



Crystal Medicine, Mantra and Mudra

by Agnidevi Agnese Mandetta

Mantra yoga is a practice that works well with Crystal Therapy. Mantras are practiced in the Vedic, Buddhist and Yogic traditions. Mantras are spiritual formulas that bypass the rational mind and work directly with the unconscious, cleaning it of any negative debris. The power of mantra lies in the sound generated by the combinations of vowels and consonants, not necessarily in their translation into our modern languages. The following mantras are from the Vedic tradition and help to reverse negative thinking (good for healing depression):

Om Nama Shivaya - This sacred formula purifies the five elements that rule the chakras: earth, water, fire, air and ether. It's grounding, as well as a highly spiritualizing mantra.

Om Gum Gana Pataye Namaha. This Ganesha mantra is used to pulverize all the obstacles on your path, including self-imposed limitations.

Om Shree Danvantre Namaha. This sacred formula invokes Danvantari, the celestial healer, who guides you to find the perfect doctor, therapist, counselor, etc.

Mudras, or hand gestures, concentrate and redirect vital energy through your energy meridians to remove blockages in the flow of prana and promote perfect health. Mudras and mantras are usually performed together. Add [healing stones](#) and crystals to this combination to create a marvelous healing synergy.

If you like listening to mantra songs, sit in easy pose and do the **Atmanjali Mudra** ([prayer gesture](#)) while holding a piece of green calcite between the palms of your hands. It will calm and center your mind, allowing the flow of healing energy to enter your being easily and gently.

When you go for a walk in nature, hold the **Pran Mudra** by placing the tips of the thumb, ring and pinkie fingers together. This way, the fresh energy of your surroundings will enter your body, giving you the courage to start a therapy, among many other benefits. Wear citrine to have a clear mind and evoke the power to make healthy changes.

It is highly advisable to practice pranayama to clean one's chakras and become centered before chanting mantras and holding mudras. [Alternate nostril](#) pranayama and breath of fire are the most popular among the yogis.

Recommended: [Chakra Mantras](#) (for mantras on depression) by Thomas Ashley-Farrand and Deva

Premal: [Dakshina \(Om Nama Shivaya\)](#)