

# PRANAVA AUM

## **BIJA MANTRA - A**

Lower Lung activation

Annamaya Kosa (Physical Body): Earth Element

Hand Mudra: Chin Mudra

## **BIJA MANTRA - U**

Middle Lung activation

Pranamaya Kosa (Energy Body): Water Element

Hand Mudra: Chinmaya Mudra

## **BIJA MANTRA - M**

Upper Lung activation

Manomaya Kosa (Mental Body): Fire Element

Hand Mudra: Aadhi Mudra

## **BIJA MANTRA - A.U.M**

Entire Lung (centring 3D)

Vijnanamaya Kosa (Intellect Body): Air Element

Anandamaya Kosa (Bliss Body): Space Element

Hand Mudra: Brahma Mudra