

ORIGIN OF THE VARNAMALA.

EXCERPT FROM "MANTRA & INITIATION" BY PANDIT RAJMANI TIGUNAIT

.....Just as there are countless currents of energy in the cosmos, all of which are distinct from each other, so are there countless energy currents in the human body. In yogic literature these are called *nadis*. Of the 72,000 distinct *nadis* the yogis have identified, fourteen are of principal importance. Yogis have also discovered the exact nature of these major energy currents, their pathways in the body, how they interact with other energy currents, and what effect they have on the body, nervous system, biochemistry, and mind. Then, realizing that it is practically impossible to enunciate distinctly the sound that is produced from the vibrations of each *nadi*, yogis with extraordinary spiritual powers captured the entire range of sound produced by all these energy currents, and divided them into fifty-one parts. That is how the fifty-one letters of the Sanskrit alphabet were discovered.

The yogis have also discovered that every letter of the Sanskrit alphabet has its own color, shape, presiding force, and unique transformative quality, as well as its own seer. They have also experienced the relationship between these letters and different planets, stars, and constellations. They have discovered the approximate location of these letters in the human body and the particular pranic or psychological forces to which they correspond.

At a more subtle level, the Sanskrit phonemes relate to the energy currents which lie deep within the interior of the human body. Each of the 72,000 currents has a distinct sound, although they are too diffuse and vague to be enunciated distinctly. Moreover, the yogis have identified places in the body where two or more energy currents cross. In mantra *shastra*, the point where two energy currents intersect is called a *sandhi*, the point where three energy currents cross is called *marma shthana*, and the point where more than three energy currents converge is called a *chakra*. Here at the chakras, the vibratory patterns of energy are strong and vibrant. At the center of each chakra a distinct sound predominates, and other distinct sounds are centered around it. That is why, in kundalini yoga, each chakra is represented as having a particular letter at its center, as well as a letter on each petal.....

| | | | |
|----|---------------|---|----------------------------------|
| अ | Forehead | ञ | Tip of the fingers, left hand |
| आ | Face | ट | Right hip joint |
| इ | Right eye | ठ | Right knee |
| ई | Left eye | ड | Right ankle |
| उ | Right ear | ढ | Root of the toes, right foot |
| ऊ | Left ear | ण | Tip of the toes, right foot |
| ऋ | Right nostril | त | Left hip joint |
| ॠ | Left nostril | थ | Left knee |
| ऌ | Right cheek | द | Left ankle |
| ॡ | Left cheek | ध | Root of the toes, left foot |
| ए | Upper lip | न | Tip of the toes, left foot |
| ऐ | Lower lip | प | Right side of the torso |
| ओ | Upper teeth | फ | Left side of the torso |
| औ | Lower teeth | ब | Back |
| अं | Crown of head | भ | Navel |

| | | | |
|----|---------------------------------|-----|--|
| अः | Mouth | म | Stomach |
| क | Right shoulder joint | य | Heart |
| ख | Right elbow | र | Top of right shoulder |
| ग | Right wrist | ल | Between shoulder blades, just under neck |
| घ | Root of the fingers, right hand | व | Top of left shoulder |
| ङ | Tip of the fingers, right hand | श | Area from heart to right hand |
| च | Left shoulder joint | ष | Area from heart to left hand |
| छ | Left elbow | स | Area from heart to right toes |
| ज | Left wrist | ह | Area from heart to left toes |
| झ | Root of the fingers, left hand | ळ | From heart to orbit of face |
| | | क्ष | From heart to abdomen |

.....The best way to develop the capacity to do the advanced practices is to meditate on an awakened mantra regularly and wholeheartedly. We can be confident that a mantra is awakened when we receive it from a teacher who has been initiated in the long chain of a spiritual tradition. Receiving a mantra from such a teacher also gives us the security of knowing that the guiding force of the lineage is with us.....
