

# Sahaja Yoga Mantras & the three channels

To begin with it is better to start from the Mooladhara chakra (1) and work our way up, saying mantras for the Mooladhara, then the left side, (2 to 6) then the right side (2 to 6), and finally the centre channel.

Left side. When we say the mantras for the left side (2 to 6), we place the left hand on the lap, relaxed, with the palm face up. The right hand covers the chakra (see chart) and we say the mantra, "Om twamewa sakshat, Shri Nirmala Vidya sakshat, Shri Adi Shakti Mataji, Shri Nirmala Devi Namoh Namaha."

Right side. When we say the mantras for the right side (2 to 6), we place the right hand on the lap, relaxed, with the palm face up. The left hand covers the chakra (see chart) and we say the mantra, "Om twamewa sakshat, Shri Nirmala Chitta sakshat, Shri Adi Shakti Mataji, Shri Nirmala Devi Namoh Namaha."

Centre channel. When we say the mantras for the centre, we place the left hand on the lap, relaxed, with the palm face up. The right hand covers the chakra (see chart) and we say the mantra, "Om twamewa sakshat, Shri Brahmadeva Saraswati sakshat, Shri Adi Shakti Mataji, Shri Nirmala Devi Namoh Namaha."

## Sahaja Yoga mantra:

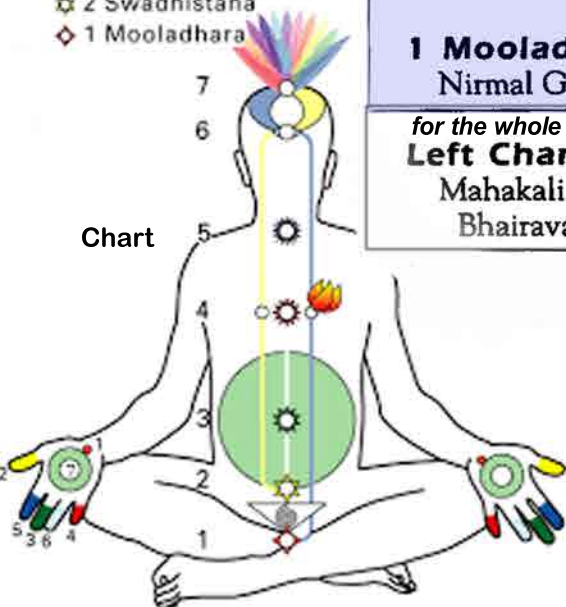
Om twamewa  
sakshat  
Shri \_\_\_\_\_  
sakshat  
Shri Adi Shakti  
Mataji  
Shri Nirmala Devi  
Namoh Namaha

## Deities of the Chakras

Left	Center	Right
<b>6 Agnya</b> Mahavira	<b>7 Sahasrara</b> Three Great Mantras	<b>6 Agnya</b> Buddha
<b>5 Vishuddhi</b> Vishnumaya	<b>6 Agnya</b> Jesus, Mary	<b>5 Vishuddhi</b> Vithala Rukmini
<b>4 Heart</b> Shiva Parvati	<b>5 Vishuddhi</b> Radha Krishna	<b>4 Heart</b> Sita Rama
<b>3 Nabhi</b> Gruha Lakshmi	<b>4 Heart</b> Jagadamba or Durga	<b>3 Nabhi</b> Raja Lakshmi Nirmala Chitta Himalaya Chandrama
<b>2 Swadhishthana</b> Nirmala Vidya	<b>3 Nabhi</b> Lakshmi Vishnu	<b>2 Swadhishthana</b> Nirmala Chitta
<b>1 Mooladhara</b> Nirmal Ganesha	<b>v Void</b> Adi Guru Dattatreya	<b>1 Mooladhara</b> Kartikeya
<i>for the whole of the Left Channel</i> Mahakali Bhairava	<b>2 Swadhishthana</b> Brahmadeva Saraswati	<b>2 Swadhishthana</b> Nirmala Chitta
	<b>k Kundalini</b> Kundalini Mata	
	<b>1 Mooladhara</b> Ganesha Gauri	<b>1 Mooladhara</b> Kartikeya
	<i>for the whole of the Center Channel</i> Mahalakshmi Gauri Mata	<i>for the whole of the Right Channel</i> Mahasaraswati Hanumana

- 7 Sahasrara
- 6 Agnya
- 5 Vishuddhi
- 4 Anahata
- 3 Nabhi
- 2 Swadhishthana
- 1 Mooladhara

Chart



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