

Notes from Group Meditation- Mar 12, 2025



Meditation on Sri Yantra

Sri Yantra meditation is an ancient practice rooted in India's Vedic and yogic traditions. It is one of the most powerful and well known yantras, Sri Yantra represents the cosmos and serves as a tool for attaining higher states of consciousness. Through focused visual meditation, practitioners can connect with the deeper aspects of their mind, ultimately seeking better health, wealth, and wisdom.

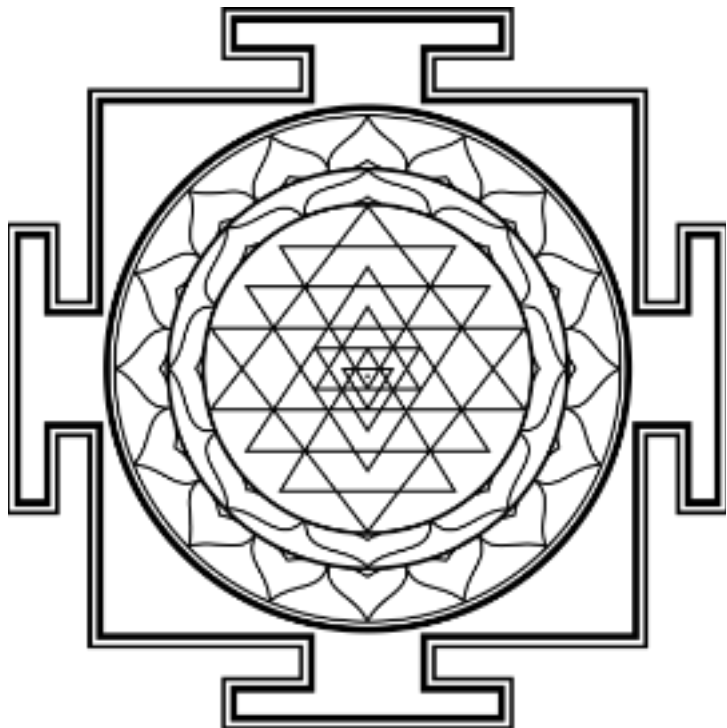
Sri Yantra is an intricate sacred geometric. The central point is called the bindu, which signifies the starting point of creation. Surrounding the bindu are interlocking triangles, circles, and a three-step Bhupura (square exterior) that corresponds to the four aspects of the mind: Manas. (memory), Ahamkara (identity), Buddhi (intellect), and Chitta (cosmic intelligence- the source or god in you). A common statement in discussing Chitta is that it means "God becomes your slave – he works for you." You might translate as you wish but the practice reminds us that spirit, source is within and around us

To practice Sri Yantra meditation, we engage with the symbol either visually or through recitation of specific mantras. This mantra is commonly associated with this meditation.

**"Om Shreem Hreem Shreem
Kamale Kamalalaye Praseed Praseed
Shreem Hreem Shreem
Om Mahalakshmaye Namah."**

In our practice today, I'm going to focus on the visual aspect of working with Yantras but if chanting Sanskrit is good for you, recite that mantra in your mind.

Sri Yantra is derived from the Sanskrit word 'Sri', meaning 'auspicious' or 'holy', and 'yantra', meaning 'instrument for releasing from bondage'. The Sri Yantra consists of nine interlocking triangles, surrounded by circles and squares, and backed by a perimeter of lotus petals. The design of the



Sri Yantra follows the golden ratio, a mathematical concept that is considered aesthetically pleasing and harmonious in nature. Five downward-facing triangles: These represent the feminine energy, or Shakti, the creative and dynamic aspect of the Universe.

Four upward-facing triangles: These symbolize the masculine energy, or Shiva, the stable and transformative aspect of the Universe.

Together, these triangles form 43 smaller triangles, each representing a deity associated with a specific aspect of existence. Surrounding the triangles are three concentric circles leading to a square enclosure, symbolizing the human experience on earth. The interlocking triangles within the mandala reflect the union of these opposing forces, creating a balance and harmony that is essential to the cosmic order.

When meditating upon the Sri Yantra, practitioners seek to balance these energies within themselves, achieving a state of inner peace and connection to the Divine. In this way, the Sri Yantra serves as a powerful tool for self-transformation and spiritual growth.

Preparation for Meditation

Before we begin, it is essential to create an environment that fosters self-awareness and inner peace. We should find a quiet space, free from distractions, where we can sit comfortably with our spine straight. Take a few slow, deep breaths. This helps to calm our mind and bring our focus to the present moment. Maintaining a regular and relaxed breathing pattern will serve to anchor us throughout the meditation.

Place the yantra image so that its center is at eye level and a comfortable distance away. We can then gaze at the yantra for a few moments, allowing our eyes to naturally follow the geometric patterns and become drawn to the central point – the bindu. This is where the divine energy or pure consciousness, resides.

As we continue our meditation, we may notice the geometry moving. Allow your attention to also connect with your inner self, seeing it as perfectly balanced as the yantra.

Video to practice with <https://www.youtube.com/watch?v=a3RTs13PxRw>

Article used as resource

<https://planetmeditate.com/sri-yantra-meditation>

There are more online resources at <http://www.SuniMoon.net/resources>