

Forgiveness Asana (poses) & Mantra Series

This offering is in a series of nine asanas (poses) that form a flow of movement, connected at the beginning and end of the series by mantra, in the form of prayer.

This practice is done like this:

Stand in a stable, straight and relaxed pose with hands in a prayer pose in front of the heart.

Say the first forgiveness mantra (prayer) then practice the series of asanas (poses). As you rise up from the last pose (toe touch pose) to salutation pose say the concluding mantra “I offer this asana to the Divine”. Repeat this series for all 28 mantras or as many as you wish.

1. I bow to thee for removal of my worldly desire.
2. I bow to thee for removal of my anger.
3. I bow to thee for removal of my fear.
4. I bow to thee for removal of my attachment.
5. I bow to thee for removal of my greed.
6. I bow to thee for removal of my jealousy.
7. I bow to thee for removal of my cruelty.
8. I bow to thee for removal of my delusion.
9. I bow to thee for removal of my discontentment.
10. I bow to thee for removal of my covetousness.
11. I bow to thee for removal of my enmity.
12. I bow to thee for removal of my deceitfulness.
13. I bow to thee for removal of my laziness.
14. I bow to thee for removal of my envy.
15. I bow to thee for removal of my distrust
16. I bow to thee for removal of my deception.
17. I bow to thee for removal of my doubts.
18. I bow to thee for removal of my selfishness.
19. I bow to thee for removal of my immodesty.
20. I bow to thee for removal of my ungratefulness.
21. I bow to thee for removal of my miserliness.
22. I bow to thee for removal of my impurity.
23. I bow to thee for removal of my possessiveness.
24. I bow to thee for removal of my obstinacy.
25. I bow to thee for removal of my fickleness.
26. I bow to thee for removal of my cunning.
27. I bow to thee for removal of my corruption.
28. I bow to thee for removal of my egoism.