

Purest Potential Sadhana

- To be in unity with the expansive energy of the entire cosmos
- Kundalini Meditations to cultivate balance among the 10 bodies and attune with the radiance of the 10 planets.
- Each meditation can be done for 3 minutes to 11 minutes

1) 1st Body - Mercury - Creative

Buddhi Mudra: Thumbs touch little fingers and hands rest on the knees.

Chant "Wahe Guru" out loud long and slow.

Eyes are focused at the tip of the nose.

To end: inhale and hold 30 seconds and apply Mulbhand.

Intention: To align with the highest manifestation of Mercury's light, I am Creative in the communication of my purest potential

2) 2nd Body - Venus - Connection

Venus Lock Mudra: Interlace the fingers and rest the hands at the 2nd chakra level.

To increase feminine energy interlace the hands with the left index finger above the right index finger. To increase masculine energy place the right index finger on top of the left.

Inhale with 4 sniffs through the nose and exhale with 4 sniffs out the nose while mentally repeating Wha on the first sniff, He on the second, Gu on the third and Ru on the fourth sniff.

Eyes focus at the tip of the nose

To end; Inhale, apply mulbhand and hold 30 seconds

Intention: To align with the highest expression of Venus's light: I am connected with everything that represents my highest potential.

3) 3rd Body - Moon - Bliss

Chander Mudra: Palms face up, interlace the fingers and point them up, then touch the corresponding fingers together facing up, touch the thumb tips together and point away from the body. Hold the mudra at the navel center.

Inhale through the nose in 4 sniffs mentally repeat Sa on the first sniff, Ta on the second sniff, Na on the third sniff and Ma on the fourth sniff then exhale in one breath out the nose mentally recite Wahe Guru. Tongue rests at the top of the upper palate and teeth touch gently.

Eyes focus the tip of the nose.

To end; Inhale, apply mulbhand and hold 30 seconds

Intention: To align with the highest expression of the Moon's light: I am devoted to a life of bliss.

4) **4th Body - Mars - Yogi not an emotion- inner calm, peace, tranquility**

Venus Lock Mudra: Interlace the fingers and rest the hands at the 4th chakra level.

To increase feminine energy interlace the hands with the left index finger above the right index finger. To increase masculine energy place the right index finger on top of the left. This mudra masters the energy of both Venus and Mars.

Place the mudra at the center of the chest. Elbows relaxed at the sides of your body.

Chant Wahe Guru, Wahe Guru Wahe , Wahe, Wahe Guru out loud.

Focus the eyes at the tip of the nose.

To end; Inhale, apply mulband and hold 30 seconds

Intention: To align with the highest expression of Mars's light: I embody the equilibrium of the sun and the moon, radiating tranquility.

5) **5th Body - Jupiter - Expansion**

Gian Mudra: touch the tips of the index fingers to the tips of the thumbs and rest the mudra on the knees. This mudra masters the energy of Jupiter.

Chant out loud in this way: turn the head to the left and say Wha, move the head to the middle and say He', turn to the right and say Guru.

Eyes focus at the tip of the nose

To end; Inhale, apply mulband and hold 30 seconds

Intention: To align with the highest expression of Jupiters' light; I am the experience of expansion as I speak and listen

6) **6th Body - Saturn - Intuition**

Shuni Mudra: Touch the tips of the middle finger with the tips of the thumbs of each hand. Place the hands out to the sides of the head at 3rd eye level, palms facing away from the body. This mudra masters the energy of Saturn.

Slowly chant out loud on each breath 'Wahe Guru Wake Guru Wahe Wahe Wahe Guru'

Eyes focus at the third eye

To end; Inhale, apply mulband and hold 30 seconds

Intention: To align with the highest expression of Saturn's light; I am the experience of great strength as I follow my intuitive knowing.

7) **7th Body - Uranus - Self Contained**

Moving Gian Mudra: Place the hands in Gian mudra, touch the tips of the index fingers to the tips of the thumbs on each hand. Hold the hands in front of the shoulders facing out . Chant the mantra 'Wahe Guru' out loud. On Wahe the hands face forward on Guru the hands turn inward with the palms now facing back, the hands move away from the body in a revolving sideways motion for 4 repetitions of the mantra. and then they reverse the direction and move back towards the shoulders.

Eyes focus at the tip of the nose.

To end; Inhale with the hands by the shoulders, apply mulband and hold 30 seconds
Intention: To align with the highest expression of Uranus's light; I am the experience of feeling Self Contained as the light of my soul.

8) **8th body - Neptune - Courage**

Prayer Pose to master the positive expression of light from Neptune. Place the palms together at the center of the chest.

Breath of Fire while mentally chanting Wahe Guru

Eyes focus at the tip of the nose

To end; Inhale, apply mulband and hold 30 seconds

Intention: To align with the highest expression of Neptune's light; I explore the mystical and unseen with courage

9) **9th Body - Pluto - Calmness**

Pineal Mudra: Place the hands over the top of the head, one palm on top of the other which you choose. With the eyes gently closed direct your focus upward through the top of the skull and visualize the palm of the lower hand. Feel the hands as one. This mudra masters the planet Pluto.

To end; Inhale, apply mulband and hold 30 seconds

Intention: To align with the highest expression of Pluto's light; I am the profound transformation, emerging from a state of calmness.

10) **10th Body - Sun - Radiance**

Soorya Mudra: Rest the hands on the knees, breathe in for 20 seconds, hold for 20 seconds, then exhale 20 seconds. Mentally chant Wha on the inhale, He on the holding part, and Guru as your exhale. This breath gives you mastery of the positive expression of the Sun's light.

To end; Inhale, apply mulband and hold 30 seconds

Intention: To align with the highest expression of the Sun's light; Self awareness from my own radiance.

11) **11th Embodiment - Unto Infinity**

Bowing Mudra: This is a moving mudra and manages all 10 bodies to their highest expression. Sit on the heels with hands positioned on the floor in front of you. Eyes are closed and focused at the 3rd eye. In the upright position chant 'Wha' as you start to bow half way down chant 'He' as the forehead touches the ground chant 'Guru'.

To end; Inhale, apply mulband and hold 30 seconds

Intention: With gratitude I am my highest expression of Infinity