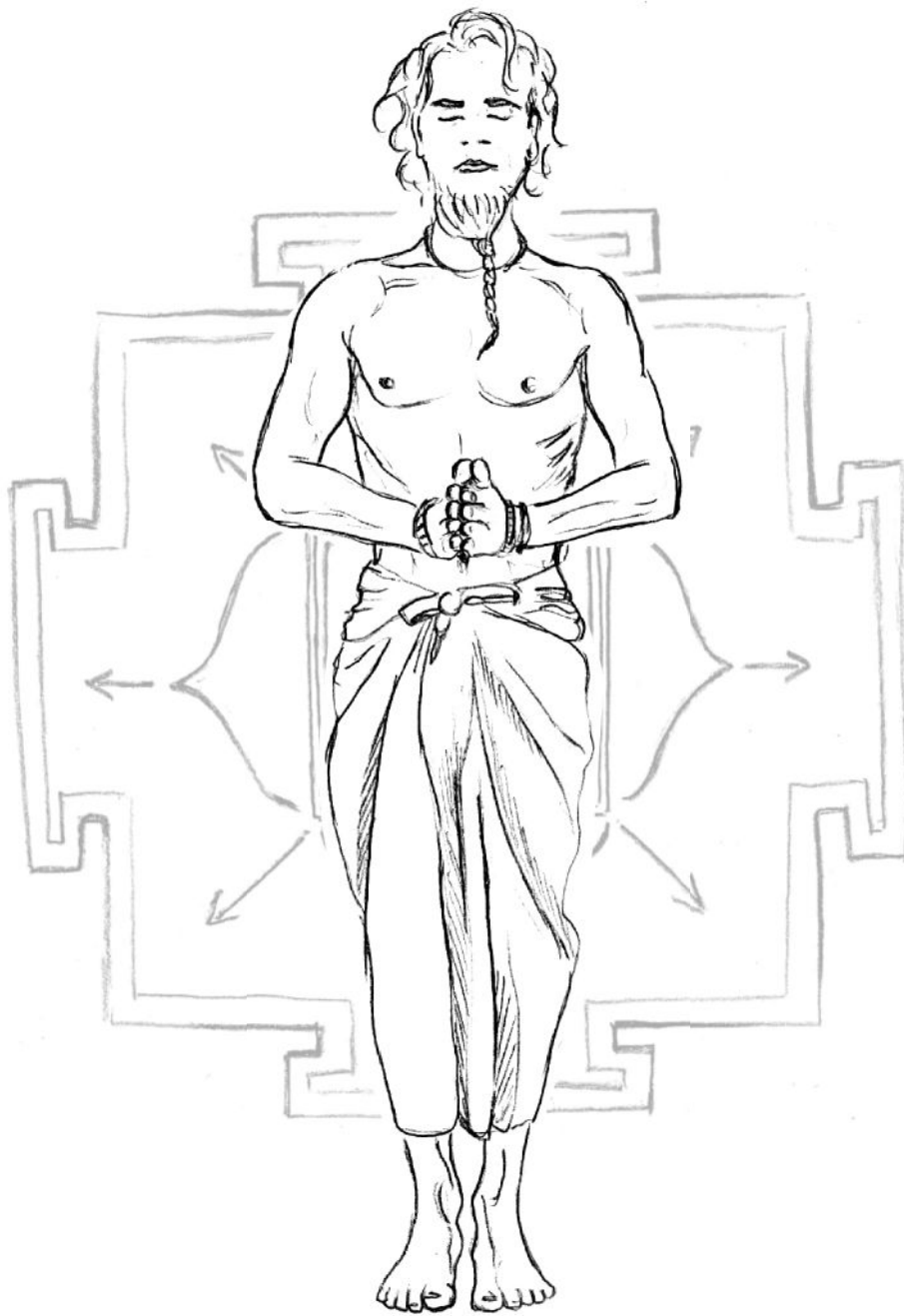




A TANTRIC OPENING

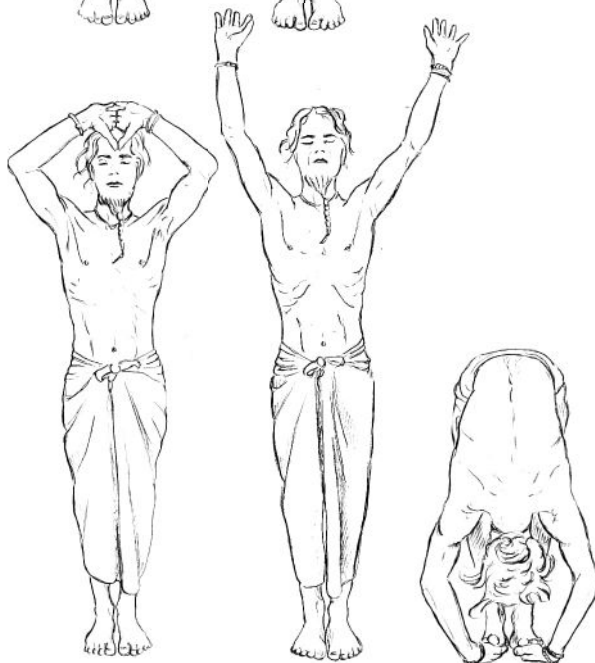
Tantra means to worship the Goddess as sound. It means to incorporate her sound body, to embody the divine body of sound.

This opening, that can be practiced at the beginning of each class, is a dance with sound. It is worshiping the Goddess as the energy of the six chakras and moving them through your being. It was passed down to me by my friend and teacher Rainer Neyer from the lineage of Dhīrendra Brahmācārī.



Step 1 – Fold the hands in front of the heart and chant from the core *Yaṃ Ying Yaṃ*

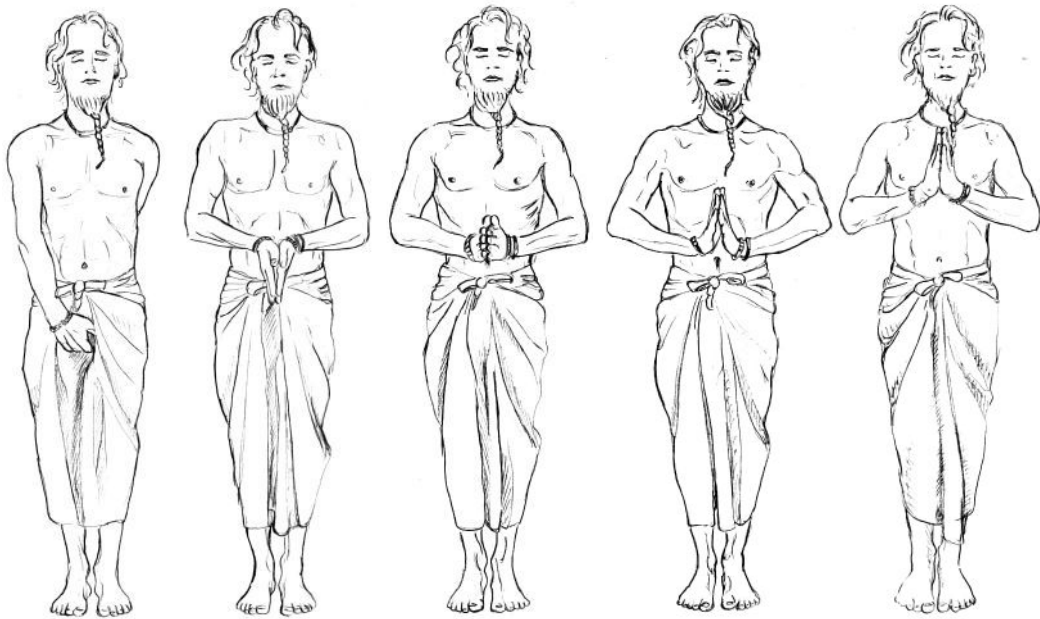
Step 2 – Bring the hands in front of your face with the thumbs tucked in under your chin, venerate the essence and chant *Haṃ Sāra*



Step 3 – turn your hands backwards over your forehead with your fingers touching your eyebrow center. Chant the great fiery name *Om Dāha*

Step 4 – inhale, elevate your arms over your head and bend backwards, sing *Om* while bowing down in front of the one great existence.

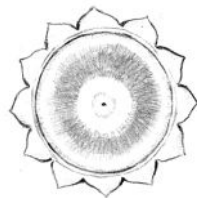
Step 5 – Being bent forward, look inwards and bow down in front of the great temple of life. Chant *Laṃ Sanam*



Step 6 – Elevate your body and touch with your right hand your genitals from the front, your left hand rests on the sacrum behind. remember the great creator and preserver of all things - *Vaṃ Bhojam*

Step 7 – Bring your hands in front of the navel center with fingers pointing downwards and chant the name of the powerful thunderclouds. Repeat this mantra two more times by moving the hands pointing forward horizontally and then upwards. *Raṃ Ghanam*.

Step 1 – Come back to your heart, the beginning and end. *Yaṃ Ying Yaṃ*. This in one round. Do as many as you wish.





1. I am the balance of things.

Yaṃ Ying Yaṃ

2. I recognize the essence.

Haṃ Sāra

3. I am bow in front of the burning light.

Oṃ Dāha

4. It is all that is.

Oṃ

5. I bow to the temple of the beloved.

Laṃ Sanam

6. I venerate the big and nourishing one.

Vaṃ Bhojam

7. I incorporate the flashing thunder clouds.

Raṃ Ghanam

