

## Visualisation of the Directions and the Planets

We bow down  
to the wisdom of the East.

We bow down  
to the love of the South.

We bow down  
to the strength of the West.

We bow down  
to the will of the North.

We bow down  
to the Headlight *Chintamani* above

We bow down  
to the great Guarding Dog below

We bow down  
to the Lord of I AM, the centre

May we be raised.  
May we be raised.  
May we be raised,  
to the Kings of Beauty!

*Violet Flame Invocations*



## 1. Opening of Space towards the Double Pyramid / Gopura

Connect with the four cardinal directions and the central axis, beginning from the higher heart centre. Start inhaling slowly with an empty lung, head bowed down, lifting it up while inhaling. Connect mentally with the Lords of the directions, beginning with the East

### Direction

East  
South  
West  
North  
Above  
Below

### Lord of Direction, Planet & Quality

Indra Wisdom  
Yama Love  
Varuna Strength  
Kubera Will  
Indra-Vishnu Light of Chintamani  
Agni-Vishnu Guard Dog (Pluto)

## 2. Visualise the 6-armed cross, each arm beginning from the higher heart centre, connect the corner points, build the double pyramid

Mantram: OM SARAVANABHAVAYA NAMAHA 6 x

Shanti, Shanti, Shantihi (beginning from the heart centre, expanding the pyramid: our own form, country/continent, earth...)

## 3. Visualisation of the planets in the Body, fix & constellation of the day (visualize the constellation of the day with the 2<sup>nd</sup> round, see Astro Diary)

### *Planet*

Jupiter  
Sun  
Mercury  
Venus  
Moon  
Mars  
Saturn  
Uranus  
Neptune

### *Centre*

Head Centre  
Ajna Centre  
Throat Centre  
Heart Centre  
Solar plexus  
Sacral Centre  
Base Centre  
Higher Base Centre (2 cm above the base)  
Higher Heart Centre (Chest, height of shoulder blades)  
Central axis from above the heart to below the base centre

Vulcan - Pluto

#### 4. Prajapatis and Centres: The Cosmic Lords

Daksha	Localised Consciousness: I AM
Marichi	Light above the head, the radiance of the beings, beauty of the Light
Atri	<i>Sahasrara</i> ; the ability to see, insight and vision
Bhrigu	<i>Ajna</i> ; brings in radiant light; the energy of the <i>Ajna</i> centre, the cosmic counterpart of Venus.
Angiras	<i>Throat</i> , arranges the force of activity
Vasishtha	<i>Heart</i> , uphold the equilibrium
Pulaha	<i>Navel</i> , the energy of the <i>Svadhista</i>
Pulastya	<i>Sacral Centre</i> , the energy of the <i>Manipuraka</i>
Kratu	<i>Muladhara</i> , assumes a solid form to make the Light manifest
Kashyapa	Brings the eagles and serpents, the Devas and demons
Kardama	Transcendence, transcending the planes

#### 5. The Manus

Swayambhuva	Head Centre
Swarochisha	Ajna Centre
Uttama (Auttami)	Throat Centre
Tamasa	Heart Centre
Raivata	Solar plexus
Chakshusha	Sacral Centre
Vaivasvata (Satyavrata)	Base Centre
Sarvani	Higher Base Centre
Daksha Sarvani	Sacral Centre
Brahma Sarvani	Solar plexus
Dharma Sarvani	Higher Heart Centre
Rudra Sarvani	Throat Centre
Ruci (Rauchya) Sarvani	Ajna Centre
Bhouma Sarvani (Bhautya) Sarvani	Head Centre

## 6. The Sound of the Centres

YAM  
HAM  
SAM  
KAM  
LAM  
RAM  
DAM

Head Centre  
Ajna Centre  
Throat Centre  
Heart Centre  
Solar plexus  
Sacral Centre  
Base Centre

### Visualisation in the Base Centre

Kapila  
Dattatreya  
Agastya  
Hanuman

(looking to the east, or adjust accordingly)  
In the front (East)  
Right (South)  
In the back (West)  
Left (North)

### Upwards

Ganesha  
Brahma  
Vishnu  
  
Shiva  
Maheshvara

„Trunk“: from base centre to the head  
Navel  
Standing on the Solar Plexus, penetrating everything from the heart  
Ajna till the centre of the hairline  
Head centre