

Kundalini shakti

Applied to physical and mental regeneration

This mantra focuses on your positive potentials. We build our kundalini by doing good actions. The resulting good potentials you have inside nourishes your kundalini. Be a good person, visualizations alone won't make you a good person. Actions are what matters. Just reciting a mantra won't elevate your real kundalini.

PRACTISE: After meditations and contemplations on what kundalini means, you can charge the mantra 9 malas a day during 12 consecutive days.

Mantra: Om namah kundalini shakti

We incarnate in the body, while and after reciting the mantra. We focus on what we want to regenerate. We pay attention to the body, the mind, or the heart, and recite the application that applies to your intention on making it new again.

- Punarnava: regenerate, or make new again.
 - Punar: return, repeat
 - Nava: new
- Purnanava mamadeham: regenerate my body.
 - Mama: mind
 - Deham: body
- Mamamanasa: regenerates the mental plane (for intellectual difficulties, thinking abilities, the brain but, also personal growth is necessary to achieve the regeneration of the mental plane)
- Mamacitta: the heart, or the mind, emotionally speaking.

Important to know: don't teach this mantra to people who is mentally sick. It can cause them to go into power trips, on think they have nourished their kundalini via various fantasies in their mind, without focusing on actual goodness.

Side effects of the mantra: resistance might be shown. Muscles can spasm (pop), things could break. Use any resistance to observe yourself, and grow.

Mantra of the fountain of youth,
extending life span, becoming younger.

Mantra: Purva Yuvan(young adult)

Purva: young (usually children)

Yuvan: adult (young compared to old people)

Purva Yuvan: young adult

“Purva yuvan” helps the body to return to a past state where we felt great physically. We must build the reference to a period of our life we felt great emotionally, mentally and physically. We recommend a period between your 30’s to 40’s. Younger if you are before 30 years old. Forgiving and resolving what remains from that past age reference is essential to go back to that functional state.

“Purva yuvan” doesn’t make us immortal but makes us more functional physically while we’re alive. For that, we need to let go our system of believe on everything scientific that makes our cartesian mind to think on how things should be.

Mantra: Om namah purva yuvan ram

Meaning of the mantra: Acknowledges the presence of the power of the youth in a high form of enjoyment.

Om: universal particle

Namah: salutation

Purva: young children

Yuvan: young adult

Ram: highest form of joy

This process was created by Maha Vajra