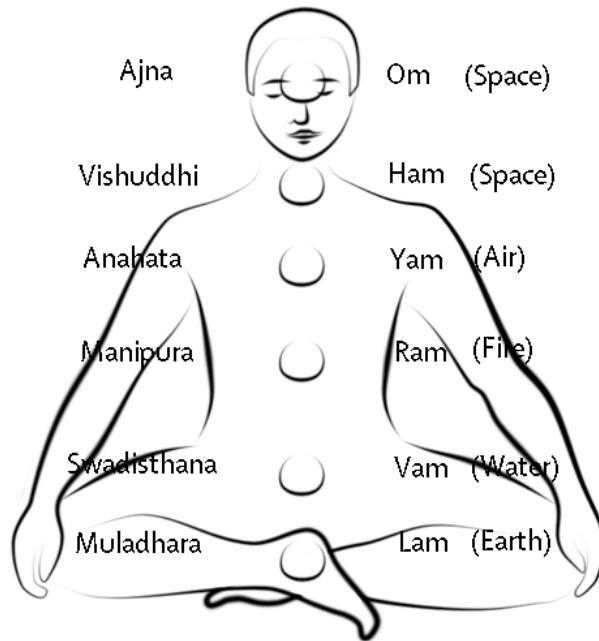


The bija mantras for each chakra



Please note when toning the bija sounds the 'm' is actually pronounced as 'mng' i.e. it is nasalised. So:

Lam is Lamng	Ham is Hamng
Vam is Vamng	Om is Omnnn
Ram is Ramng	Silence
Yam is Yamng	

Nadi Sodhana & the Bija Mantras

Right nostril relates to Ram: pingala nadi: SNS

Left nostril relates to Vam: ida pingala: PNS

Inhale R nostril: mentally chant Ram (Fire) Increase fire burn ama - heating

Exhale L nostril: mentally chant Yam (Air) Dry kapha/mucous & ama - lightening

Inhale L nostril: mentally chant Vam (Water) Cooling & soothing

Exhale R nostril: mentally chant Lam (Earth) Cooling & consolidating

The use of bija mantras helps to purify and open nadis, strengthen tissues since they relate to the elements, engages mind, creates heating/cooling effect

Summary:

- The knowledge of pranic anatomy & physiology is at heart of Hatha Yoga.
- Chakras & nadis are part of pranamayakosha.
- Pranayamamaya kosha, the pranic body, is the bridge between the mind and body i.e. manomayakosha and anamayakosha whereby a change in one causes a change in the other.
- Therefore traditionally in Hatha Yoga we need not need to address the psyche directly.
- We need to purify chakras and nadis so prana can move freely within the body/mind.
- We need to accumulate prana.
- Normally chakras are closed but can be better balanced and enlivened through the practices of Hatha Yoga so we can function optimally physically, mentally & energetically.
- As chakras 'open' of their own accord they enable us to access their spiritual function, so we are more aware of sukshma sharira, the subtle body and karana sharira, the causal body.
- There is normally a shifting predominance of ida and pingala nadis, ultimately however when they have become balanced prana can enter sushumna nadi, the central channel.
- Then in the right circumstances Kundalini Shakti may become active - more on this later.....