

Guru Mantra-nyAsa

Tadipatri Gurukula

by Smt.Meera Tadipatri

Guru mantra dhyana is very "powerful" as it pertains to keeping the "mind" in God during japa period [at least], and for this we surely need His help as we don't have control over our mind.

Apart from the very basics, there are couple of nyAsa -- "nyAsa" is a request/prayer coupled with awareness of Bhagavan in our sthula deha as seen and taught by jnani-s and come down to us as sat-sampradaya.

Nyasa is done with tri-karana at the same time -- chanting his name, thinking about him in mind and placing our hand/finger at these places as a way of namaskara.

This mana-vachana-kayika action drives away not only the influence of daityas in us during japa but also removes our many sins that block us from the thoughts of Bimbarupi Bhagavan in all actions at least during japa-kaala.

The methodology of doing nyAsa is DIFFERENT for ladies in the sense we don't utter as a mantra or say pranava [Om-kaara] so, no format of rishi, chandas etc. Thus it is less rigid and enough even if we just say the names as mentioned in HKAS. If you want to know the rishi, chandas no harm but note that "pranava" is never chanted as we don't have that upadesha.

The nyAsa we do just before guru-mantra japa is as follows:

we do chintane of Bhagavan's presence in our vaxasthala in a

maala-akara way followed by His presence in all tattvas.

Tattvantaryami shrilaxmi-naaraayana preranaya shri laxmi
naaraayana prityartham tattvan-nyAsa aham karishye:

This is done in circle form in the vaxasthala:

2 rupas in each direction and in between directions [avantara-dik]
one rupa in a pradaxina kaara format:

Before each rupa, add paraaya and end with Shri Laxmi
naaraayanaaya namaha -- alternatively it can be just said in the
beginning and end and mentally think that rupa as they are all
shreshta Shri Laxmi Narayana rupa except the last one is paraaya
purushatmane brahmavayubhyam namaha

This correspond to the 12 daLa/arka mandala with each daLa
representing:

1. paraaya shaktyatmane Shri Laxmi naaraayanaaya namaha --
corresponds to manas
2. pratishTaatanmane ... -- shrotrandriya
3. samvidatmane -- chaxu
4. sphurtyatmane -- tvak
5. pravrutyatmane -- jihva
6. kalaatanmane -- nasika
7. vidyaatanmane -- vak
8. matyatmane -- hastha
9. niyatyatmane -- paada
10. mAyaatanmane -- paayu
11. kaalaatanmane -- upastha

12. paraaya purushatmane brahmavayubhyam namaha -- purusha in

deha

Followed by the tattvanyAsa [the expansion of the above]

These can be found in some "achara-vichara" booklets however pls. note there IS diff. in the methodology of what we ladies do.

TattvanyAsa/Tattva chintane

1. Paraaya avyakta-atmane BrahmaaNi-bhAratIbhyaam namaha [right shoulder the niyamaka-rupa as Shri Keshava]

Please add Paraaya and end with namaha for the following:

2. mahadaatmane brahma-vAyubhyaam... [left shoulder with Laxmi Narayana as niyamaka rupa of this tattva]

3. ahankaaraatmane garuda-sheSha-rudreebhyo.... [right thigh --nyamaka rupa is Kamala Madhava]

4. mana Atmane skandeendrAbhyaam [left thigh, niyamaka rupa Padma-Govinda]

Next in Five fingers of right hand starting with right thumb corresponding to jnanendriyas

5. shrotraatmane digdevataabhyo ... [thumb niyamaka rupa Padmini-Vishnu]

6. chaxuraatmane suryaya.... [index finger, Kamalalaya-Madhusudana]

7. tvagaatmane [ahamkaara] Praanaaya... [middle finger, Ramaa-Trivikrama]

8. jihvaatmane VaruNaaya.... [ring finger, Vrushaakapi-Vaamana]

9. Ghraanaatmane Ashvinibhyaam.... [small finger]

Dhanya-ShrIdhara]

Next in Five fingers of left hand starting with left thumb
corresponding to karmendriyas

10. vaagaatmane vahna ye... [thumb, Vruddhi-HrishIkesha]
11. paanyaatmane daxaaya... [index finger, Yajna-Padmanaabha]
12. paadaatmane Jayanthaaya... [Indira-Damodara]
13. paayvaatmane mitraaya .. [Hiranya-Sankarshana]
14. upasthaatmane Manuve....[Harini-Vaasudeva]

Next in Five fingers of right leg starting with right big toe
corresponding to karmendriyas"

Now, the next 5 bhagavat rupas in 5 tanmatras need to be thought of
in our right leg:

1. parAya shabdaatmane bruhaspathi- prAnAbhyaam namaha
[Satya-Pradyumna]
2. paraaya sparshAtmane apaanaaya namaha [nitya- Aniruddha]
3. paraaya rUpaatmane vyaanaaya namaha [Ananda-purushottama]
4. paraaya rasaatmane udaanaaya namaha [trayi-Adoxaja]
5. paraaya gandhaatmane samaanaaya namaha [sudha-Narasimha]

Now, the next 5 bhagavat rupas in 5 bhutas need to be thought of in
our left leg:

1. paraaya Akashatmane mahaa-ganapataye namaha [sugandha
-Achchuta]
2. paraaya vAyvaatmane pravahaaya namaha [Sundari-Janardana]
3. paraaya tejaatmane vahnaye namaha [Vidya-Upendra]
4. paraaya apaatmane budha-varunaabhyaam namaha [Sushila-Hari]

5. paraaya pruthvyaatmane shanaishchara-dharaabhyaam namaha
[Sulaxana-Krishna]

maatruka chintane -- svaraaxara

The dyeya rupa for all 50 [except tanki, dandi and dhanvi] is udaya Aditya varna with 2 hands with jnana-mudra on the right and abhaya mudra on the left. Thus when thought of such qualities get reflected in us with guru-prasada. Thus it is important to know this from a guru.

For meaning, I am also referring to Sri Bannanje Govindacharya's Vyakhyana for simple meaning.

1. Aja -- Has no birth [cf. the meaning explained in HKAS 3.14] is thought of on top of the head
2. Ananda -- thought of in the face
3. Indra [Lord of All] ----- right eye
4. Isha [Sarva Samartha] --- left eye
5. Ugra [bhayankara to the enemies] --- right ear
6. Urja [sarva-abhishtaka] --- left ear
7. Rutambhara [jnana-purna] -- right nostril
8. RUgha [daitya samharaka] --left nostril
9. L[u]sha [sukhapradha] -- right cheek/temple
10. L[U]ja [daitya samhara and bhakta paradina] -- left cheek
11. Ekatma [mukhya] --- upper lip
12. Aira [giver of sukha to Rudra] -- lower lip
13. Ojabhrut [samartha] -- upper jaw/teeth
14. Aurasa [hrudayavaasi] -- lower jaw
15. Anta [sarvottama] -- upper palate/the top part of the inside of the mouth
16. Arddhagarbha [Support to Mukhyaprana] -- kiru naalige

The next five in the five joints of right hand starting from shoulder ending with fingers.

1. Kapila [mukta-niyamaka]
2. Khapati - [Indriya Swami]
3. garudasana - garuda vahana]
4. Gharma - [known from shastra mathana and He destroys enemies]
5. Ng-saara - Essence of all vishayas

The next five in the five joints of left hand starting from shoulder ending with fingers.

1. Charvanga - beautiful one
2. Chandogamya -- known from vedas
3. Janardana -- Remover of samsara
4. Jhatitaari -- drives away enemies
5. jnama -- samagana vedya

The next five in the five joints of right leg starting from hip ending with toe

1. Tanki -- holder of Tanki [used for carving shilas]
2. ThakaLa - Giver of sukha to Rudra and Indra
3. Daraka - Giver of light to Chandra and Agni
4. Dhari - Rudra Niyamaka
5. Natma - bala-jnana-svarupa

The next five in the five joints of left leg starting from hip ending with toe

1. tAra - He who helps us cross the samsaara sagara
2. thabha - He who shines in the heart
3. dandi - danDa-paani

4. danvi - danurdhaari
5. namya - sarva-vandya

1. Para - [sarva-vilaxana] Right side
2. phali - giver of karma phala -- Left side
3. Bali - mahabala - lower back
4. Bhaga - Bhagya-svarupa [under the nabhi]
5. manu - [jnana-svarupa] nabhi

1. Yajna - sarvara aradhya murti -- hrudaya
 2. raama - [supreme bliss] tvak/skin
 3. laxmipati -- charma
 4. vara - shreshTa -- maamsa
 1. shaantasamvit - jnana-ananda-purna -- rakta
 2. Shadguna -- shadguna purna [as explained in HKAS] --medhas
 3. saaraatma - supreme God -- majja/narrow
 4. Hamsa - nirdosha-guna-purna -- Asti/bone
 5. LaaLuka = antaryaami of Vayudeva Anandarupi -- Prana
- xa = Laxmi Narasimha -- in jiva

=====