

Prana Mudra Visualisation

v3

(Invocation of light / invocation of creative and spiritual energies / invocation of vitality and wisdom)

Sit comfortably with your spine straight and supported. Shoulders and arms relaxed, hands resting on thighs or in lap. Legs uncrossed, feet resting flat on floor. Eyes closed.

Become aware of the natural breath. Allow the breath to become slow and even.

[Relaxation sequence... Allow your body to relax and let go; feel the tensions flowing out of you from the top of your head to the tip of your toes; with each out-breath, feel yourself letting go, relaxing, more and more...]

[Breathe away negativity: With each out-breath, feel as though you are breathing away all negativity: breathe out worries, cares, anxieties, fears, frustration, guilt, anger, sadness; feel as though, with each out-breath, all these unwanted thoughts and emotions are flushing out of you, flowing away, floating away, being carried away with the out-breath, dissolving into nothingness...]

Visualise your feet rooting you securely to the earth; imagine you have roots extending downwards from the soles of your feet right down into the earth. Imagine the quality of the earth's energy, - strong, powerful, supportive, creative, nourishing.

Begin to imagine this powerful, creative energy flowing up your roots into your feet and rising up your body. With each in-breath, imagine you are drawing up this earth energy ever more strongly. With each out-breath continue to see it flowing up through your body. Draw it up from the base of your spine, feel it coursing up your spine, through the centre of your body, up your neck, right up to the top of your head. As you visualise this energy flowing upwards through you, take in the qualities of:

Strength, health, stability, vitality, security, nourishment, personal power (magnetism), creativity, worldly knowledge, peace and harmony with the earth and all creatures, friendship, nurturing, caring.

Feel these qualities, this powerful energy, spreading out to all parts of your body, nourishing and revitalising every cell, restoring health and vitality to your body, your mind, your nerves, your emotions. Feel it spreading out beyond you (up and out of you like a fountain) and touching everything and everyone around you.

Now begin to visualise a shaft of shining white-gold light above your head, connecting you to the energy of the cosmos, continuing ever upwards, connecting you with the highest levels of consciousness, awareness, higher knowledge, wisdom and

unconditional love. Imagine the quality of this [spiritual] energy – lightness, peace, joy, love, [healing,] wisdom, [bliss], [oneness with the universe], contentment.

Begin to imagine this gentle, yet powerful, energy (a stream of pure white light) flowing down from the top of your head, down your spine. With each in-breath, feel the flow of this healing energy and wisdom ever more strongly. With each out-breath, continue to feel it pouring down from the top of your head, flowing down your spine and spreading out to all parts of your body. As you visualise this pure white-gold light flowing down through you, take in the qualities of:

Wisdom, mental clarity, calmness, lightness, awareness, detachment, peace, love, contentment, illumination, higher consciousness, enlightenment, stillness, oneness with the universe, bliss.

Feel these qualities, this stream of pure white-gold light, flowing to all parts of your body, healing, calming, soothing, peaceful, loving and knowing. Feel it flowing out beyond you (from your heart, from your finger tips, from every part of you), flowing out into the world, touching everything and everyone around you and beyond.

Now, just breathe naturally and easily as you feel and see these two powerful energies – the earth energy and the energy of the cosmos – working together in harmony, and bringing balance and harmony within you – within all parts of your body, in your nervous system and your thoughts, in your emotions and in your very essence – and bringing balance and harmony around you and out into the world.

[Emerging from meditation/relaxation..... awareness of breath, body, sounds... feeling grounded]

Gradually start to become aware of your surroundings again, and when you are ready, gently open your eyes.

Take all that you are out into the world with you.

Om, shanti (peace).

[Developed from the Prana Mudra practice in “Asana Pranayama Mudra Bandha” by Sw. Satyananda Saraswati and inspired by the teachings of Sw. Dayamurti (Doriel Hall) and studies with the National Federation of Spiritual Healers (NFSH)].