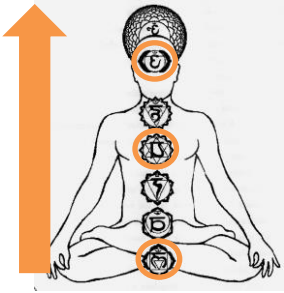


# Granthi sadhana – practice to release knots (blockages)

At every granthi: 1. awareness; 2. mantra; 3. intense breathing; 4. short reflection



**3. Ajna – Rudra granthi: Om namo Bhagavate Rudraya**

**2. Anahata – Vishnu granthi: Om namo Bhagavate Vasudevaya**

**1. Muladhara – Brahma granthi: Om namo Brahmane namaha**