

## ĀYUR MANTRA

*A mantra for health and nourishment.*

*It can be practised with the ancient art of nyāsa, a type of mūdra practice, where the placing of the mantra on or around the body is said to be beneficial to the nourishment and protection for the psyche.*

āyurdhehi |

- May my life be nourished

prāṇaṃ dhehi |

- May the upward moving energy be nourished

apānaṃ dhehi |

- May the downward moving energy be nourished

vyānaṃ dhehi |

- May the circulating energy be nourished

caṣṭurdhehi |

- May my sight be nourished

śrotraṃ dhehi |

- May my hearing be nourished

mano dhehi |

- May my mind be nourished

vācaṃ dhehi |

- May my speech be nourished

ātmanaṃ dhehi |

- May my soul be nourished

pratiṣṭhāṃ dhehi |

- May I rest in that nourishment

māṃ dhehi |

- May I be nourished

mayi dhehi ||

- May that nourishment bring pleasure to others

|| taittirīya āraṇyaka IV. 2 ||

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