

SVÁYOG



by

MRUNAL PAWAR



"Hyradyam mayi, aham amrite,
amritam bhramhani"

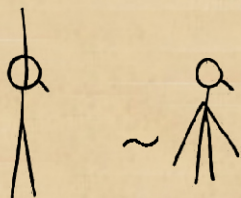
May my heart be connected to the eternal within me. May that eternal be connected to infinite consciousness.

"I am immersed in the divine nectar, I am the divine nectar, the divine nectar is my essence."

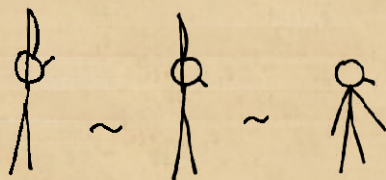
- "Hyadyam" (हृदयम्) means "heart" or "center"
- "Mayi" (मयि) means "in me" or "within me"
- "Aham" (अहं) means "I" or "I am"
- "Amrite" (अमृते) means "in the divine nectar" or "immersed in the divine nectar"
- "Bhramhani" (भ्रम्हनि) means "my essence" or "my true nature"

"As you chant these sacred words, imagine yourself immersed in a sea of divine nectar. Feel the sweetness of the universe coursing through your veins, nourishing your soul, and awakening your true essence. With each repetition, allow the boundaries of your being to dissolve, merging with the infinite and the eternal.

Repeating this chant can help cultivate a sense of inner peace, connection to the divine, and self-awareness.



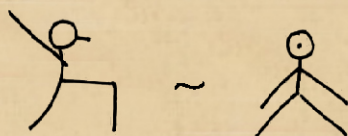
Arms down from front



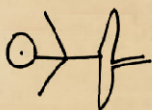
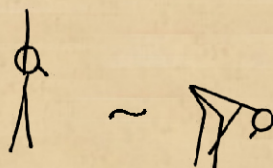
Look at base of palm

Chin down

Arms down from side



Keep head straight



Sitkari Pranayam
 Inhale: Mouth, Chin up
 Exhale: Hum, Chin down

