

## Purva Yuvan

This process is for advanced Mahajrya students who have already learned and charged our basic practices.

### 5 elements

The five basic elements mantras are recited one after the other, on each bead of a mala, or for 15 minutes. You should have already charged the 5 elements.

**Om prithividhatu Bhumideviya**

**Om tejasdhatu Agnaya**

**Om akashadhatu Shivaya**

**Om apsadhatu Durgaya**

**Om vayudhatu Hanumantaya**

### Vajra Buddham

Recite the 10 siddhis of the VajraBuddham (including the Mani Baishajye) in a row, 21 times or for 2 minutes. Pause 1 second after rasavada, and half a second after kanakajyota. You should already have practiced the Vajra Buddham.

**Manasvin**

**Nivedin**

**Garima**

**Shanti**

**Rasavada**

**Kanaka Jyota**

**SiddhyAroga-Nam**

**SiddhiAroga-Hrim**

**SadaJiva**

**AmrutAyus**

## **Dhum**

The bija/seed *Dhum* calls upon the power of goddess Durga. It is an intense bija that proclaims your acceptance of Nature. The concept of Nature goes far beyond what we usually have in mind. We are referring to Nature without any judgement and pre-conception.

Practice *Dhum* at one recitation per second (60 bpm), more or less, while focusing on your body and on the concept of nature in general. Recite for 5 minutes per day for a week, then stop. Resume when you feel like doing another week.

## **Purva Yuvan, aroga ve-deha**

Purva means *young*, as in a child. The feeling is playful and innocent.

Yuvan means *young*, as in a young adult, where we discover the concept of responsibility and purpose.

**Purvayuvan** refers to the combined experience of playfulness and responsibility.

**aroga ve-deha** literally means: healthy, in shape.

Recite 1 mala of *purvayuvan arogavedeha*, or recite 5 minutes.

Then, meditate on that siddhi.



**MAHAJRYA**  
buddhist tradition

This process was created by Maha Vajra