

## Nyasa Yoga - Placement of the Mantras

Dissolve each mahā-bhuta and tanmātra and indriya, beginning with earth which is dissolved by water, water by fire, fire by air, air by ether, ether into ahamkara, ahamkara into Mahat, Mahat into Prakrti, then pranayama and meditation. Creating a “celestial body”.

Mahanirvana Tantra, Chapter V, v. 93, etc.

For the attainment of that state in which the sadhaka feels that the bhava (nature, disposition) of the Devata has come upon him, nyasa is a great auxiliary. It is, as it were, the wearing of jewels on different parts of the body. The bija of the Devata are the jewels which the sadhaka places on the different parts of his body. By nyasa he places his abhista-devata in such parts, and vyapakanasya he spreads its presence through himself. He becomes permeated by it, losing himself in the Divine Self.

“Transformation of thought is transformation of Being.”

Jiva-Nyasa

Place hand on heart, then Soham

ॐ	क्लृं	क्रीं	यं	रं	लं	वं
aim	klīm	krīm	yam	ram	lam	vam
सं	हं	शं	षं	हौं	हंसः	
sam	ham	śam	ṣam	haum	hamsah	
śrīmad-ādyā-Kālikāyāḥ prānāḥ iha prana (Highly blessed and auspicious Primordial Kālikā, the vital airs are placed here.)						
śrīmad-adakalikaya jivah iha sthitah (Highly blessed and auspicious Primordial Kālikā, the embodied spirit is placed here.)						
śrīmad-adakalikaya sarvendrīyani sthitani (Highly blessed and auspicious Primordial Kālikā, the senses are placed here.)						
śrīmad-adakalikaya vāṅg, manaś, caksuh, śrotra, jihvagrāna, prānāḥ, iha-gatya, sukham, ciram, tisthantu, svāhā. (Highly blessed and auspicious Primordial Kālikā, the speech, mind, sight, hearing, smell, vital airs always abide here in peace and happiness. Svāhā.)						

*Introduction to Tantra Shastra*, by Sir John Woodroffe, 5th ed., 1969, Ganesh & Co., Madras.  
*Devatma Shakti (Kundalini) Divine Power*, Swami Vishvam Tirtha, Third ed. 1974, Yoga Shri Peeth, Rishikesh.

Effects of shaktipat: (1) Kriyavati - involuntary performance of asana, mudra, pranayama; (2) Kalavati - reverse involution of tattvas; (3) Varnamayi - mantra yoga, speaking mantras.

Only certain sounds vibrate in Susumna: Om, Hari, Hara, Ram, Siva, Isa, Hrim, Aim, Shrim, Klim (Hum, Ka stands for Brahma, Shankar, Krsna, Kali)

## Antar-matrka-nyasa - setting the mantras in the chakras

Ajna Grey-white	हं	क्षं				
Vishuddha Purple	अं	आं	इं	ईं	उं	ऊं
	ऋं	ॠं	लं	ळं	एं	ऐं
	ओं	औं	अं	अः		
Anahata Thundercloud	कं	खं	गं	घं	ङं	चं
	छं	जं	झं	ञं	टं	ठं
Manipura Dark purple	डं	ढं	णं	तं	थं	दं
	धं	नं	पं	फं		
Svadisthana Scarlet	बं	भं	मं	यं	रं	लं
Muladhara Dark red	वं	शं	षं	सं		

### Bahya-matrka-nyasa: External placement of the sounds on the body.

(Mantra Purusha)

Can be done by placing a hand over the heart and intoning the sound, or by lying on the floor and mentally touching that part of the body listening to the sounds.

Om (sound) namah

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1 Forehead	अं	2 face	आं	3 right eye	इं	4 left eye	ईं
5 right ear	उं	6 left ear	ऊं	7 right nostril	ऋं	8 left nostril	ॠं
9 right cheek	लृं	10 left cheek	लूं	11 upper lip	एं	12 lower lip	ऐं
13 upper teeth	औं	14 lower teeth	औं	15 head	अँ	16 hollow of mouth	अः
17 right armpit	कं	18 right elbow	खं	19 right wrist	गं	20 right palm	घं
21 right thumb	ङं	22 right forefinger	च	23 right mid finger	छं	24 right ring finger	जं
25 right little finger	झं	26 left armpit	ञं	27 left elbow	टं	28 left wrist	ठं
29 left palm	डं	30 left thumb	ढं	31 left forefinger	णं	32 left middle finger	तं
33 left ring finger	थं	34 left little finger	दं	35 right thigh	धं	36 left thigh	नं
37 right waist	पं	38 left waist	फं	39 back	बं	40 navel	भं
41 upper belly	मं	42 heart	यं	43 right shoulder	रं	44 left shoulder	लं
45 space between shoulders	वं	46 heart to right palm	सं	47 heart to left palm	शं	48 heart to right foot	षं
49 heart to left foot	हं	50 heart to belly up to the mouth	क्षं				