

Yoga Mantras

The first Yoga Mantra I ever heard was sung at the beginning of an Anusara yoga workshop as a blessing. I remember it so clearly as if it were today. The sound of 100+ students singing together was absolutely beautiful, it truly made my heart smile.

The Anusara Invocation translation reads:

Om Namah Shivaya Gurave: I offer myself to the light, the auspicious one, who is the true teacher within and without

Sacchidananda-Murtaye: Who assumes the forms of reality, consciousness and bliss

Nishprapanchaya Shantaya: Who is never absent and is full of peace

Niralambaya Tejase: Independent in existence, the vital essence of illumination

Hearing that invocation was a turning point in my yoga practice. I realized on that day that there is so much more to yoga than just physical movement.

Mantras are energy-based sounds that create thought-energy waves, both being very powerful tools for transformation of the mind. They may contain a group of words, a syllable, one word or even a sound repeated. Two well known mantras from different beliefs come to mind; Amen and Om both have meaning as well as vibration, and both are said with clear intent.

Amen is used mostly as a declaration of affirmation. Repeated numerous times, increases the affirmation that you are feeling at the time. The sounds held in that word also vibrate through your body, sending that feeling to every cell of your body. When we chant Om at the beginning of our yoga practice we are purifying the room that we are in. We are also bringing balance to our body and minds.

Each day or month you can pick a new mantra to help you with whatever you are focusing on for that period of time. It can be very simple like the words peace, gratitude, love, patience. Or you can create a sentence such as: I allow peace and ease in my life. Health is mine. Try meditating on your mantra and see how you feel. As my first yoga teacher says in one of her first books "When we pray, we ask God, when we meditate, we listen to God." you will be surprised with what you feel and find. Wise men knew this; and we are also wise. The benefits will refresh and calm you." - Alice Percy-Strauss

In conclusion a reading from the Sutras of Patanjali the second sutra - Chitta vritti nirodhah if you control your mind, you have controlled everything. Then there is nothing in this world to bind you.

Mana Eva manushyanam Karanam Bandha mokshayoho: as the mind, so the man; bondage or liberation are in your mind. If you feel bound, you are bound. If you feel liberated, you are liberated. Things outside neither bind nor liberate you; only your attitude toward them does that.

Namaste

Christina Ptak-Pawlaczyk

Yoga & Friends, Inc.

5126-6th ave. Kenosha, Wi. 53140

262-658-2108

www.myyogafriends.com