

## CANDRA NAMASKĀRA

*Candra* is the Moon, and *namaskāra* is the salutation.

The moon's light is a reflection of the sun, just as the mind, ego, and understanding are reflections of eternal consciousness. In this way, the moon serves as a gateway into individuality, into the self. Worshiping the moon means worshiping the mind, ego, and the individual. By turning toward it, worshiping it, suffusing it with consciousness, embracing and accepting it, we bring it back into the light. Turning toward dreams transforms them; stepping into the night makes it the day.

*Viśuddhi* chakra represents the state in which the mind is transformed; it is the space where the Self finds its final expansion within the cosmos, where the moonlight and stars shine as one. Thus, we perform *candra namaskāra* also to invoke the energy of *viśuddhi*, finding healing in our dreams, entering the meditative state, and experiencing the vastness of eternity beyond.

Before each *candra namaskāra*, you can recite the mantras of the *aṣṭa mātṛkās*. These Goddesses, who appear in the book of the soul, embody the energies and powers of the soul, moving through eight phases of expansion and contraction.

Practice a minimum 8 rounds. Or any factor of 8.

New Moon	<i>Cāmuṇḍā</i>	<i>Om Hrīm Cāmuṇḍāyai namaḥ</i>	Death, Ego dissolution.
Waxing Crescent	<i>Brāhmaṇī</i>	<i>Om Aiṃ Brāhmaṇyai namaḥ</i>	Divine wisdom, creative beginning
First Quarter	<i>Kaumārī</i>	<i>Om Klīm Kaumāryai namaḥ</i>	Warrior maiden Courage, action
Waxing Gibbous	<i>Vaiṣṇavī</i>	<i>Om Śrīm Vaiṣṇavyai namaḥ</i>	Protection, stability, harmony
Full Moon	<i>Maheśvarī</i>	<i>Om Hūm Maheśvaryai namaḥ</i>	Light, Fullness, expanded consciousness
Waning Gibbous	<i>Indrāṇī (Aindrī)</i>	<i>Om Krīm Aindryai namaḥ</i>	Sovereignty, royalty self-worth,
Last Quarter	<i>Vārāhī</i>	<i>Om Glaum Vārāhyai namaḥ</i>	Purification, truth grounding
Waning Crescent	<i>Narasimhī</i>	<i>Om Kṣraum Narasimhyai namaḥ</i>	Fierce protection, wild dance, shadow

This *chandra namaskāra*, no matter in which form you may practice is dedicated to the Goddess, it can be practiced in two main variations:

### *Deep Breathing*

Before beginning each cycle, you may choose to invoke one of the eight great Mothers—*Aṣṭa Mātṛkās*, representing the phases of the moon. With hands folded at your heart, chant their corresponding mantra at least three times.

You can then proceed to practice *candra namaskāra* in either of the following ways:

One full breath cycle per position: Inhale as you move into the posture, exhale as you hold the posture.

One breath per position: Inhale and exhale as you enter and move to the next posture.

This practice should be done slowly. The nectarean state of the mind lies between waking and dreaming—allow yourself to drift into this liminal space, here transformation takes place.

### *Bhrāmarī*

In this variation, we invoke the nourishing aspect of *candra namaskāra*. Each position is gently entered during the inhalation, and expanded during the exhalation. Then, with every exhale, vibrate *bhrāmarī* within the body.

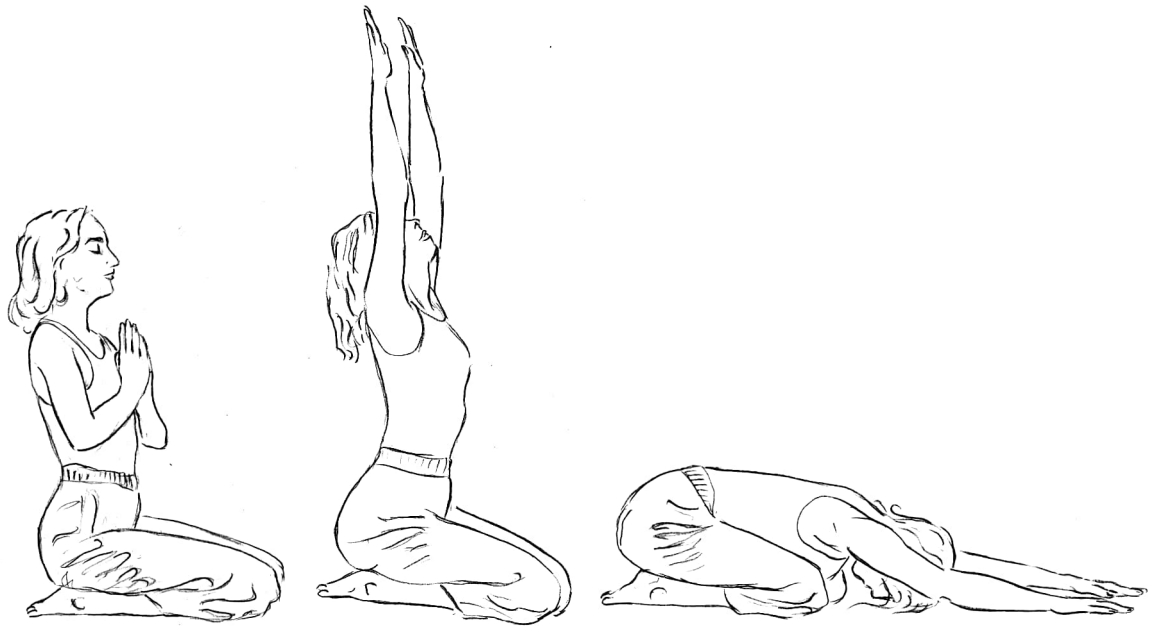
*Bhrāmarī* is the sacred sound that opens the gate to Brahman.

She is the goddess who appears as a swarm of bees—nectarean and sweet—washing away all worries and dissolving the mind into the ocean of nectar.

Before beginning each cycle, sit quietly in *vajrāsana* and call on the Goddess as *soma*, the cosmic nectar:

*Om Śrīma Candrāya Soma-Somāya Namaḥ*





### *Vajrāsana*

Thunderbolt pose. To begin, sit and relax in *vajrāsana*. Then fold your hands in front of your heart and either simply remember the nourishing silver light of the moon, or chant the mantras given in this section.

*Vajrāsana* is a transformative posture, channeling the *vajra*, the thunderbolt — the sexual energies — upward, making them accessible for spiritual and personal development.

Open your chest. Make the mantras resonate in your heart at least 3 times.

### *Śaśāṅkāsana*

Rabbit pose. From *vajrāsana*, stretch up, the palms facing forward, and bend forward into *śaśāṅkāsana*.

Surrender to the moon.

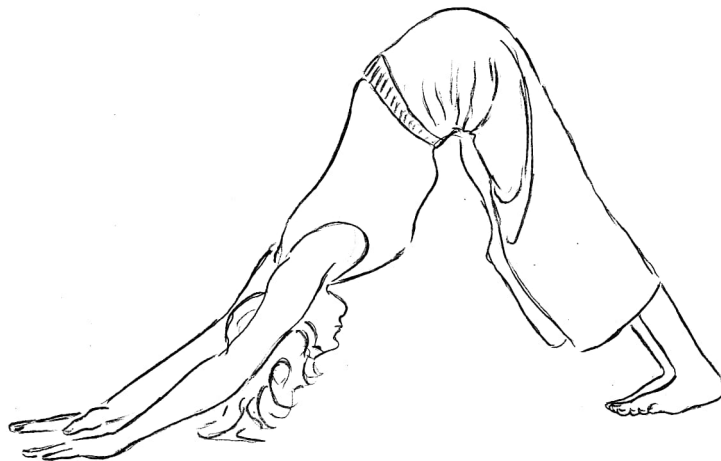
### *Aṣṭāṅga Namaskāra*

Eight-point salutation pose. From *śaśāṅkāsana*, slowly move forward over the ground, keeping your chin close to the floor, and come into *aṣṭāṅga namaskāra*.

Here chin, hands, chest, knees, and toes are on the ground. Feel *viśuddha* being stimulated.

P.S. If you perform *candra namaskāra* with one breath in every position, you will move between the rabbit and the cobra, just like in *śaśāṅka-bhujāṅgāsana* – the striking cobra pose. So you will flow from the rabbit directly into the cobra.

Focus forward over the ground. Use slow, deep breathing as you move through the postures.



### *Bhujāṅgāsana*

Cobra pose. Then, gently move forward, stretch upward and lengthen your arms, then bend the elbows again so that your pelvis touches the ground — maximally bending the chest up and backward.

Your face gazes upward into the vastness of space. Remember *ājñā* chakra.

### *Parvatāsana*

Mountain pose. From here, push upwards and move gently into *parvatāsana*. Enjoy the strength of the mountains — *Pārvatī*, the daughter of the mountains.

Keep the breath slow and deep.

### *Aśva Sañcalanāsana*

Horse-riding pose. In the first *candra namaskāra*, step forward with your left foot. (Then in the next round, you will use the right foot) The fingertips on the ground, palms facing backward. Lean forward over your knee and gaze into the sky.



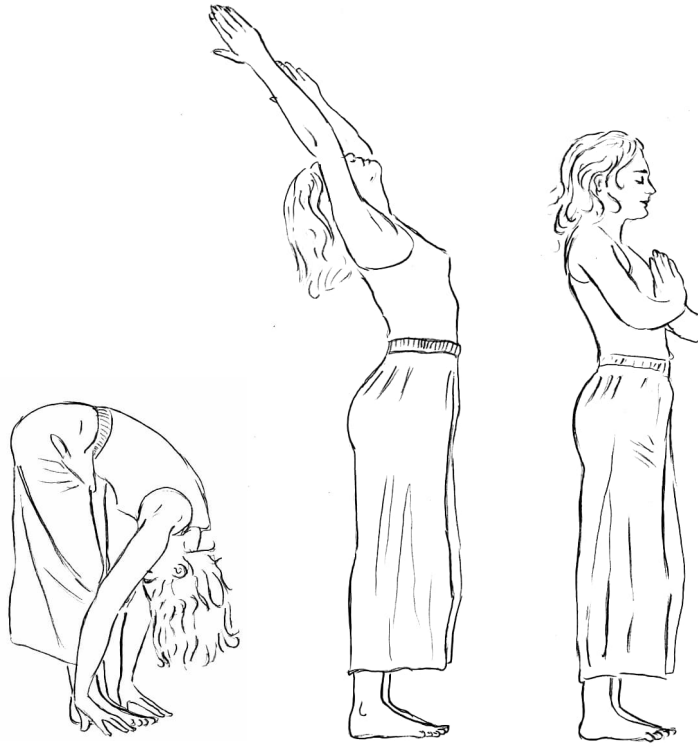
Ground into this posture — this will give you stability and strength for the next.

### *Ardha Candrāsana*

Half-moon pose. Here, turn the palms inward and move the hands up into the sky.

Imagine holding the shining silver lunar disk between your hands. Holding the moon like this, enjoy its silver rays — nourishing life.





### *Pādahastāsana*

Hands-to-feet pose. From the half-moon pose, slowly and with care, bring your hands next to your feet and step forward. Keep the knees first bent, press the belly against your thighs, then gently stretch the knees while keeping your belly close to your thighs.

Surrender to the night of regeneration.

### *Hastottānāsana*

Raised arms pose, backward bend. Stretch far up and behind, create a half-moon shape with your body. Present the moon the palms of your hands.

These palms are an entrance into your heart — here the moonlight can enter.

### *Praṇāmāsana*

Prayer pose. Bring the hands slowly to your heart. When you do so, you can sing the mantra again, venerating the mother, the moon in its regenerative aspect.

Once and slowly, on the exhalation:

*Om Śrīma Candrāya Soma-Somāya Namaḥ*

### *Hastottānāsana*

Raised arms pose, backward bend. Again move up and behind, create a half-moon shape with your body.

Present the moon the palms of your hands.

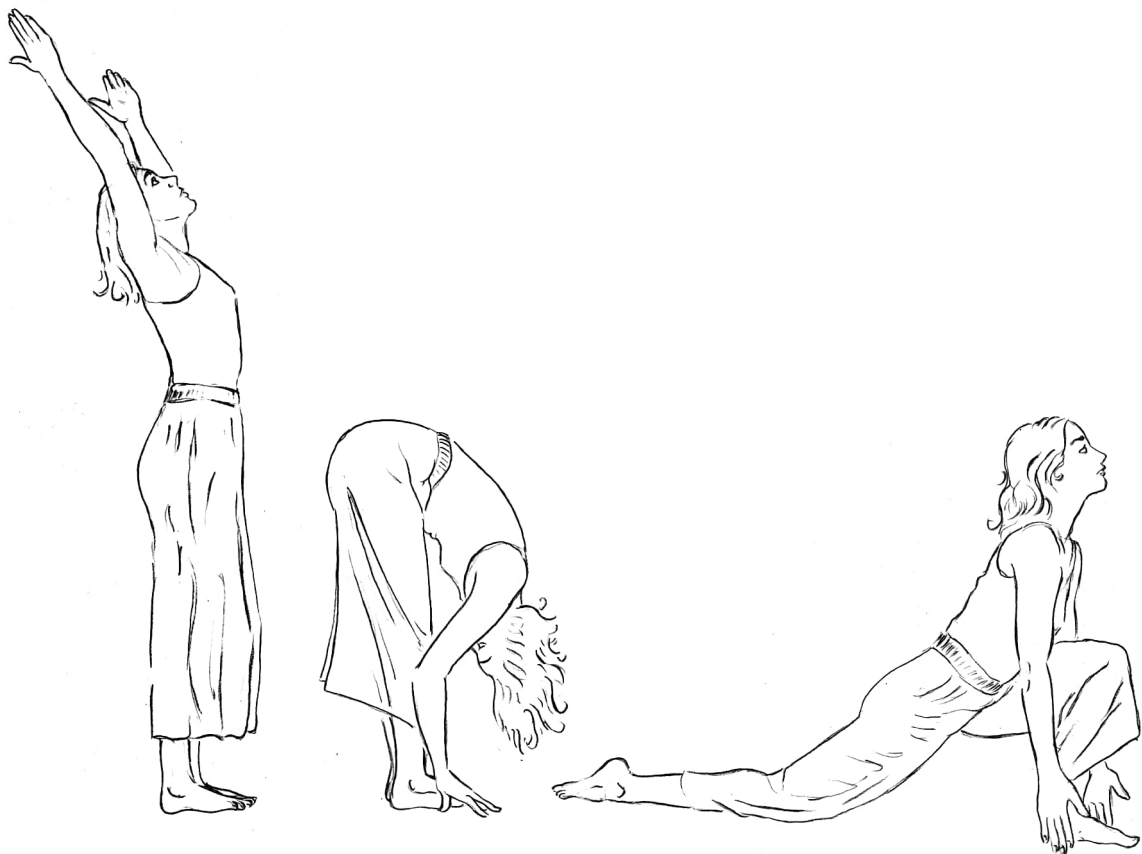
### *Pādahastāsana*

Hands-to-feet pose. From there, bring your hands next to your feet. Keep the knees first bent, press the belly against your thighs, then gently stretch the knees while keeping your belly close to your thighs.

Look inside.

### *Aśva Sañcalanāsana*

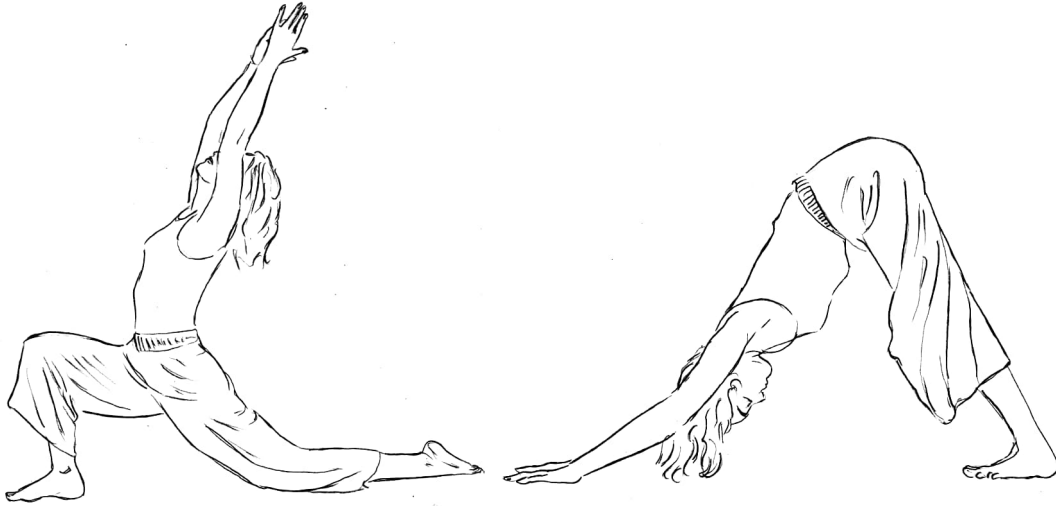
Horse-riding pose. Then step back with your left foot (left foot in the first *candra namaskāra*, then change to the right. In every round, you simply change the leading leg).





### *Ardha Candrāsana*

Half-moon pose. Here, turn the palms inward and move the hands up into the sky. Imagine holding the shining silver lunar disk between your hands.



### *Parvatāsana*

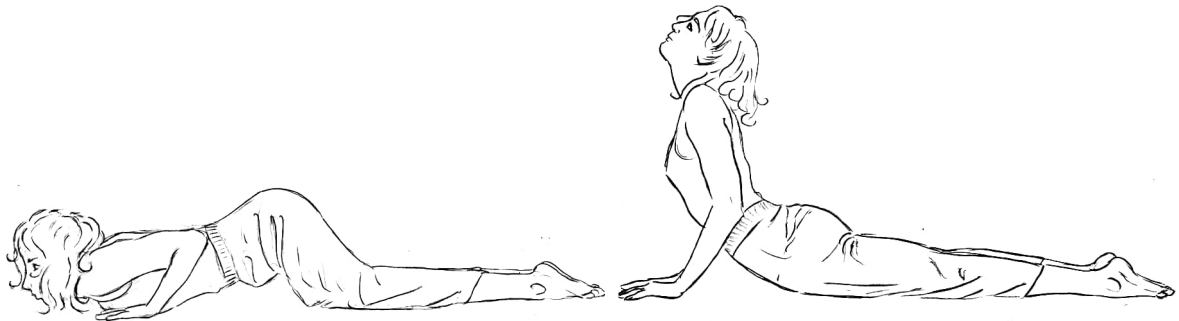
Mountain pose. Slowly bring your hands to the ground and move back into *Pārvatī*'s pose – *parvatāsana*, the daughter of the mountains.

Breathe slowly.

### *Aṣṭāṅga Namaskāra*

Eight-point salutation pose. From the mountain, bring your knees and chin to the ground and come into *aṣṭāṅga namaskāra*. Keep the elbows close to the chest.

The gaze moves forward — *dṛṣṭi* is on the horizon. Make sure not to look into the ground.



### *Bhujāṅgāsana*

Cobra pose. From here, move forwards into the cobra. Stretch upward and lengthen your arms, then bend the elbows again so your pelvis touches the ground, maximally bending the chest up and backwards.

### *Śaśāṅkāsana*

Rabbit pose. From the cobra, come back and move into the sleeping rabbit.

Surrender to the cooling rays of the moon.

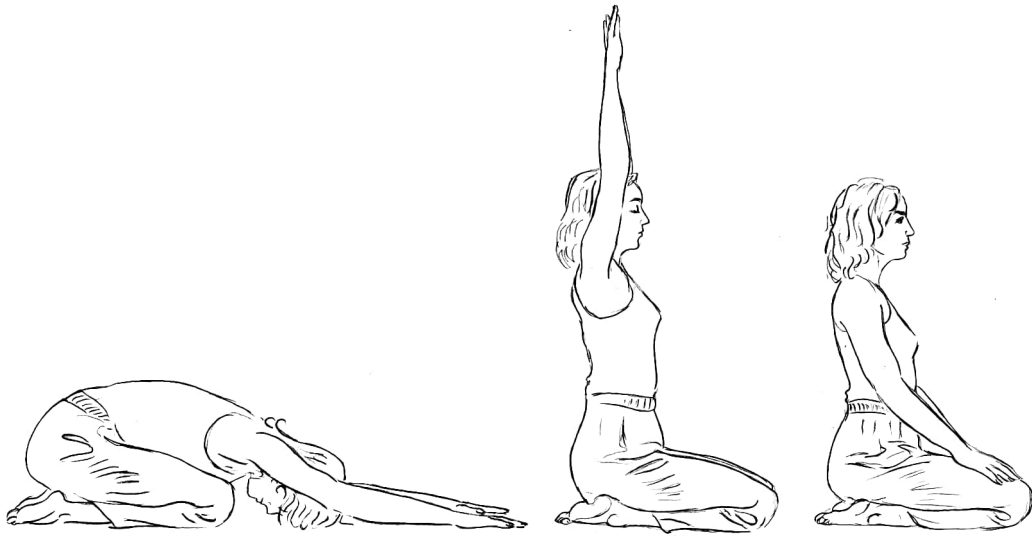
### *Vajrāsana*

Thunderbolt pose. From the rabbit, elevate your body slowly, the palms facing forward, and stretch high up to the sky — looking above into the moon shining.

Then bring your hands to your thighs — the hands bring the moonlight with them.

This is one round.

You can now bring the hands back to your heart to start the next round:



*Oṃ Śrīma Candrāya Soma-Somāya Namaḥ*



### **Summary:**

<i>Vajrāsana</i>	Thunderbolt pose
<i>Śaśāṅkāsana</i>	Rabbit pose
<i>Aṣṭāṅga Namaskāra</i>	Eight-point salutation pose
<i>Bhujāṅgāsana</i>	Cobra pose
<i>Parvatāsana</i>	Mountain pose
<i>Aśva Saṅcalanāsana</i>	Horse-riding pose
<i>Ardha Candrāsana</i>	Half-moon pose
<i>Pādahastāsana</i>	Hands-to-feet pose
<i>Hastottānāsana</i>	Raised arms pose
<i>Praṇāmāsana</i>	Prayer pose
<i>Hastottānāsana</i>	Raised arms pose
<i>Pādahastāsana</i>	Hands-to-feet pose
<i>Aśva Saṅcalanāsana</i>	Horse-riding pose
<i>Ardha Candrāsana</i>	Half-moon pose
<i>Parvatāsana</i>	Mountain pose
<i>Aṣṭāṅga Namaskāra</i>	Eight-point salutation pose
<i>Bhujāṅgāsana</i>	Cobra pose
<i>Śaśāṅkāsana</i>	Rabbit pose
<i>Vajrāsana</i>	Thunderbolt pose

