

THREE STATES OF VISARGA – FLOWS

Letter	Visarga	State of mind	Mind	Description
ā	<i>parā</i>	<i>citta pralayaḥ</i>	no mind	<i>śāmbhava visarga</i>
aḥ	<i>parāparā</i>	<i>citta sambodha</i>	one-pointed mind	<i>śākta visarga</i>
ha	<i>aparā</i>	<i>citta viśrānti</i>	resting mind	<i>āṇava visarga</i>