



Ho'omana Prayer Practice

This sacred prayer practice is fed by 3 streams of mystical practice from Hawaiian, Tibetan, and Kundalini and Kali Natha Yoga traditions

ho'o = to cause or to become

mana = to empower, place in authority, take back your own power

The Ho'omana Prayer Practice has 3 Movements:

1. 1 minute back-to-back Pranam to melt crust around your heart
2. 5 Shakti Mudras to scrape away any crust or negative aka cords with your HA breathe. After the 5th scraping, offer all that has been removed to the Goddess to be transmuted to the pathway of light
3. 3 minute Prayer Pranam touching your heart with your thumbs

1st minute—open your heart to self-compassion and self-love as you chant 3 times: *Ong Namō Guru Dev Namō*

Ong—cosmic energy in active form

Namō—name

Guru—from darkness to light

Dev—the invisible process leading us

Namō—the name

2nd minute—feel divine compassion and love filling your heart

3rd minute—radiate divine compassion and love for all