

## **Purification of the Elements: Bhuta Shuddhi General Practice**

Close your eyes and focus your attention at the muladhara chakra, the abode of the earth element, at the base of the spine. Visualize a yellow square surrounded by four petals. Mentally repeat “lam,” the bija (seed) mantra of the earth element, sixteen times, while focusing at the muladhara.

Next, visualize the svadhishtana chakra, the abode of the water element, just above the root of the genitals, or at uterus. There, visualize an ocean-blue circle with a white crescent moon in the center. The circle is surrounded by six petals. While you maintain this image, mentally repeat the bija mantra of the water element, “vam,” sixteen times.

Now visualize the manipura chakra, the abode of fire, at the navel center. Here, visualize a red triangle pointing upward. This triangle is enclosed in a circle of ten petals. Mentally repeat the bija mantra of the fire element, “ram,” sixteen times.

Visualize the anahata, the heart center, which is the abode of air. Here, visualize two smoky-gray triangles, one superimposed upon the other, encircled by a twelve-petaled lotus. At this stage mentally repeat the bija mantra of the air element, “yam,” sixteen times.

Next, visualize the vishuddha chakra, the abode of ether at the base of the throat. There, a sky-blue circle is surrounded by a sixteen-petaled lotus. The presiding force of this chakra is contained in the bija mantra of the space (or ether) element, “ham,” repeat sixteen times.

Now visualize the ajña chakra, the center between the eyebrows. This is the realm of mind. This chakra consists of a yellow triangle surrounded by a circle. A bright white flame is enclosed in the triangle. Outside the circle are two petals. Mentally repeat the mantra “so hum” or “om” sixteen times.

Now reach the sahasrara chakra, the thousand-petaled crown center which is the abode of pure consciousness. At this center all colors, forms, and shapes dissolve, for this chakra is beyond the realm of mind and therefore beyond imagination. It can be experienced as countless rays of white light. However, it is often visualized as a thousand-petaled lotus with a pinkish aura so the mind can conceive it. Repeat the mantra “hamsah” or “hong-sa” sixteen times.

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You can talk your client through this practice and record it, but they should learn it on their own. They can lie down or eventually sit with head, neck and trunk aligned. You can repeat at intervals of four up to sixteen times.

Not appropriate for folks with mental/emotional disorders. Too advanced for people who do not breathe diaphragmatically. Second level practice. Should have classical yoga background. Not for people who are not living clean lives, use drugs for example. Should be familiar with yogic concepts to some degree. Nadi Shodhanam is a good preliminary teaching. Should have some pranayama experience, have some true meditative experience, and practice yama and niyama.

Some Benefits: Soothes and trains the mind, awakens the motivation, clear thinking, integrates optic and auditory processes, support memory, unblocks energy channels more effectively than many other yogic methods that are not so all-inclusive.