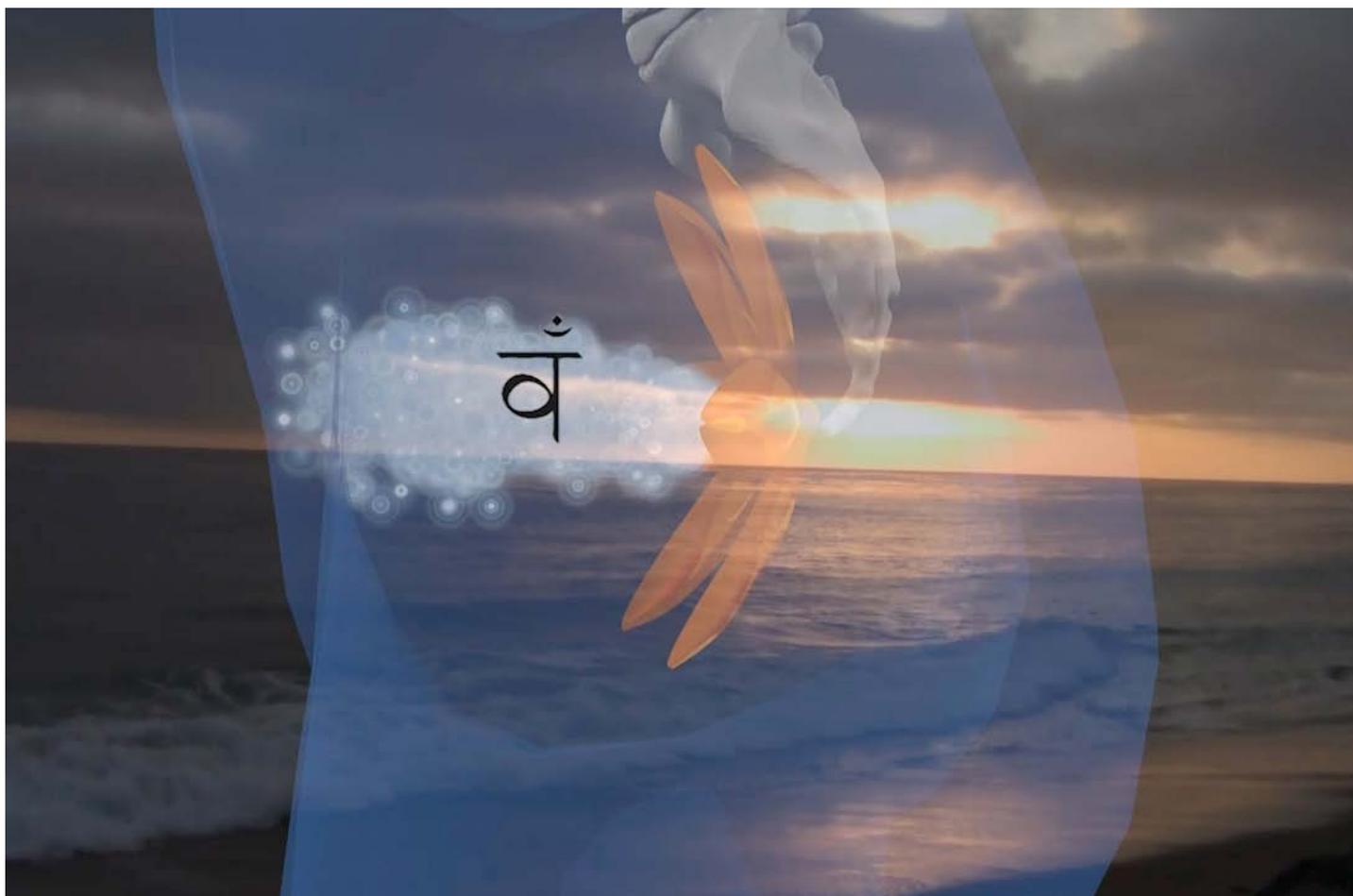


Swadisthana

Workbook



The store house of samskaras, and seat of the subconscious mind.



The Mantra:

The Bija mantra for Swadisthana Chakra is Vam when recited silently in the mind, and Vang when recited out-loud.

Full Sri Vidya Mantra: (chant 108x)

*Om Aim Hrim Shrim Vam Hum Hamsah So-
Ham Svaha Kakini Sabita Brahmaye Namaha*

Symbolism:

The literal translation of Swadisthana is “one’s own abode” indicating that this chakra is the original seat of the causal power of Kundalini Shakti. It is symbolized by a six petalled lotus with a white crescent moon in the center, which is the center of the water element, Apas Tattwa. The six petalled lotus and white crescent moon are riding on the back of a crocodile, symbolizing the treacherous nature of the underlying movement of the karmas which surface from the depths of our samskaras, or latent impressions from every past experience. This chakra is associated with seeking pleasure, enjoyment and security.

Visualizations during the practice

To add a powerful boost to the practices visualize a vast deep ocean with dark waves underneath the night sky. Mentally chant the bija mantra 'Vam' with the breath to enhance the inner experience.

Overview of the practices...



**1) Janu Sirshasana -
Head to Knee Pose**

Breathing: Inhale in the starting position, exhale while bending forward. Take 3-5 breaths in the final position, inhale while returning to the starting position.

Awareness: On the abdominal muscles, relaxation of the back and leg muscles, and on slow deep breathing.



**2) Ardha Titali Asana -
Half Butterfly Pose**

Breathing: Inhale while lifting the knee up towards the chest, exhale pushing the knee back down towards the ground.

Awareness: On the movements of the hip joints, knee, ankle and on the relaxation of the inner thigh muscles.



**3) Purna Titali Asana -
Full Butterfly Pose**

Breathing: Normal breathing.

Awareness: On the hip joint, full body relaxation and on the upward and downward movements.



**4) Gatyatmak Meru Vakrasana
Dynamic Spinal Twist**

Breathing: Exhale while twisting and inhale back to center.

Awareness: On synchronizing the breath with the movements, and on the spinal column.



**5) Chakki Chalanasana -
Churning the Mill**

Breathing: Inhale when leaning forward and exhale while leaning back.

Awareness: On synchronizing the breath with the movements, and on the stretch in the lower back, hips and pelvic region.



**6) Ardha Matsyendrasana -
Half Spinal Twist**

Breathing: Inhale in the starting position and exhale while twisting. Take 3-5 breaths in the final position and inhale when returning to center.

Awareness: On the stretch in the spinal column.



Shashank Bhujangasana - Cobra Pose

Breathing: Inhale in the starting position, exhale while striking forward

Awareness: On the stretch in the spine and the sensations within the shoulders, chest and abdomen. On the synchronization of the movements with the breath.



Shashankasana - Hare Pose

Breathing: Inhale raising the arms above the head, exhale bending the trunk forward from the hips.

Awareness: On the pressure of the abdomen on the thighs in the final position, and the alignment of the arms, head and neck while moving in and out of the posture.



Utthanasana - Squat and Rise Pose

Breathing: Exhale while lowering the body towards the ground, inhale while raising back to center.

Awareness: On keeping the torso vertical and on the hamstring muscles in the legs.



Trikonasana - Triangle Pose

Breathing: Inhale while raising the arms, exhale while bending.

Awareness: On the stretch of the muscles in the legs, along the side of the trunk, and on keeping balance and coordinating the movements with the breath.



Ashwini Mudra, Vajroli/Sahajoli Mudra & Swadisthana Shuddhi

Ashwini Mudra: Contract the sphinctre between the inhalation and exhalation.

Vajroli/Sahajoli Mudra: (see below)

Swadisthana Shuddhi: Inhale mentally reciting the bija mantra 'Vam' seeing the vibrant white light of Prana flowing from the pubic bone to the coccyx, or tail bone. Exhale back from the tail bone to the pubic bone.



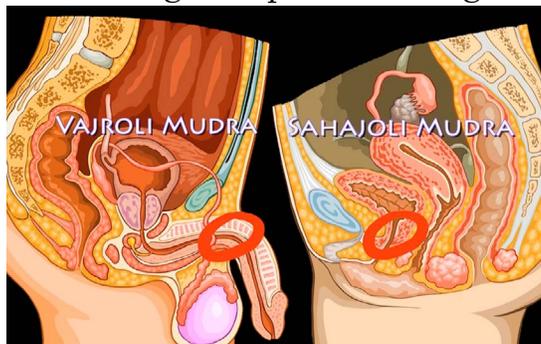
Shavasana

Breathing: Naturally and relaxed.

Awareness: Relax the entire body, and then follow the natural and spontaneous breath. Allow yourself to feel the results from the practice.

Vajroli / Sahajoli Mudra

Controlling the upward moving force of spontaneous arousal.



Vajroli and Sahajoli mudras regulate and tone the muscles associated with the genital organs and the functions of the urinary and seminal system. Gaining proficiency in this technique facilitates control over orgasms, allowing the aspirant to rechannel the seminal fluid to be converted into ojas shakti for spiritual awakening and preservation of the vital life force energy.

The literal meaning of the word 'vajra' is thunderbolt, lightning, or mighty-one, and is also the name of the pranic channel, or nadi, which conducts sexual energy. 'Sahaj' is derived from the Sanskrit word meaning spontaneous. These terms indicate the spontaneous force of sexual arousal, which moves upward with the strength of lightning.

To perform these techniques begin by coming into a comfortable meditation posture, breath deep and slow as you bring your awareness to the urethra, the uro-genital muscles which controls the flow of urine from the genital organs. When squeezing these muscles the testicles in men and the labia in women should move slightly upwards. Be sure not to contract the other muscles in this region such as the sphinctre or perineum.

Inhale and hold the breath in while contracting the uro-genital muscles, hold the contraction for as long as possible or for as long as the breath can be held in. Exhale and release the contraction, relaxing and continuing at a natural pace.