

PAÑCA MAYA

Some sounds represent different aspects of ourselves as a physical, energetic, mental, individual and emotional being.

With the core of our being as our heart essence and the source of vitality for all the five aspects.

mā aham |

- me I am

aham annam ||

- I am Food

mā aham |

- me I am

aham prāṇam ||

- I am Energy

mā aham |

- me I am

aham manaḥ ||

- I am Learning

mā aham |

- me I am

aham vijñānam ||

- I am Understanding

mā aham |

- me I am

aham ānandam ||

- I am Joy

mā aham |

- me I am

aham sarvam ||

- I am all

mā aham |

- me I am

aham aham || repeat 3 times softening and 3 times silently

- i am I am