

Anahata

Workbook



The center of universal love, joy and tolerance .



The Mantra:

The Bija mantra for Anahata Chakra is Yam when recited silently in the mind, and Yang when recited outloud.

Full Sri Vidya Mantra: (chant 108x)

*Om Aim Hrim Shrim Yam Hum Hamsah So-
Ham Svaha Rakini Sabita Rudraye Namaha*

Symbolism:

Anahata literally means 'unstruck', referring to the unstruck sound of the *anahad nada*, the primordial sound which originates from far beyond the material world. The heart chakra is where this cosmic sound is perceived as an internal undying vibration. This chakra is symbolized as a lotus with twelve petals and a hexagon in the center, representing the element of air, Vayu Tattwa. The animal which symbolizes this dimension is the black antelope, which represents alertness and agility. As this center is purified, feelings of fellowship, acceptance and selfless love blossom in the heart of the meditator.

Visualizations during the practice

To add a powerful boost to the practices visualize a blue lotus flower on a calm and tranquil lake. Mentally chant the bija mantra 'Yam' with the breath to enhance the inner experience.

Overview of the practices...



**1) Tadasana -
Palm Tree Pose**

Breathing: Inhale while lifting up, exhale back down.

Awareness: On synchronizing the movements with the breath, on maintaining balance and on the stretch along the entire length of the body from head to toe.



**2) Tiryaka Tadasana -
Swaying Palm Tree Pose**

Breathing: Inhale while raising the arms over the head, exhale while twisting and inhale back to center.

Awareness: On keeping the body vertical while twisting, the stretch along the side of the torso and synchronizing the movements with the breath.



**3) Trikonasana 2 -
Triangle Pose Variation 2**

Breathing: Inhale in the starting position, exhale while bending, and inhale when coming to center.

Awareness: On coordinating the movements with the breath, on the balance and on the stretch along the side of the torso.



**4) Garudasana -
Eagle Pose**

Breathing: Normal.

Awareness: On maintaining balance.



**5) Eka Pada Pranamasana -
One Legged Prayer Pose**

Breathing: Normal.

Awareness: Focus on a fixed point at eye level.



**6) Ushtrasana -
Camel Pose**

Breathing: Normal.

Awareness: On the stretch in the abdomen, throat, back and spine, and on the natural breath.



**7) Saral Dhanurasana -
Easy Bridge Pose**

Breathing: Inhale deep in the starting position, retain the breath inside while raising the body, breath normally in the final position and exhale when returning to the starting position.

Awareness: On the stretch in the back and abdomen, and on the natural breath.



**8) Bhramari Pranayama -
Humming Bee Pose**

Sit in a comfortable meditation posture and block the ears with the hands. Inhale slowly through the nose and exhale slowly in a controlled manner while making a steady deep humming sound.



**9) Ajapa Japa Dharana -
Spontaneous Mantra Spinal Rotation**

Bring the hands to the knees and be sure the spine is straight and well supported. Gently tuck the chin towards the chest to elongate the vertebrae in the spine. Inhale perceiving the sound “so” rising from the base of the spine -through the spinal passage- to the brow center, Ajna. Exhale “ham” back down from Ajna to Muladhara.



**10) Anahata Shuddhi -
Purification of the Heart Chakra**

Inhale perceiving the sound “yam” flowing with the Prana within the breath from the trigger point, at the sternum, straight back to the region of Anahata in the spinal column. Exhale “yam” back to the sternum.



**11) Hridayakasha Dharana -
Concentrating on the Heart Space-**

Bring the awareness to the space within the chest at the region of the heart chakra, Anahata. Inhale perceiving the heart space expand, and exhale perceiving it contract.



**12) Prana Mudra -
Sharing Vital Energy for Healing**

Breathing: Inhale raising the arms up and over the head. Exhale back down palms together at the heart.

Awareness: Sushumna nadi.

So Ham Meditation

Following the spontaneous mantra of the breath through the spinal passage.



The practice of Ajapa is considered a Vedic form of meditation and is older than the Upanishads, the sacred spiritual texts on Vedanta. These techniques were first illustrated in such Yoga Upanishads as Yogashiksha, and is often referred to as Ajapa Gayatri mantra.

This is the mantra that the jivanatma, the individual soul, recites spontaneously with each and every breath, facilitating the upward and downward flowing pranas within the subtle body.

Many great historical saints used this spiritual practice, Valmiki was initiated into ‘Uta Nama’ by Narada, which is this very same technique. This practice is just as powerful today as it was in the prehistoric times.

This is the only practice that does not require breath suspension to yield the final stage of meditation, samadhi. All other yogic practices require control of the breath, which presents a large challenge for most aspirants. However, breathing remains constant throughout the practice of ajapa japa, even in the ultimate stage of samadhi there is no change.

The primary aim of ajapa japa is breath awareness. Breathing is the key to mindfulness and higher spiritual practices, by learning to become aware of the breath the mind and emotions can be easily balanced and managed. The practice of ajapa japa naturally guides one deeper into the different dimensions of the breath 1) natural, 2) deep, 3) relaxed, and 4) suspended.