

Mantra Purusha

The Person of Sound

Vowels (swara) : The Sun, Purusha, Mind and Spirit represented by the head and senses, governs matter (consonants) through the intermediary sounds (elements & prana). Can be toned alone.

a top of head	ā forehead	i right eye	ī Left eye	u right ear	ū Left ear
e Upper lip	ai Lower lip	o Upper teeth	au Lower teeth	(a)m̐ top of pallet	(a)ḥ bottom of pallet

25 consonants (vyanjana) : represent matter and form, prakriti – trunk and limbs. Require a vowel.

Gutturals (1) throat 5 th chakra - Mars	Ka Right shoulder	Kha Right elbow	Ga Right wrist	Gha Right base fingers	Na (NGA) Right tips fingers
Palatals (2) upper lungs & arms - Venus	Ca Left shoulder	Cha Left shoulder	Ja Left wrist	Jha Left base fingers	Na (NYA) Left tips fingers
Cerebrals (3) mid lungs and heart 4 th chakra	Ṭa Right hip	Ṭha Right knee	Ḍa Right ankle	Ḍha Right base toes	Ṇa (M) Right tips toes
Dentals (4) solar plexus Jupiter	Ta Left hip	Tha Left knee	Da Left ankle	Dha Left base toes	Na (M) Left tips toes
Labials (5) Abdomen 3 rd chakra	Pa Right abdomen	Pha Lower abdomen	Ba Left abdomen	Bha Base of throat	Ma (M) Heart

Intermediary sounds: The Moon – the elements, tissues, prana and the mind. Require a vowel.

Semi-vowels 1 st 4 chakras moon	Ya 4 th chakra, air, Rasa/plasma	Ra 3 rd chakra, fire, Rakta/blood	La 1 st chakra, earth, mamsa/muscle	Va(m) 2 nd chakra, water, meda/fat	<i>These are the seed sounds of the chakras. They can be used to direct energy</i>
Sibilants & Pure Aspirant Legs, genitals	śa Asthi/bone Retention	ṣa Maji./nerve tissue Retention	sa Sukra/reprod Inhale	Ha (M) 5 th chakra, Prana, Ether, Exhale	
Special Consonants	Kṣa 6 th chakra, mind	Tra Head	Jña Head/shoulders	<i>'M' the anusvara used holds vibration carrying into nervous system; makes each letter a mantra</i>	

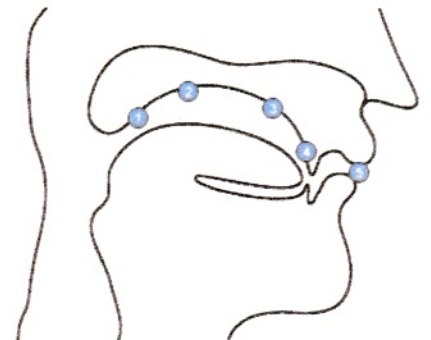
Note:

Vowels represent consciousness, purusha, spirit, pitta i.e. **Light**

Consonants represent matter, prakriti, kapha i.e. **Matter**

Semi-vowels & sibilants represent prana and the five elements i.e. **Energy**

Adapted from work by Alex Duncan, refer to *The Sounds of Silence* by Muz Murray
or *Yoga & Ayurveda* by David Frawley for additional information, insights and
inspiration.





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14 Vowels (some have 2 forms)

अ	a	another
आ / ा	ā	father (2 beats)
इ / ि	i	pin
ई / ी	ī	need (2 beats)
उ / ु	u	flute
ऊ / ू	ū	mood (2 beats)
ऋ / ृ	r̥	macabre
ॠ / ॡ	r̄	trill for 2 beats
ऌ / ॢ	l̥	table
ॡ / ॣ	e	etude (2 beats)
ऐ / ै	ai	aisle (2 beats)
ओ / ो	o	yoke (2 beats)
औ / ौ	au	flautist (2 beats)

Two Special Letters

अं	am̐	hum
अः	ah̐	out-breath

33 Consonants

क	ka	paprika	न	na	banana
ख	kha	thick honey	प	pa	paternal
ग	ga	saga	फ	pha	scoop honey
घ	gha	big honey	ब	ba	scuba
ङ	ṅa	ink	भ	bha	rub honey
च	ca	chutney	म	ma	aroma
छ	cha	much honey	य	ya	employable
ज	ja	Japan	र	ra	abra cadabra
झ	jha	raj honey	ल	la	hula
ञ	ña	inch	व	va	variety
ट	ṭa	borscht again	श	śa	shut
ठ	ṭha	borscht honey	ष	ṣa	shnapps
ड	ḍa	shdum	स	sa	Lisa
ढ	ḍha	shd hum	ह	ha	honey
ण	ṇa	shnum			
त	ta	pasta			
थ	tha	eat honey			
द	da	soda			
ध	dha	good honey			