your body, one to your right, one below your body and one to your left. The distance of the OM is not so important.

Then imagine that you are in a sphere of light with these four drawn OM.

See the light flowing out of your heart and your light spreading out into the world.

Then say to yourself:

PRASHAV KRIYA
PRATI PRASHAV KRIYA
BHRHMA BINDU

Which means:

All negative energy in my aura will be destroyed.

All impurities in me will be destroyed.

All negative emotions in me will be destroyed.

Repeat these sentences 3 times





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MEDITATION /2

MANTRA – Repeat 7 times

OM HAUM JUM SAH MAMA PALAYA PALAYA SWAHA

Om - Pranava... this seed what holds the whole universe

Haum - bija mantra of Shiva to destroy the negativity

Jum - bija mantra for healing

Sah - bija mantra for power

Mama - to me

Palaya Palaya - protect protect

Swaha - offer oblation So in summary it means I offer my oblation to Shiva to protect me with his healing power and clean my negativity.

You do not have to dissolve the visualization at the end of the meditation. This meditation invokes the masters and teachers of the higher dimensions.