

## **MA...OM... Technique of Sri Mata** **Amritanandamayi Devi**

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If you do not already have a Shakti mantra practice, I recommend the “MA...OM...” technique that I learned from a cassette tape many years ago that was released through Ammachi’s organization. Unfortunately, I do not think the cassette tape or CD with this technique is available now. However, it has been replaced by something more wonderful, a meditation technique called the IAM - Integrated Amrita Meditation Technique® [www.integratedmeditation.org](http://www.integratedmeditation.org)

I have not learned this specific IAM Technique but have received many reports about it and have heard that it is quite amazing. The following is a variation of the practice I do, which I learned many years ago from the cassette tape:

1. First, sit in a comfortable position facing east, in front of an altar. Light a candle or incense. Place flowers on the altar as an offering. Surround yourself with golden divine light for your protection.
2. Invoke the Divine Mother through prayer. It is helpful to have a picture of the Divine Mother Goddess in any of her forms—it can be a picture of your spiritual teacher (guru), if you have one. If you were blessed to have a loving earthly mother in this lifetime, you may choose to place her picture here, too. You may also connect with one of the many Hindu goddesses like Durga, Kali, Lakshmi, Lalita, or Saraswati, or any of the Mahavidyas, or others. Perhaps you are connected with Mother Mary or another Catholic saint? Maybe you resonate with an African, Egyptian or ancient Greek goddess archetype like Oya, Isis, Artemis or Athena. You might be

**devoted to Quan Yin or Tara. Whatever form She takes for you, during Navaratri, it is extremely useful to ask that form of the Divine Mother Goddess to enter your physical being and fill your spirit at this time.**

**3. After you have invoked Her, close your eyes and anchor your inner gaze in the middle of the forehead at the level of your third eye. Inhale golden divine light while silently saying the word “MA” and exhale the same light while silently saying the word “OM.” This mantra is best practiced silently.**

**4. Continue this for some time until you feel a lot of light in your head, then breathe in “MA” while running the light down your spine and visualizing it moving out and filling your entire body and spirit. When you exhale “OM,” continue to envision the light expanding out into your whole body and energy field.**

**5. After a while, visualize pulling the light upward from the base of your spine and out through the top of your head into the universe, all the while breathing in “MA,” and breathing out “OM,” and after a while, run the energy up and down the spine while breathing in “MA” and breathing out “OM.” This light will be clearing and healing to all the chakras along your spine, filling every cell of your being with golden, soothing, healing Mother Love.**

**6. After a while, the “MA...OM...” chant will take you into a deep place of silence. Rest here for a while before ending the meditation.**