Mantra & Mudra
LFYP Training - Module B, Part 3

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Agenda

- Centering with Mudra and Mantra
- Mantra – The Evidence
- The Practice
- Mudra
- LFYCCM

Chanting Om Shown to Deactivate the Limbic System

Researchers compared 15 seconds of “OM” (5 – O; 10 – m) to 15 seconds of the sound “Ssssss...” and to 15 seconds of rest. Significant deactivation in the amygdala as well as other emotional areas only during ‘OM’ chanting.


Nada Yoga – the Evidence

Study compared the effects of “Om Mane Padme Om” to rosary prayer in Latin and rosary prayer in the vernacular (Italian). Only chanting of Sanskrit and Latin had a significant effect on the autonomic nervous system.


Om

This is the primordial healing mantra, a sound that some believe to have been the sound of creation, emitted at the moment of the Big Bang. It is a sound that connects individual consciousness to the consciousness of the cosmos, the Absolute.

So Ham

This mantra signifies that there is no separation between the energy that surrounds you and the energy that you are. It means, “I am that.” Use with a bhavana –imagery for peace, courage, clarity, or whatever else you want to enhance. Use with mudra.
Namaha

Nam means name in Sanskrit. In this mantra, we are bowing to all that is highest within, not separate from the divine. Use in Half sun salutation, when bringing hands to heart, whenever drawing hands to heart in prayer mudra from above, and in Flying Cow.

Mahara & Mahaya

In Sanskrit, “Maha” means grand or royal. “Ra” is the sound for the sun. “Ma” is a calming, feminine sound. “Ra” is a masculine sound. “Ya” is the seed sound for the heart. When combining, you are inviting the sun to shine within you, invoking an image of calm strength. Use with bhavana and mudra. Use in half and full sun salutation while bowing forward.

Mahaha!

This tone is taken from the mantras that traditionally prepare the mind, body, and spirit to chant the ancient Gayatri mantra. It is a sound that stimulates the energy of the heart chakra, and it encourages laughter. Try it in Warrior I.

Shamaha & Shamaya

These mantras have at root shanti or peace and are invoked to establish equilibrium. Adding the “ha” at the end combines the soothing, peaceful sound with a bit of energy. “Ya” is the seed sound for the heart.

Dhi-Ri-Ha

Evoking strength & courage. Sometimes brings up difficult emotions when practiced repeatedly

“Dhi” – Penetrating through the material world to catch glimpses of unconditional Reality.

“R” Seed sound for Sun (ram), Manipura Chakra, masculine sound

“Ha” – force, Sun (as in Ha-tha Yoga)

Use in Victory Goddess with bhavana.

Vyaahriti Mantras

- Om Bhu-hu
- Om Bhu-va-ha
- Om Su-va-ha
- Om Ma-ha-ha
- Om Ja-no-ha
- Om Ta-pa-ha
- Om Sat-yam

Use meditatively in preparation for the Gayatri, or forcefully to energize.
### Aum Kar

- “ahhh” at solar plexus
- “ohhh” at heart
- “mmm” at brow point
- roll sounds together 3x.

Use as portal in to shavasana and meditation.

### Calming Chakra Mantras

<table>
<thead>
<tr>
<th>Mantra</th>
<th>Use</th>
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<tbody>
<tr>
<td>Ō</td>
<td>Can be used in forward bends, as portal into meditation, and individually with mudras for specific chakra balance.</td>
</tr>
<tr>
<td>Ū</td>
<td></td>
</tr>
<tr>
<td>Ah</td>
<td></td>
</tr>
<tr>
<td>Ā</td>
<td></td>
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<td>Ė</td>
<td></td>
</tr>
<tr>
<td>Mm</td>
<td></td>
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<tr>
<td>Hing</td>
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### Stimulating Chakra Mantras

<table>
<thead>
<tr>
<th>Mantra</th>
<th>Use</th>
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</thead>
<tbody>
<tr>
<td>Lam</td>
<td>Use in back bending and standing poses and individually with mudra for specific chakra.</td>
</tr>
<tr>
<td>Vam</td>
<td></td>
</tr>
<tr>
<td>Ram</td>
<td></td>
</tr>
<tr>
<td>Yam</td>
<td></td>
</tr>
<tr>
<td>Ham</td>
<td></td>
</tr>
<tr>
<td>Om</td>
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<td>Ng</td>
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### Tones in Poses

**Bija Mantras:**
- Cobra – vam, ram, yam, ham
- Camel – ram, yam, ham
- Twists – lam, vam, ram, yam, ham
- Fish – yam, ham

**Cooling tones:**
- Bound angle – ō, ū
- Supine bound angle - ō, ū, ah
- Seated cat/cow - ō, ū, ah, ā, ē
- Fish & Camel - ah, ā, ē

### Kirtan Kriya

Considerable research exists to show the efficacy of this Kundalini meditation practice for balancing mood, OCD, and ADD/ADHD.

**Traditional Sanskrit:** *Sa Ta Na Ma*

**Jewish Substitute:** *Ah Ha Va Ya* (love of God)

**Christian Substitute:** *Ma Ra Na Tha* (Come, oh Lord!)

**Moslem Substitute:** *Soob Hahn Al-Iah* (Glorious is God)

### Vishnu Mudra – Hand Position for Alternate Nostril

![Hand Mudra Image]
Opening Occluded Nostrils for Alternate Nostril Breathing

Calming Mudras
Adhi Mudra

Calming Mudras
Chin Mudra

Calming Mudras
Dhyana Mudra

Alternate Nostril Breathing

Energizing Mudras
Ganesha Mudra
Energizing Mudras
Brahma Mudra

Energizing Mudras
Shiva Lingam Mudra

Balancing Mudra
Happy Buddha

Shanmukhi Mudra
• Index points to brow point
• Middle covers eyes
• Ring at edges of nostrils
• Pinky at edges of lips
• Thumbs press cartilage by cheek into ear canal.

LifeForce Yoga Chakra Clearing Meditation - Calming
Chakra One - Muladhara (Base of spine)
Tone: Hasta Mudra 1
Press the two little fingers together close to the base of the spine.

LifeForce Yoga Chakra Clearing Meditation - Calming
Chakra Two – Svadhishthana (Low Abdomen)
Tone: Hasta Mudra 2
Press the two ring fingers in front of the low abdomen.
LifeForce Yoga Chakra Clearing Meditation - Calming

Chakra Three – Manipura (Solar Plexus)
Tone:
Hasta Mudra 3
Press the two middle fingers in front of the solar plexus.

Chakra Four – Anahata (Heart)
Tone:
Kapota (Dove) Mudra
Palms together as in prayer. Keep the base of the palms and the tips of the fingers together but cup the palms.

Chakra Five – Vishuddha (Throat)
Tone:
Padma (Lotus) Mudra
Bring the hands together as in prayer. Keep the base of the palms, the little fingers and the thumbs together. Open all the other fingers wide like petals.

Chakra Six – Ajña (Third Eye)
Tone: Mmm
Kali Mudra
Bring the hands together in prayer position, placing the thumbnails on the third eye center.

Chakra Seven – Sahasrara (Crown)
Tone: Hing
Dhyana Mudra
Place the left hand in the lap, palm facing up. Place the right hand on top of the left with the palm facing up. Bring the tips of the thumbs to lightly touch.