

Purva Yuvan

This process is a combination of several Mahajrya's techniques. It is for advanced Mahajrya students who have already learned and charged our basic practices. You should have already charged all processes of this document. Then practise as follow.

-Step 1: 1 mala of the 5 elements together as just one long mantra:

**Om prithividhatu Bhumideviya Om tejasdhatu Agnaya Om akashadhatu Shivaya Om
apsadhatu Durgaya Om vayudhatu Hanumantaya.**

-Step 2: 21 recitation of the Vajra Buddham

**Manasvin Nivedin Garima Shanti Rasavada (short pause) Kanaka Jyota
SiddhyAroga-Nam SiddhiAroga-Hrim SadaJiva AmrutAyus.**

-Step 3: Recite Dhum bija mantra around 2 minutes

Dhum

-Step 4: 1 mala of Purva yuvan mantra

Purva Yuvan, aroga ve-deha

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	Kanaka Jyota
Nivedin	SiddhyAroga-Nam
Garima	SiddhiAroga-Hrim
Shanti	SadaJiva
Rasavada	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.