

Tantra Tempel – Training

Adi Shakti – Instructions

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Complete Mantra:

Adi Shakti, Adi Shakti, Adi Shakti, Namō Namō

Sarab Shakti, Sarab Shakti, Sarab Shakti,
Namō Namō

Pritham Bhagvati, Pritham Bhagvati, Pritham Bhagvati,
Namō Namō

Kundalini Mata Shakti, Mata Shakti, Namō Namō

"This mantra invokes the [Creativity] that is in each of us and that is the power of creative manifestation throughout the Universe.

As you open your self to this constant creative becoming and movement of the Universe, you move naturally to drop insecurity, and move beyond blocks that come from a more limited perspective.

In this meditation you sit with and embody the primal, constant creative power of the Universe."
~Gurucharan Singh

How to Do the Adi Shakti Meditation:

Sit in easy pose on a cushion or in a chair with a straight spine

Chin slightly tucked down

Place your right hand with palm facing down in front of the heart center

Place your left hand with palm facing down 5-7 cm above right hand

Both arms parallel to the floor

Shoulders relaxed down

Focus your eyes open or closed as you wish

Chant the mantra " Adi Shakti "

Chant as long as you like

We love 11 minutes or more.