

Sadhana 3

Puja - include consecration + Sutra 1.1

Shiva Shakti Kriya 1 - 4 mins

Virata - 5 mins

Heart Womb River Sacred Greeting - 9 rounds

Maha Mrityunjaya Mantra -108 rounds

Guru Mantra Meditation (20 mins)

Puja

The practice of Puja (or Ritual) at the beginning of practice, melts away resistance and drops us into heart space. It allows us to be an open channel for divine consciousness to flow through.

Shiva Shakti Kriya 1

This Kriya is a powerful way to open up sushumna nadi and encourage the awakening of Kundalini Shakti. It balances the Divine Masculine energy of Shiva (on the right) and the Divine Feminine energy of Shakti (on the left). The back and forth movement, twisting side to side, we begin to experience the interconnectedness of these two energies.

Guidance

- Start seated in a cross leg position. Eyes closed, drishti is at Anahata.
- Arms to cactus, palms face forward.
- As you twist to the right you say the mantra Shiva out aloud.
- As you twist to the left you say the mantra Shakti out aloud.
- The mantra is said with intention and clarity, invoking these two energies through the voice.
- Continue for 4 minutes.

Virata

This practice referred to as Shaking is a full body experience called Virata (meaning Cosmic Form). It allows for full body release and opens us up to drop into a space of deep healing. Virata opens up both the physical and energetic body. This practice is especially good to ground, balance and integrate after expansive and peak kriyas.

Guidance

- You can be seated or standing or move from one to the other.
- Pulse and shake your body the entire time. It is like a shake from the inside out. Pay attention to the areas that do and don't want to shake.
- **Inhale** through the nose.
- **Exhale** through the mouth.
- Continue for several minutes or in line with your intention for practice.

Heart-Womb River Sacred Greeting Gesture: River Lotus Form (Inner)

In both Ayurveda and Chinese Medicine, there is a pranic link between the heart & the womb often described as a river or the heart - womb meridian. This meridian in yoga is known as hridaya-yoni nadi which literally means the river (nadi) of energy that flows between the space of the spiritual heart (hrdaya) and the source of creation, the womb (yoni).

Yonisthana is an additional feminine refinement in our understanding of the chakra system, the womb's special place where water and earth meet in creative fusion. When we greet the womb with these practices, we embrace the qualities of both earth and water, manifesting as our capability to be rooted and stable, creative and nurturing.

Guidance

- Start seated in a comfortable cross leg position
- Palms rest at the heart space in Anjali Mudra.
- Inhale as the hands spread across the breast area, the hands coming to yoni mudra.
- Exhale as the hands slide down the front of the body (following the heart - womb meridian), to rest at womb space.
- Pause here for a full Inhale & Exhale, hands resting at womb space.
- Inhale as the hands form into lotus mudra and rise out in front and back to rest at the heart.
- Exhale hands return to Anjali Mudra.
- Continue for 4 minutes.

Maha Mrityunjaya Mantra

Om tryambakam yajamahe

Sugandhim pustivardhanam

Urvarukamiva bandhanan

Mrityormuksiya mamrtat