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**Deha Shuddhi: Purification of the body-image**

1. **Om sah sabahyantaram tanum dahayami phat**

**(abbreviated form is: Om sah phat)**

*Whilst chanting visualise or feel a small white flame rising up through the whole body burning away your ideas about yourself x3*

1. **Om saim tanu-bhasma utpuyani karomi hum [hum pronounced ‘hoom’]**

**(abbreviated form is: Om saim hum)**

*Whilst chanting imagine the ash of samskaras being blown away x3*

1. **Om ham murtaye namaha [ham pronounced ‘hum’]**

(abbreviated form is: Hum)

*Whilst chanting visualise or feel a pure white light descending from just above the crown giving a subtle radiance to all of your pranic body, that is your nadis, chakras, bindus and so forth; then gradually feeling this thicken into form x3*

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