

Prana Mudra *(Invocation of Light)*

Sit cross-legged (in sukhasana) with your spine straight (or sit in a chair with your spine straight and supported and your feet flat on the floor, legs uncrossed). Become aware of the natural breath. Allow your breath to become slow and even.

Breathing in:

With your hands in the prayer position, slowly breathe in and simultaneously raise your hands up in front of your body starting from the base of your spine.

As you are raising your hands and breathing in, imagine you are taking in Earth energy, drawing it up from the base of your spine, up your spine and body to the top of your head.

Imagine this powerful, creative energy coursing up your spine.

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.

Open your arms wide over your head and look up. Hold your breath in. Imagine this powerful energy spreading out to all parts of your body.

Breathing out:

Slowly bring your hands together over your head, and lower your hands down in front of your body, following your hands with your gaze.

As you are lowering your hands and breathing out, imagine you are taking in spiritual energy, energy of the cosmos, drawing it down from the top of your head, down your spine, to all parts of your body, earthing it at the base of your spine.

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.

Hold your hands in the prayer position near the base of your spine. Hold your breath out.

Imagine a stream of pure white light flowing down your spine from the top of your head and spreading throughout all parts of your body.

Repeat (2 – 3 times).

Now, breathe naturally and easily.

Place your hands together in the prayer position at heart level, bring your head down towards your hands, then stretch your hands out ahead of you along the floor (or ahead of you in the air at heart level, if you are sitting in a chair).

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)].