

*Holistic Growth and Well-Being
through Yoga Nidra, Mudras, and
Mantra Practices for Learning and
Self-Realization in Women's
Circles.*

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Chapter 1: Yoga Nidra – A Holistic Practice for Self-Realization

1.1 Introduction to Yoga Nidra

Yoga Nidra, often referred to as yogic sleep, is a state of conscious relaxation practiced in a lying position, ideally in shavasana. This posture allows the body to rest fully while maintaining awareness, creating a liminal state between wakefulness and sleep. Practicing Yoga Nidra when slightly tired enhances the ability to surrender deeply. Soft lighting, candles, and covering the eyes support inward focus and relaxation.

The Role of Sankalpa / Resolution

Sankalpa is a positive affirmation, such as “I radiate love and joy” or “I awaken to my true self”. Repeating it with conviction strengthens neural pathways, supports well-being and self-realization, and fosters lasting positive change. In women’s circles, sankalpa becomes even more potent: collective energy amplifies its effects. In my work, I integrate sankalpas into English learning sessions, workshops, and retreats, connecting personal growth with language practice. A well-chosen sankalpa should be simple, present-focused, and believed in fully.

Transformational Level

Yoga Nidra facilitates deep personal growth and self-realization, accessing profound states of consciousness. Participants cultivate self-awareness, explore their inner purpose, and gain insight into their true nature, enabling long-term personal development beyond the session.

Environment and Group Considerations

A supportive, comfortable environment is crucial for Yoga Nidra. Ensure enough space, provide blankets, mats, bolsters, and maintain clear guidance. Building trust allows participants to experience deep relaxation and transformative effects, especially when practicing together in a women's circle.

Yoga Nidra in Groups

Group practice requires attention to group dynamics and size. Begin with a short introduction, using accessible language suited to participants' English level. This is particularly important when combining Yoga Nidra with language learning. The collective energy enhances relaxation, focus, and engagement.

Spiritual Body

Yoga Nidra supports connection with the spiritual body, fostering alignment with the higher self, inner guidance, and holistic growth.

Neuroplasticity and Emotional Resilience

Yoga Nidra promotes neuroplasticity, forming new neural connections, rewiring negative thought patterns, reducing stress, and enhancing emotional resilience. This strengthens learning, self-awareness, and daily well-being.

Connection within the Group

Practicing Yoga Nidra in a women's circle fosters deep interpersonal connection, shared energy, empathy, and mutual support. This collective presence amplifies personal growth and enriches learning experiences, creating a safe, transformative environment.

Summary

Yoga Nidra in women's circles is a holistic practice that nurtures body, mind, emotions, and spirit. With intentional sankalpa, supportive environment, and group energy, participants access deeper consciousness, strengthen self-awareness, and foster both personal growth and collective learning.

1.2 History and Philosophy

Yoga Nidra is rooted in ancient yogic tradition and described in classical texts as a method to access deeper consciousness. Systematized in the 20th century by Swami Satyananda Saraswati, it emphasizes spiritual growth alongside modern needs, including stress reduction and psychological well-being. Philosophically, Yoga Nidra teaches that true self-realization comes from surrender, allowing reconnection with essential nature.

1.3 Stages of Yoga Nidra

Common stages (vary by tradition):

1. Preparation / Introduction – lying in savasana, awareness of body
2. Relaxation – release of tension
3. Sankalpa (Intention) / Resolve – planting a positive affirmation
4. Rotation of Consciousness – moving awareness through body parts
5. Breath Awareness – observing breath and subtle energies

6. Feeling of Sensations – noticing contrasts (heaviness/lightness, warm/cool)
7. Image Visualization – guided imagery for subconscious exploration
8. Sankalpa Resolve – reaffirming intention at the end

1.4 Types of Yoga Nidra in Women's Circles

- Self-Love Yoga Nidra – self-acceptance, gratitude, heart openness, peace
- Traditional Yoga Nidra – systematic relaxation, spiritual awareness
- Grounding Yoga Nidra – stability, energy balance, calm, connection to Earth
- Balancing Yoga Nidra – harmonizes chakras and emotions
- Journey through the Self to the Self – explores consciousness, transcendence, true Self
- Overflowing Heart Yoga Nidra – reduce stress, strengthen self-worth, open the heart, harmonize energy

1.5 Preparatory Practices for Yoga Nidra

Yoga Nidra is most effective after light physical or energetic activity. Mild fatigue prepares the body and mind for deep relaxation, enhancing holistic growth, self-realization, and learning.

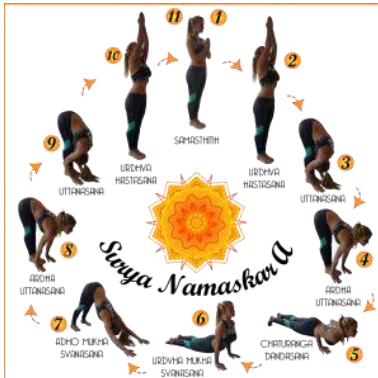
Preparatory practices can include:

- **Ashtanga Surya Namaskar (Sun Salutation)** – warms the body, awakens energy, and enhances circulation.

- **Pranayama / Breathwork** – balances the nervous system, harmonizes prana, and supports mental clarity.
- **Asanas / Yoga Flow** – releases physical tension, improves posture, and prepares the body for stillness.
- **Energy Work** – develops awareness of the subtle body, balances nadis and doshas, and integrates energetic alignment.

By moving through these preparatory practices, participants create a foundation of readiness - physically, emotionally, and energetically - that supports the depth and effectiveness of Yoga Nidra. These practices are the bridge between daily activity and the inward, receptive state required for deep conscious relaxation. To help integrate body, mind, and subtle energy more fully, I have created **my own guided practices**, including the **Dama Lama Sky & Earth Meditation** and the **Dance Journey through the Five Elements**. These provide structured ways to awaken, align, and connect both individually and collectively before entering Yoga Nidra.

1.



2. **Pranayama / Breathwork** – balances nervous system, harmonizes prana.



3. **Asanas / Yoga Flow** – releases tension, prepares body for stillness.



4. **Energy Work** – subtle body awareness, nadis, dosha balancing.



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1.5.1 Dama Lama Sky & Earth Meditation – Preparatory Practice for Yoga Nidra

Full Script (Original version preserved for authenticity and practical use)

In this practice, we will focus on activating the central energy channel — from root to crown through the length of the spine — as well as opening the energy channels in the arms that are extensions of your heart.

Close your eyes and allow yourself to feel how the energy wants to move through you. Trust and listen to your body.

Find a comfortable seated position, either with your legs crossed or feet grounded. Bring your hands into the sacred gesture of Samana Vayu—a mudra that unites all the elements: fire, air, ether, earth, and water. Touch the tips of all your fingers to the thumb, and rest your hands palms-up on your knees or thighs. This gesture supports inner peace and carries deep healing benefits.

Inhale through the nose and out through the mouth.

Inhaling — extending toward the sky.

Exhaling — grounding, anchoring into the Earth.

Allow the spontaneous flow of energy to move through you.

Now, close your eyes and take a few deep, gentle breaths at your own pace. Deep inhale through the nose, long exhale through the mouth. Try to be guided by your breath.

Opening the Arms

With your next inhale, open your arms wide.

As you exhale, gently draw your hands down, crossing them in front of your body.

Inhale — pulling your hands up through the center of your body, up to the crown, toward the sky.

Exhale — softly drawing your hands down again.

Repeat this six times. Move nice and slow, guided by your own breath.

Pause. One last time — inhale, and as you exhale bring your hands back to your knees.

Keep your eyes closed and take a moment to feel what has awakened in your body — perhaps tingling, subtle vibrations in your hands, or gentle warmth. Listen to your body in stillness.

Arch and Bow

With the next inhale, arch your back, lifting your head and chest toward the sky. Open your heart space.

As you exhale, bring your hands down, bowing all the way to the Earth, rounding your spine.

Continue with this movement: Arching back – Bowing down.

Close your eyes and move at your own pace, guided by your breath.

Winging Up

Pause here for a moment.

With the next inhale, open your arms wide.

Exhale — place your hands over your body, as if you were hugging yourself.

Inhale again — winging up, like an angel.

Heart Connection and Setting Intention

Rub your hands together gently to create warmth and energy.

Place your right hand on your spiritual heart — the center of your being — and your left hand on the heart of the person to your left. Send energy from heart to heart, forming a deep connection within the circle. Breathe heart to heart, and listen as your hearts begin to vibrate in the same rhythm.

*From this space of presence and connection, set your intention for today for everyone, starting with *We are ...* Repeat it three times.*

Bring your hands back to your knees. With eyes still closed, take a final moment to feel. Feel the extension toward the sky and the grounding into the Earth.

Closing

Gently and slowly allow yourself to return to your own space — maintaining openness, presence, and connection with everyone in the

circle.
Smile. Welcome.





1.5.2 Dance Journey and the Five Elements – Preparatory Practice for Yoga Nidra

Full Script

Step 1 – Grounding

I'm going to take you on a journey.
Stand tall like a mountain.
Root your feet into the Earth.
Close your eyes.
Open your heart space.
Take deep belly breaths.
... *Pause* ...

Step 2 – Breathing & Light

With each breath, envision that you are filling every single organ with light.
Feel this light reaching deeper and deeper into the Earth.
Focus on full body exploration, being fully here and now.

Step 3 – Softening the Body

On the next exhale, begin to soften your knees.
Release your shoulders.
Relax your jaw.
Wake up your fingers.
Make circles with your wrists.
Gently place the tips of your fingers upon your skin.
Trace your own body with awareness, noticing the sensations of skin-to-skin contact.

Explore the outline of your entire silhouette.

... *Pause* ...

Step 4 – Awakening the Senses

Invite every part of yourself to come alive.

Now, with the same presence, look around your space.

Find a natural element—a stone, a leaf, a flower, a plant, or a blade of grass.

Trace its surface gently.

Notice the textures and patterns.

Connect with this life form.

Begin to move with it, slowly, as if dancing together.

Step 5 – Dance with the Elements

Transform your home into a dance temple.

Come into energetic relationship with all the elements around you:

- the ether
- the fire
- the earth
- the air
- the waters

Feel them cleansing and moving your emotional body, inside and out.

Hearts wide open, as we dance together in this circle.

NEXT – Awake your Inner Dancer

Start: “Feel the group as a living space of energy, each breath and movement contributing to collective awareness.”

Interaction with elements: “Notice how your connection with nature resonates through the group, deepening the experience for everyone.”

Academic Commentary and Integration

The Dance Journey through the Five Elements can be considered a preparatory ritual that enhances the effectiveness of Yoga Nidra. As the body transitions from conscious, flowing movement into stillness, it becomes easier to access the deep relaxation and altered states of awareness that Yoga Nidra facilitates. This preparatory role is crucial, because entering Yoga Nidra directly without prior activation of the body and senses may cause restlessness or sleepiness rather than conscious relaxation.

Symbolism of the Five Elements

- Earth (Prithvi) – grounding, stability, sense of safety
- Water (Apas) – fluidity, adaptability, emotional flow
- Fire (Agni) – energy, transformation, empowerment
- Air (Vayu) – breath, communication, freedom
- Ether/Space (Akasha) – spaciousness, intuition, spiritual connection

The Group Dimension

Movement becomes a shared language, dissolving barriers and creating a collective field of trust and awareness. As each participant explores the elements individually, they simultaneously contribute to the energetic whole of the group, reinforcing a sense of belonging and mutual support.

Practical Application in Learning and Self-Realization

The Dance Journey is also an experiential tool for language acquisition, reinforcing embodied memory of vocabulary and concepts through movement, emotion, and context.

Guiding Insight

The Dance Journey through the Five Elements bridges movement and stillness, individual exploration and collective presence, body and language. It enhances the depth of Yoga Nidra while creating a field of shared awareness that empowers both personal growth and group learning.

Chapter 2: Mudras – Hand Gestures for Energy and Focus

2.1 Introduction to Mudras

Mudras are sacred hand gestures used in yoga, meditation, and energy practices. They are more than symbolic postures of the fingers – in yogic tradition, mudras are seen as energetic seals that support the flow of prana (life force) and harmonize body, mind, and spirit. Ancient texts describe the hands as subtle instruments capable of directing energy and influencing states of awareness.

From my own experience, hands are energetic extensions of the heart, serving as conduits for prana and subtle consciousness, and acting as a bridge between the inner world of awareness and the outer environment. The positioning of the hands can influence energy flow, emotional states, mental clarity, and spiritual awareness.

Definition and significance in yoga and meditation: Mudras channel prana, activate specific neural pathways, and harmonize the body, mind, and spirit. They are tools for cultivating mindfulness, intention, and connection.

Energetic function and impact on body, mind, and emotions:

Each gesture stimulates energy centers, balances doshas, calms the nervous system, or activates particular chakras. Certain mudras can open the heart, relieve stress, or enhance concentration.

Historical and philosophical roots: Mudras have been integral to yogic and tantric practices for thousands of years. They appear in ancient texts and iconography as gestures that connect humans to divine energy, cosmic forces, and higher consciousness.

Hands are not only symbolic – they are alive with energy. When held consciously, mudras can guide prana, enhance meditation, and act as a physical manifestation of intention. They support mental clarity, deepen focus and concentration, balance emotions, and promote overall well-being. Mudras can also facilitate energetic alignment, support emotional healing, and nurture spiritual growth by opening channels of awareness and fostering a sense of inner harmony. This is why mudras are such a powerful preparatory tool before Yoga Nidra or other deep meditative states, helping the practitioner enter a state of relaxed alertness and receptive presence.

2.2 Types of Mudras

In my practice, I use specific mudras not only in preparation for Yoga Nidra and during guided meditations in women's circles, but also in workshops integrating English language learning with the elements. They are incorporated into my original scripts, including **Sky & Earth Meditation** and **Dance Journey through the Five Elements**, allowing participants to explore mindfulness, embodied awareness, and energetic balance through both movement and language.

2.2.1 Mudras and the Elements – Balancing Doshas

Mudras can also be used to connect with the five elements, balancing the doshas (**Vata, Pitta, Kapha**) and supporting the chakras:

- **Earth (Prithvi) – Ring Finger:** Stability, grounding; supports the Root Chakra (Muladhara). Formed by joining the tip of the ring finger with the tip of the thumb. **Balances Kapha and Vata doshas**, promoting physical stability and rootedness.
- **Water (Apas) – Little Finger:** Fluidity, adaptability; supports the Sacral Chakra (Svadhithana). Formed by joining the tip of the little finger with the tip of the thumb. **Balances Kapha and Pitta doshas**, supporting emotional flexibility, flow, and adaptability.
- **Fire (Agni) – Thumb:** Transformation, vitality; supports the Solar Plexus Chakra (Manipura). Performed by **bending the ring finger and placing its tip at the base of the thumb, while the thumb gently presses the ring finger**. The other fingers remain extended. Stimulates digestive fire, energizes the body, and **balances Pitta dosha**.
- **Air (Vayu) – Index Finger:** Expansion, freedom, communication; supports the Heart Chakra (Anahata). Formed by joining the tip of the index finger with the tip of the thumb. **Balances Vata dosha**, supporting mental clarity, lightness, and freedom of movement or thought.
- **Ether / Space (Akasha) – Middle Finger:** Spaciousness, intuition, spiritual awareness; supports the Throat Chakra (Vishuddha). Formed by joining the tip of the middle finger with the tip of the thumb. **Balances Vata dosha**, enhancing intuition, spaciousness, and energetic awareness.

Practical guidelines:

- To **increase** an element: form the corresponding mudra by pressing the finger to the thumb.
- To **decrease** an element: release the finger or perform the reversed mudra.
- Using mudras this way helps balance doshas, energize the body, and harmonize the chakras before entering Yoga Nidra.

Mudras serve as a subtle language of the body, allowing participants to consciously influence energetic flow and prepare for a receptive, meditative state. They are not only tools for meditation or group practices but also for **embodied learning**, connecting energy work with language, focus, and mindfulness during workshops.

2.2.2 Hand Mudras in Women's Circles

Mudras practiced in a group amplify their energetic and emotional impact:

- Practicing in a circle strengthens collective energy, trust, and connection among participants.
- The shared presence enhances focus, deepens emotional awareness, and encourages vulnerability.
- Mudras also serve as tools for non-verbal communication and mindfulness, supporting both meditation and experiential learning (such as language learning in my **English in Women's Circles** project).

From experience, when women use mudras together, there is a noticeable alignment of energy, greater receptivity to meditation, and enhanced collective presence. This supports both individual growth and a sense of belonging within the circle.

2.4 Practical Examples & Scripts

Prithvi Mudra (Earth Mudra)

- Tip of the **ring finger touches the thumb**.

- **Palms facing upward:** Grounds energy, stabilizes emotions, strengthens physical and mental resilience.
- **Palms facing downward:** Enhances rootedness and mental balance.
- **Hands resting on thighs or knees.**
- Supports balance, vitality, and a sense of rootedness.



Chin Mudra / Jnana Mudra (Gesture of Grounded Awareness)

Tip of the index finger touches the thumb. Hands resting on thighs or knees.

Enhances focus, intuition, emotional stability, and spiritual presence.

- **Chin Mudra – palms upward:** Opens to receiving energy, promotes calm awareness and mental clarity.



- **Jnana Mudra – palms downward:** Grounds energy, strengthens focus and inner stability.



Hridaya Mudra (Heart Mudra)

- **Index finger bent, touching the base of the thumb; middle and ring fingers touch the tip of the thumb; little finger extended.**
- **Palms facing upward:** Opens the heart, encourages compassion and emotional receptivity.
- **Hands resting on thighs or heart.**
- Supports emotional healing, connection with self and others, and spiritual openness.



Samana Vayu Mudra

- Fold the **index finger to touch the base of the thumb**, thumb pressing gently, other fingers extended.
- **Palms facing upward or downward:** Balances internal energy, calms the mind, harmonizes the nervous system.
- **Hands resting on thighs or knees.**

- Supports vitality, focus, inner calm, and energetic integration.



These mudra practices create a bridge between body, mind, and spirit, preparing participants for the stillness and receptive state of Yoga Nidra. They also serve as a tool for embodied mindfulness, helping participants internalize concepts through both movement and intention.

✦ Guiding Insight:

Mudras are not only preparatory tools for Yoga Nidra but also instruments for energy cultivation, emotional regulation, and group cohesion. In women's circles, they become a shared language of presence and awareness, enhancing both personal growth and collective experience. By consciously using hands as energetic extensions of the heart, participants can access deeper levels of meditation, connection, and self-realization.

Chapter 3: Mantras and Chants – Vibrational Practice for Mind and Heart

3.1 Introduction to Mantras

A **mantra** is a sacred sound, word, or phrase repeated to calm the mind and deepen focus. Chanting creates vibrations that resonate in the body, mind, and subtle energy field, supporting physical, emotional, and spiritual well-being.

Benefits of mantra practice:

- **Mental calm:** quiets racing thoughts.
- **Focus:** enhances concentration for meditation or yoga.
- **Emotional balance:** harmonizes emotions, reduces stress.
- **Self-realization:** fosters introspection and spiritual clarity.

3.2 Types of Mantras and Chants

1. Traditional Sacred Sounds

Mantra	Transliteration	Meaning / Purpose
ॐ	Om	The universal sound; symbolizes unity and creation.
शान्तिः शान्तिः शान्तिः	Shanti Shanti Shanti	Peace mantra; calms body and mind.
लम्, वम्, रम्...	Chakra Mantras	Root to crown; harmonizes energy centers.

2. Personal Affirmations

Short phrases reinforcing intention:

- “I am calm.”
- “I am filled with energy.”
- “I radiate peace and clarity.”

Applications

- **Before or after Yoga Nidra** for deeper integration.
- Common mantras in practice:
 - **Gayatri Mantra:** Enhances awareness and intuition.
 - **Maha Mrityunjaya Mantra:** Healing and protection.
 - **Patanjali Mantra:** Supports discipline and focus.
 - **Surya Namaskar chants:** Used in Sun Salutation sequences.

Sample short sequence before Yoga Nidra:

1. **Shanti Mantra** – 5 repetitions
2. **Om Shanti Shanti** – 3 repetitions
3. **Chakra mantras** – 1–2 repetitions per chakra

3.3 Mantra Practice in Women's Circles

Chanting mantras together in a women's circle has unique effects:

- **Amplified group energy:** Shared vibrations strengthen collective energy and create a sense of safety.
- **Learning and rhythm:** Repetition improves focus, memory, and pronunciation.
- **Collective intention:** Group energy helps direct intentions toward healing, harmony, and mutual support.
- **Language learning:** Mantras can be introduced in **English alongside Sanskrit**. Repeating the meaning aloud helps participants:
 - Practice pronunciation and rhythm.
 - Connect deeply with the intention behind the mantra.
 - Enhance memory and comprehension through repetition and vibration.

Example: After chanting the Shanti Mantra in Sanskrit, participants can say the English translation aloud:

“May all beings be safe. May all beings experience peace. May all beings be complete. May all beings experience well-being and happiness.”

This makes mantra practice not only spiritual but also an empowering way to **learn English through rhythm, sound, and meaning.**

3.4 Practical Scripts

Session 1: Pre-Yoga Nidra (5–7 min)

Shanti Mantra – Repeat 5 Times

Sanskrit:

Sarveṣāṃ svastir bhavatu
Sarveṣāṃ śāntir bhavatu
Sarveṣāṃ pūrṇam bhavatu
Sarveṣāṃ maṅgalam bhavatu

Meaning:

May all beings be protected and safe.
May all beings experience peace.
May all beings be complete and whole.
May all beings experience well-being and auspiciousness.

Practice:

1. Sit comfortably, close your eyes, and relax.

2. Repeat the **Shanti Mantra** 5 times.
3. Breathe slowly while chanting **Om Shanti Shanti** 3 times.
4. Silently set a personal or collective intention.
5. Optionally, repeat the English translation aloud for language practice.

Session 2: Post-Yoga Nidra (3–5 min)

1. Bring gentle awareness to your breath.
2. Softly chant **chakra mantras** from root to crown:
 - Root: **Lam**
 - Sacral: **Vam**
 - Solar Plexus: **Ram**
 - Heart: **Yam**
 - Throat: **Ham**
 - Third Eye: **Om / Aum**
 - Crown: **Silent Om / Silence**
3. Close with a shared affirmation or silent intention.
4. Slowly open eyes, carrying the vibration into your day.

Session 3: Pre-Lesson Mantras (*for “At the Beginning of English in the Women’s Circle”*)

This session introduces participants to **classical mantras** with **English translations**, creating a bridge between sacred chanting and language learning.

1. Gayatri Mantra

om bhūr bhuvah svaḥ
 tat savitur vareṇyam
 bhargo devasya dhīmahi

dhiyo yo naḥ pracodayāt
Om Śāntiḥ Śāntiḥ Śāntiḥ

English:

We meditate on the glory of sacred light illuminating the three worlds.
May that divine light inspire our thoughts. Om Peace, Peace, Peace.

2. Maha Mrityunjaya Mantra

om tryāmbakaṃ yajāmahe
sugandhiṃ puṣṭivardhanam
urvārukam iva bandhanān
mṛtyor mukṣīya mā'mṛtāt
Om Śāntiḥ Śāntiḥ Śāntiḥ

English:

We worship the three-eyed Lord (Shiva) full of fragrance, who
nourishes all beings. May he liberate us from the fear of death, as the
cucumber is freed from its stem, but not from the nectar of immortality.
Om Peace, Peace, Peace.

3. Shanti Mantra

Om saha nāḥ avatu
saha nau bhunaktu
saha vīryam karavāvahai
tejasvi nāḥ adhītam astu
mā vidviṣāvahai
Om śāntiḥ śāntiḥ śāntiḥ

English:

May He protect us both. May He nourish us both. May we gain strength
together. May our study be full of brilliance. May we never argue with
each other. Om Peace, Peace, Peace.

4. Om Sarve Bhavantu Sukhinah

Om sarve bhavantu sukhinah
sarve santu nirāmayāḥ
sarve bhadraṇi paśyantu
mā kaścidduḥkhabhāgbhavet
Om śāntiḥ śāntiḥ śāntiḥ

English:

May all be happy. May all enjoy health and freedom from disease. May all see what is good and auspicious. May no one suffer. Om Peace, Peace, Peace.

5. Patanjali Mantra

yogena cittasya, padena vācāṃ
malaṃ śarīrasya ca vaidyakena
yo'pākarot tam pravaram munīnāṃ
patañjalim prāñjalir ānato'smi
om śāntiḥ śāntiḥ śāntiḥ

English:

I bow to the sage Patanjali, who removed the impurities of the mind with yoga, of speech with grammar, and of the body with medicine. Om Peace, Peace, Peace.

6. Surya Namaskar Mantra (12 salutations)

hiraṇmayena pātreṇa
satyasyāpihitaṃ mukham
tat tvam pūṣann apāvṛṇu
satya-dharmāya dr̥ṣṭaye

om śāntiḥ śāntiḥ śāntiḥ

English:

Like a golden vessel, O Sun, your brilliance covers the entrance to the truth. Please open the door and lead me to wisdom.

Then, 12 salutations to the Sun (Surya Namaskar):

1. Om Hrām Mitrāya Namah – Salutations to the friend of all
2. Om Hrīm Ravaye Namah – Salutations to one who shines
3. Om Hrūm Sūryāya Namah – Salutations to one who induces activity
4. Om Hraim Bhānave Namah – Salutations to one who illuminates
5. Om Hraum Khagāya Namah – Salutations to one who moves quickly
6. Om Hrah Pūṣṇe Namah – Salutations to one who gives strength
7. Om Hrām Hiranya Garbhāya Namah – Salutations to the golden cosmic self
8. Om Hrīm Marīcaye Namah – Salutations to the lord of dawn
9. Om Hrūm Savitre Namah – Salutations to the creator
10. Om Hraim Arkāya Namah – Salutations to the one fit to be praised
11. Om Hraum Ādityāya Namah – Salutations to the son of the cosmic Mother Aditi
12. Om Hrah Bhāskarāya Namah – Salutations to the one who leads to enlightenment

3.5 Chakra Mantra Chart

Chakra	Location	Sanskrit Mantra	Color	Meaning / Focus
Root (Muladhara)	Base of spine	Lam (लं)	Red	Grounding, stability, security

Chakra	Location	Sanskrit Mantra	Color	Meaning / Focus
Sacral (Svadhithana)	Lower abdomen	Vam (वं)	Orange	Creativity, pleasure, emotional balance
Solar Plexus (Manipura)	Upper abdomen	Ram (रं)	Yellow	Personal power, confidence, willpower
Heart (Anahata)	Center of chest	Yam (यं)	Green	Love, compassion, connection
Throat (Vishuddha)	Throat	Ham (हं)	Blue	Communication, self-expression, truth
Third Eye (Ajna)	Between eyebrows	Om / Aum (ॐ)	Indigo	Intuition, insight, clarity
Crown (Sahasrara)	Top of head	Silent Om / Silence	Violet / White	Spiritual connection, unity, higher consciousness

How to Use the Chart:

1. Sit comfortably and take a few slow breaths.
2. Chant the corresponding mantra **1–3 times** per chakra.
3. Visualize the **color and energy** of each chakra.
4. After reaching the Crown, sit in silence for a few breaths.
5. Optionally, repeat the English meaning aloud to reinforce both intention and language learning.

Chapter 4: Integration of Yoga Nidra, Mudras, and Mantras in Women's Circles

4.1 Synergy of Practices

Yoga Nidra, mudras, and mantras represent three dimensions of a holistic path toward self-realization. Practiced together, they activate the body, calm the mind, open the heart, and connect participants to subtle awareness. Yoga Nidra offers deep conscious rest and access to inner wisdom. Mudras guide prana and stabilize energetic pathways. Mantras create vibrational resonance, harmonizing thoughts and emotions.

The synergy of these practices lies in their complementarity: Yoga Nidra cultivates receptivity, mudras focus energy, and mantras amplify intention. In women's circles, this integration creates a transformative container that supports both personal and collective growth.

4.2 Learning and Self-Realization

Engaging in these practices supports not only spiritual growth but also learning processes. Yoga Nidra enhances neuroplasticity, concentration, and emotional resilience. Mudras bring embodied memory, connecting gesture with meaning and supporting cognitive anchoring. Mantras integrate rhythm, repetition, and sound, which are powerful tools for language learning and mental clarity.

Together, they foster embodied learning — a process where knowledge is absorbed not only intellectually but also physically, emotionally, and spiritually. In women's circles, this multidimensional learning becomes a path of self-realization: participants learn with their whole being, integrating awareness into daily life.

4.3 Collective Energy and Women's Circles

Practicing in a women's circle amplifies the impact of these techniques. The circle itself is a symbol of equality, unity, and mutual support. Collective chanting deepens vibration, synchronized mudras align energy, and shared Yoga Nidra creates a field of trust and safety. The presence of others enhances empathy and mirrors inner experiences, helping participants move beyond individual limitations. In this shared space, women discover that growth is not a solitary endeavor but a communal journey. The circle becomes a mirror of the inner self, and each participant contributes to the collective transformation.

4.4 Practical Implications

The integration of Yoga Nidra, mudras, and mantras has broad applications in education, well-being, and community development. In learning environments, it fosters focus, memory, and creativity. In therapeutic settings, it reduces stress, strengthens resilience, and supports emotional healing. In women's circles, it empowers participants, nurtures self-worth, and creates safe spaces for authentic expression.

Facilitators can adapt these practices according to group needs: using simple mudras for grounding, short mantras for intention-setting, or brief Yoga Nidra sessions for deep relaxation. Over time, these practices cultivate holistic well-being that extends beyond the circle into everyday life.

4.5 Guiding Insight

At the heart of these practices lies a guiding truth: growth and self-realization emerge from the alignment of body, mind, and spirit within community. Yoga Nidra, mudras, and mantras are not isolated techniques but interwoven threads of a holistic tapestry. When practiced

together in women's circles, they become instruments of empowerment, healing, and transformation, offering participants not only tools for well-being but also a path toward living in resonance with their true selves.

Conclusion

This work has explored the integration of Yoga Nidra, mudras, and mantras as holistic practices that support women's learning, well-being, and self-realization. Yoga Nidra offers deep conscious rest and access to higher awareness. Mudras direct subtle energy and embody intention. Mantras create vibrational harmony, uniting voice and heart.

Practiced in women's circles, these techniques unfold their full potential. The collective field amplifies relaxation, strengthens intention, and fosters shared growth. Participants not only learn new skills — whether language, emotional regulation, or spiritual insight — but also embody transformation in their daily lives.

For women, these circles represent more than gatherings; they are sacred spaces of belonging, empowerment, and healing. Through shared breath, sound, gesture, and silence, participants reconnect with themselves, each other, and the larger web of life.

Looking ahead, the integration of Yoga Nidra, mudras, and mantras holds promise for education, therapeutic practice, and community development. As embodied approaches to learning gain recognition, these ancient methods can serve as bridges between tradition and innovation, spirituality and pedagogy, individual growth and collective transformation.

Ultimately, holistic growth and well-being arise not from external achievement but from the inner alignment of body, mind, and spirit. By practicing Yoga Nidra, mudras, and mantras together, women's circles cultivate a living path of self-realization — one that honors the individual while awakening the collective, and that transforms learning into a sacred journey of becoming.