

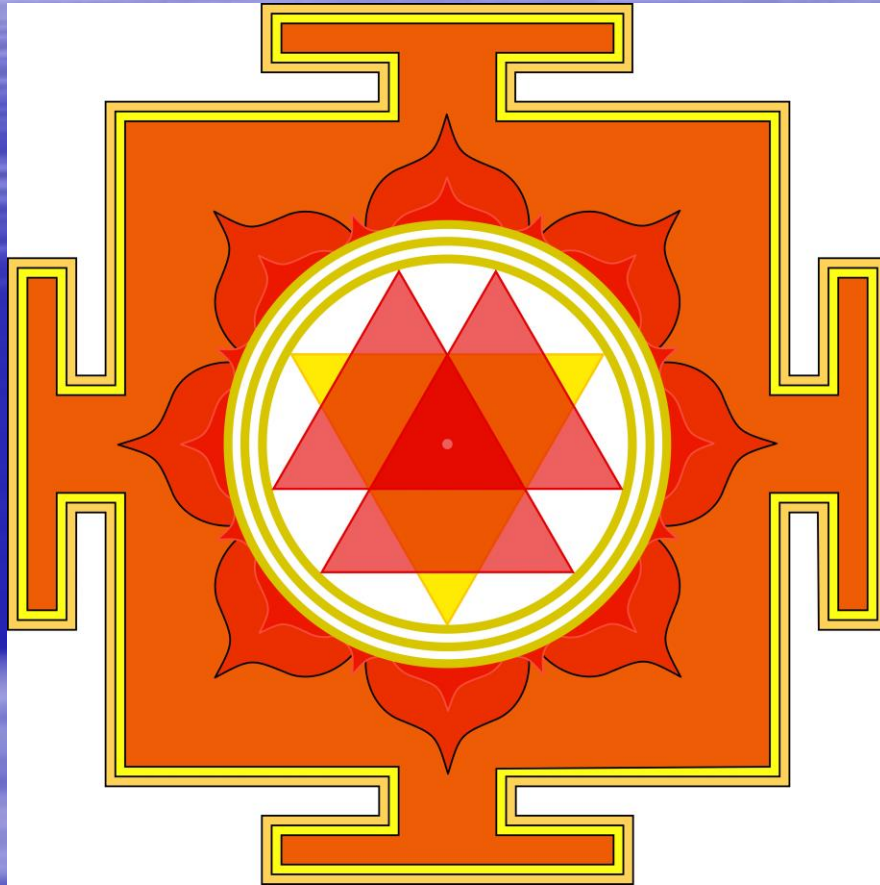
The Power of Yantra Mantra

Combining Sound and Energy for Powerful Transformation

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YANTRA



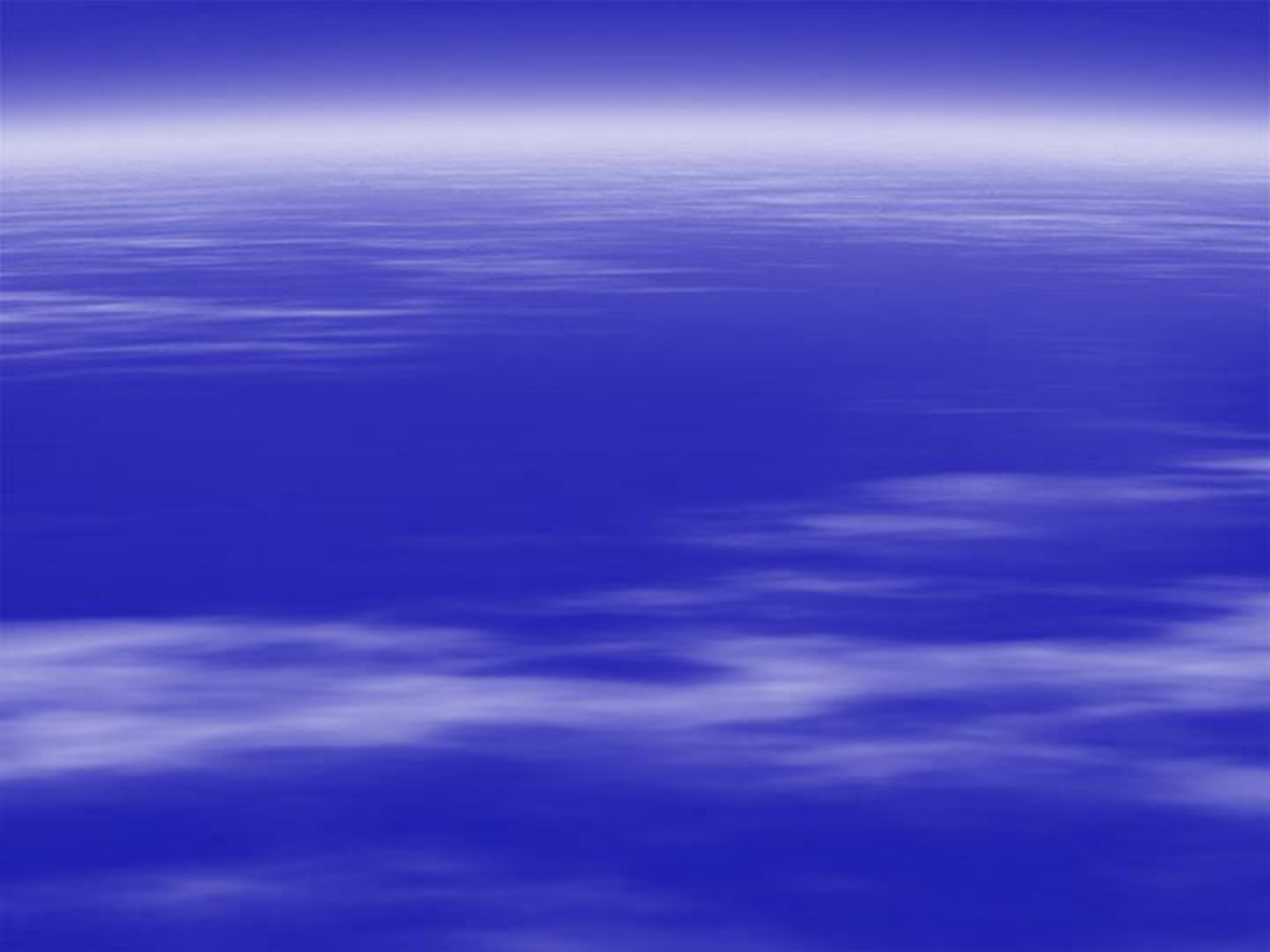
- A Sanskrit word from the root *yam*, meaning to control or subdue.
- -tra is an indo-european suffix meaning “instrument”.
- Anything with structure or organization.
- Depicts macrocosmic and microcosmic forces acting together (movement towards and away from the center).

Promotes “control” and “liberation” within the one device

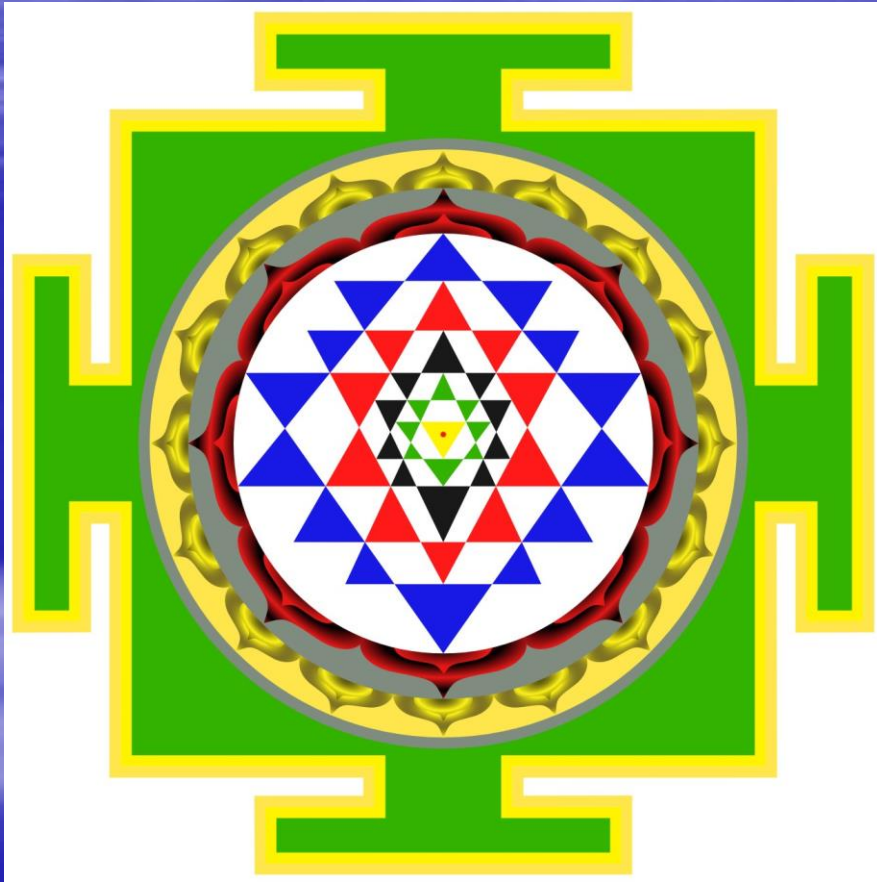
Yantras are the maps of consciousness, geometric forms that were visualized by yogis in deep states of meditation when they tried to experience and understand the subtle vibrations within their own bodies and the cosmos.

When you look at a yantra, it makes a huge impression on the energy patterns of your mind. These inner energy patterns begin to respond to concentration and awareness when you meditate on a yantra, as those images create powerful psychological impressions.

Concentration on yantras develops intuitive as well as creative ability.

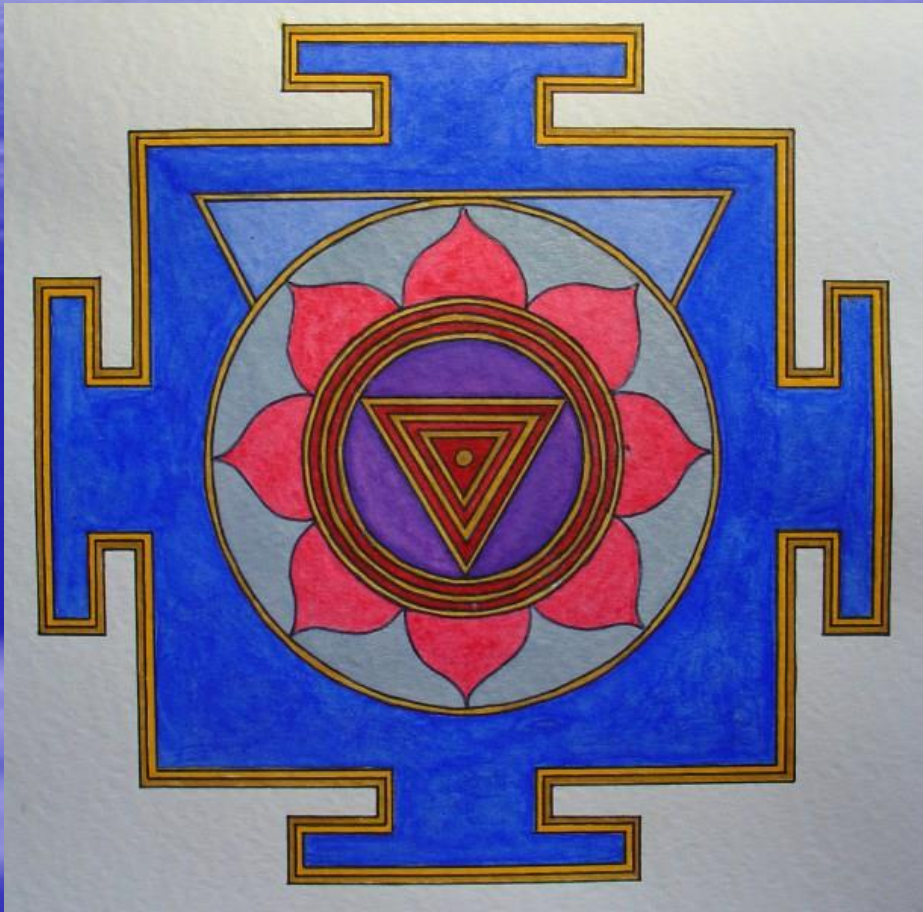


Yantra Design



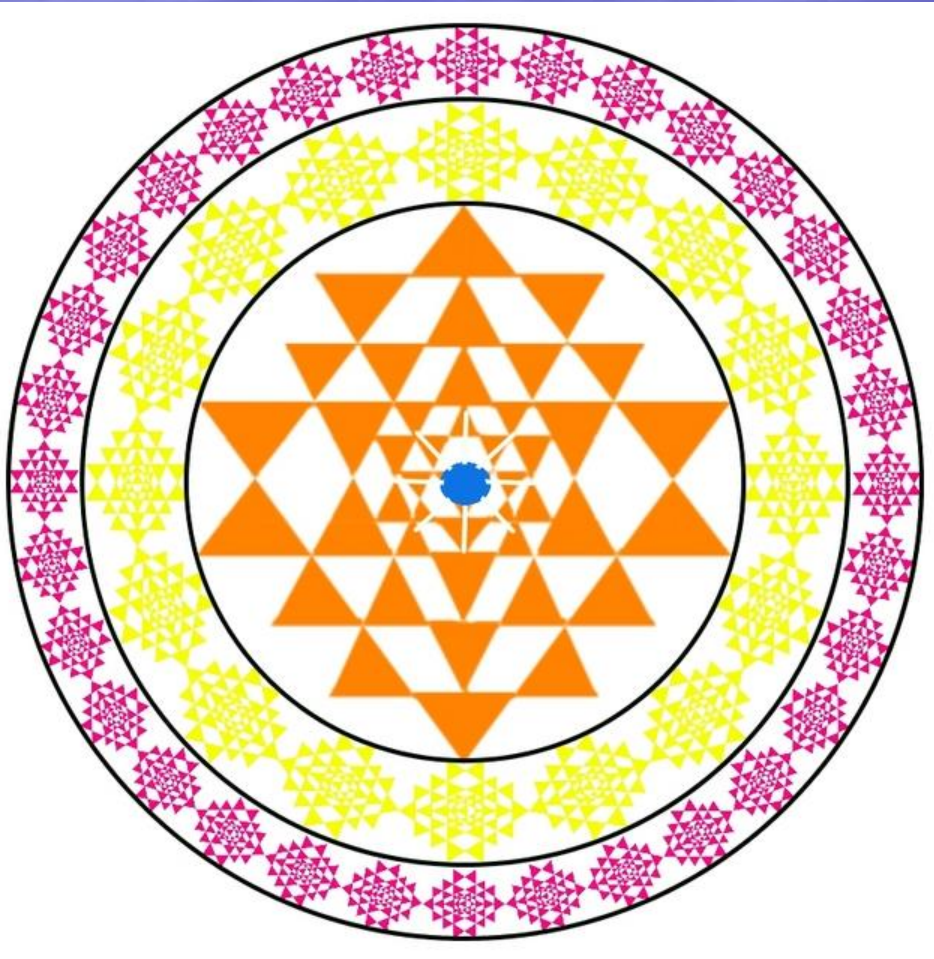
- Commonly used shapes and patterns include:
- Squares
- Triangles
- Circles
- Floral Patterns
- May also include more complex and detailed symbols.

The Lotus Flower



- Represents chakras, and each petal represents a psychic propensity (or “vritti”) associated with that chakra.

A Dot or “Bindu”



- Represents the starting point of creation, or the infinite, unexpressed cosmos.

The “Shatkona” (Hexagram)

Yantra of Godhead



- A balance between an upwards triangle (aspiration/fire/Shiva), and a downwards triangle (spiritual knowledge/water/Shakti)

MANTRA



The OM syllable , believed to be the sound of the universe is considered the most basic matra.

- From Sanskrit *manas* (mind, to think, consciousness, soul) + -'tra' (to free or liberate).
- A sound, syllable, word or group of words capable of creating spiritual transformation.

Popular Mantras

- Om Mani Padme Hum “Hail the jewel in the lotus”
- Ong Namō, Guru Dev Namō

Lakshmi Yantra Mantra

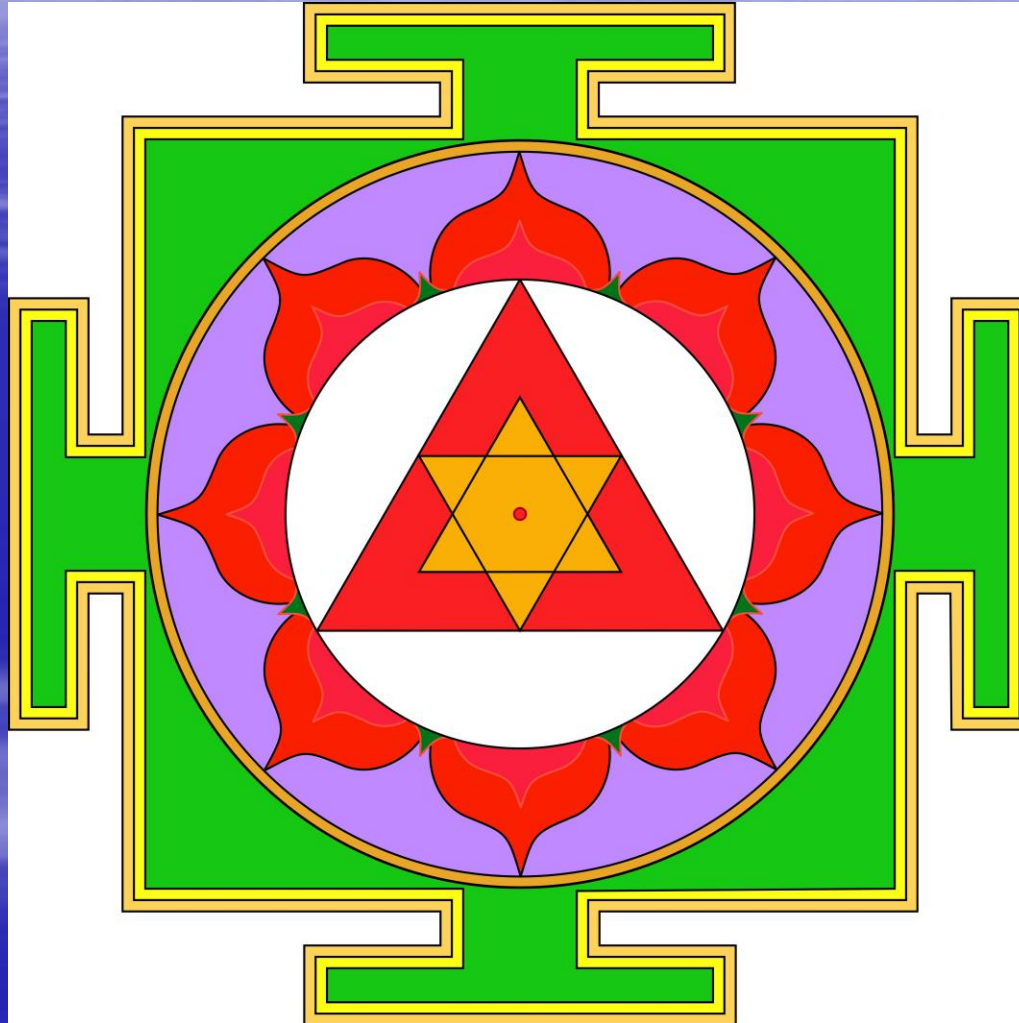
For abundance, prosperity, beauty and enlightenment



OM SHREEM KLEEM MAHALAXMIYE NAMAHA

Ganesha Yantra Mantra

Remover of all hindrances, giver of forgiveness.



OM GRAAM GREEM GRAUM GANAPATAYE NAMAHA

Green Tara Mantra Yantra



OM TARE TUTTARE TURE SOHA

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