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# I AM Yoga of the Cells

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[An approach to  
Integral Yoga for  
cellular healing]

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The sadhana of inner concentration consists in:

1. Fixing the consciousness in the heart and concentrating there on the idea, image or name of the Divine Mother, whichever comes easiest to you.
2. A gradual and progressive quieting of the mind by this concentration in the heart.
3. An aspiration for the Mother's presence in the heart and the control by her of mind, life and action.  
But to quiet the mind and get the spiritual experience it is necessary first to purify and prepare the nature.

- Sri Aurobindo

*“...a holistic way to bring the healing fire of the Soul-Spirit-Higher Self to every cell of the body”*

## 1. START WITH CENTERING

- chant ‘Om’ three times

1<sup>st</sup> to go within your heart and contact your inner Soul (**Immanent Divine**)

2<sup>nd</sup> to open the mind and connect with universal Spirit (**Universal Divine**)

3<sup>rd</sup> to call upon the Supreme Consciousness above and beyond the Creation (**Transcendental Divine**)

- To deepen the contact with the above three centres of Divinity:

- Bring right hand to the heart, tap it gently as if seeking entry to your true home.

Chant ‘Om Ma’ three times sincerely invoking the Soul to open its gates to you. Enter into the cave of your sacred heart as if you have come home to your Divine Mother. Sense/invoke the sacred-fire burning at its centre and be welcomed into it. Feel yourself enter into it and start praying to its love to burn and purify your mind, life and body of all impurities.

- Bring your hands together in a prayer position at your heart. Chant ‘Om Sri Ma’ through your throat, forehead and crown centres to relax and open the mind. To widen it until it feels oneness with all of creation around..and the ego-self dissolves.

- With heart and mind open to Soul and Spirit, open your hands at your heart in a gesture of receiving and ask for the Grace of Sat-Chit-Ananda consciousness to descend upon you from your Transcendental/Higher Self. Chant “Om Anandamayi, Chaitanyamayi, Satyamayi, Parame”.

- Feel a shower of golden sunlight upon your head and shoulders and penetrating your face and body. Lighting you up from the inside and outside. Feel it flow through and discharge all remaining energy through your spine and feet into the depths of Mother Earth.

## 2. CONNECT WITH YOUR BREATH

- Offer the gathered energy in your hands to fuel the fire in your heart by crossing the palms over the chest.

- Enter into **mantra-breathing** by silently chanting (japa):

- ‘Om Ma’ as you inhale into your heart and up into your crown and

- exhale on ‘Om Sri Ma’ down into your heart and out into your adhar (mind-life-body).

- Become aware of your central channel through the spine that connects Heaven above and Earth below. And the Antar-Ganga of Divine Life-force that flows through this channel like the breath flows through the notes of a flute!

“Om Ma” invokes the individual Soul and “Om Sri Ma” invokes the universal Spirit. Attune to their presence in your breath. Become aware of how your breath connects your inner self with your outer self.

- To fill the lungs with the Divine power, now breath deeply and fully at least three times:

- with hands over the chest (for middle lungs and torso)

- with hands behind the head (for upper lungs and upper body)

- with hands over the belly-button (for lower lungs and lower body)

Visualise your lungs filled with golden light and divine power. Ready to bring divine life to all parts of your body and mind.

- **Breathwork to unify right brain/left body & left brain/right body**  
Alternate nostril breathing (anulom-vilom): Close right nostril with right thumb, placing index finger and middle finger on the third-eye.  
Inhale through the left side of the body into the right brain. Close left nostril with ring finger, weave the breath over to the left brain and exhale through the opened right nostril into the right side of the body.  
Inhale from the right side into the left nostril, weave the breath over to the right brain and exhale through the opened left nostril into the left side of the body.  
x 3
  
- **Breathwork to unify full body & whole brain-mind**  
Inhale from your full body 'Om Ma' into your whole brain to "Om Sri Ma", then from the whole brain "Om Ma' into your full body "Om Sri Ma" x 2

### 3. LOOSENING ALL JOINTS

To unblock all energy-flow channels and better circulate the divine energy through out the body we exercise the joints and breathe into each of them one by one. From the top of the head down to the tips of the toes.

- **Upper Body (Head and hands)**
  - Rotate the head clockwise and anti-clockwise
  - Rotate elbows in order to loosen shoulder joints (clockwise and anticlockwise)
  - Open outwards the arms (straighten elbows) and bring hands onto shoulders by squeezing elbows in.
  - rotate wrists clockwise and anticlockwise
  - hands forward splay fingers and exhale into fists
  
- **Middle Body (Torso)**
  - Come to a standing position, feet shoulder-width apart
  - lift both hands over the head and make yourself as tall as possible (feel every vertebra getting pulled apart), drop hands
  - lift right hand straight up and bend to the left, stretching the right side, drop; lift left hand straight up and bend to the right, stretching the left side, drop
  - Lift both hands up and arch back, opening the chest; stretch hand forward and arch spine down, allowing gravity to stretch the spine. Slowly uncurl back into standing position.
  - Spinal twists: Right hand on left shoulder, left hand behind the back, inhale, turn/twist to right – exhale. Spiral the mantra-breath up and down the spine and nervous system, back to centre; repeat with left hand on right shoulder..
  - Kapalbhathi & Kampan: Bend the knees, make fists with the hands and pump the breath and body with sharp exhalations to detox. Then shake out the hands and body vigorously for a few seconds, keeping all joints very loose. Swing down from side to side and churn back up.
  - Stand like an immovable mountain for a few breaths, returning to 'centre/central axis' and feeling perfectly balanced between Heaven and Earth.
  
- **Lower Body (Legs)**
  - Sit down and gather right knee to body and kick-straight to exhale (repeat on left knee)
  - Rotate ankles/toes clockwise and anticlockwise
  - ankle (flex and point the foot)
  - Toes splay and squeeze

#### 4. DRINKING WATER, BRINGING PEACE TO THE ADHAR

- To irrigate all planes and parts of the being with Divine Peace. Using water, the universal solvent to carry the healing vibrations of PEACE to the interstitial fluid surrounding all cells of the body. (Using POSITIVE VISUALISATION & PRAYERFUL INTENTION with the mind and heart and will power.)

- Bring a glass of water to your heart.
- Hold glass with left hand, cover it with right hand
- Breathe the mantra-breath into the water. "Om Ma" to invite the Soul-fire into it, "Om Sri Ma" to invite the unity consciousness and "Om Anandamayi, Chaitanyamayi, Satyamayi, Parame" to invite the sat-chit-ananda consciousness.
- Chant 'Om Shanthi, Shanthi, Shanthih' and call the Divine Peace from above to enter into the water.
- Feel or visualise the Divine Fire-Light flowing out of your heart into your hands and from there in to the water, divinising it into healing medicine.
- Slowly drink the divinised peace-light and imagine it permeating into each cell of your body and all levels of your being, healing everything it touches. You start getting 'lit up' with GOLDEN LIGHT from the inside with a feeling of well-being and harmony.
- Like a child praying with complete faith to the Divine, surrender yourself completely to this Liquid Golden Fire-Light and ask the Fire to burn the impurities causing ill-health, ESPECIALLY ANY CANCEROUS CELLS THAT ARE BEYOND REPAIR, and see it happening.
- Ask the water to wash out, flush out the burnt debris, and see it happening. ...the water dissolving the leftover impurities/toxic emotions/thoughts and draining them into the urinary bladder, ready for release from your system when you next empty your bladder.
- Call "Divine peace, peace, peace" to establish itself in every cell of your body. Feel it come.

#### 5. YANTRA – FOR INTEGRAL AND ONGOING PROTECTION & PERFECTION

- Put some drops of the divine water on parts of your body that need healing and sprinkle some around you to cleanse your aura and living space.
- Pick up your 'Golden-ratio Spiral' yantra and hold it to your eye-level
  - focus with soft eyes on the centre-void of the yantra
  - Attune yourself with it by inhaling it into your third-eye with 'Om Ma' and breathe yourself into it through your third-eye with 'Om Sri Ma'. Let your third eye merge with it.
  - Close your eyes and allow the yantra's 'reverse' image to appear in your third-eye and swirl or pulsate there.
  - Lift it up with your closed eyes to your crown so it merges with your Highest Self and gets charged and magnified to full healing potency.
  - Allow it to then funnel down into your heart-Soulfire and merge with your heartbeat & lungbreath, pulsating and expanding until you sense you are completely cocooned within the energy field of the yantra. This has now become your 'protective-shield' or 'Kavach'. *Set the intention that all misaligned energies that are going out of you into your surroundings will get harmonized and balanced according to the Highest Truth as they pass through the shield before reaching others. So also, all misaligned energies that are flowing into you from your surroundings will get harmonized before they reach you.*

## 6. YOGA OF THE CELLS

- Become aware of yourself at a cellular level. See yourself as a mass of a trillion cells. Each cell is conscious and wishing to do its own yoga, wishing to achieve union with the Divine!

- Start chanting aloud 'Om Namō Bhagavate' x 12, feeling each cell chanting this mantra for its salvation. The chanting slowly turns into a silent japa with the vibrations becoming even more intense within.

- Finally, place a golden-ratio spiral into each of your trillion cells so that as each spiral pulsates, it gathers the energy of each cell into its movement. The cell and the spiral merge and you become a perfectly harmonious, swirling, dancing mass of a trillion golden vortices or small 'sudarchan chakras', swirling blades of light becoming increasingly luminous! The anti-clockwise arms of the vortex shred all remaining misaligned energies and dead/diseased habits of the physical mind that covers the cells like a mesh. The shredded energies get sucked into the source-center of the yantra vortex for transmutation. The clockwise arms of the vortex bring new, higher, healthy energies of perfection from the source-center to replace the old patterns.

Each cell is now a small sun, transformed and vibrating with the energy of perfect health. Each spiral perfectly unfolding 12 rays of white sun-light.

- You become a Luminous, Divine Golden Being. A Sun radiating trillions of rays of pure light.

- Bathe in this inner peace for as long as you feel like.

Affirm aloud so each cell of your being hears and gets programmed with this new thought pattern: "I AM the LIGHT...I AM healed now"... "Each and every plane and part of my being enjoys perfect health now" ... "And so it is" or "Om tat sat"

## 7. CLOSING

Stay in an open-hearted attitude of gratitude for all the Grace you have received, pray that your contact with this stream of Grace remains continuous. Also, that it keeps the yantric protective-shield active at all times around you.

Radiate your power and goodwill into the world to heal all lives and works you touch.

Chant:

Sarveshaam svasthir bhavatu  
Sarveshaam shanthir bhavatu  
Sarveshaam purnam bhavatu  
Sarve sham mangalam bhavatu

*May good befall all,  
May there be peace for all,  
May all be fit for perfection, and  
May all experience that which is auspicious.*

Sarve bhavantu sukhinah  
Sarve santu niramayaah  
Sarve bhadrani pashyantu,  
Ma kashchit dukhabhag bhavet

*May all be happy,  
May all be healthy,  
May all experience what is good and let no one suffer.*

Asato maa sadgamaya  
Tamaso maa jyotir gamaya  
Mrityor maa amritam gamaya

*Lead us from the unreal to the real  
From ignorance to light  
From death to immortality*

Om, Purnamadah, purnamidam,  
Purnaata, purna mudachyate  
Purnasya, purnamaadaaya  
Purna mevaavashishyate

*That is perfect – this is perfect.  
What comes from such perfection truly is perfect.  
What remains after perfection from perfection is yet perfect.*

Om shantih shantih, shanti.

*May there be peace, and perfect peace!*

**Place your hands on the specific parts of the body that need healing.** Call the Truth consciousness there and feel it come:

Chant:  
Om tat savitur varam rupam  
Jyotih parasya dhimahi  
Yannah, satyena, dipyet

*Let us meditate on the most auspicious form of Savitri,  
On the Light of the Supreme  
Which shall illumine us with the Truth.*

When complete,

- Rub your hands vigorously until warm and apply them like healing pads on to your eyes and ears. Feel them receiving healing energy.
  - Continue rubbing down the rest of your body, activating the blood circulation everywhere. Focus on the lower back to massage the kidneys.
  - Press on the acupressure point four fingers above your inner ankles, where the shin bone ends into your flesh, to stimulate your immunity.
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TIPS:

- Your attitude through out should be one of unconditional love towards yourself and all things, as well as TOTAL surrender to the Divine's will over you.

- While you are intensely calling and trying to 'pull down' the Light, make sure you don't over-exert. The Light we bring down is a very real force and we have to be able to bear it. The key lies in first surrendering your self completely to the Divine so that It can take over and lead the process. This Higher intelligence knows what's best for you.

- In your prayers, use words like

'Heal in the name of the Light'.

"Thy will be done. In Thy will is my peace".

"May I be a pure and perfect instrument of your will.'

"O Truth, come manifest!"

Feel as if your very cells are praying.

YOUR INTENTION IS PRIMARY!

- Keep 'throwing' into the fire in the Heart your thoughts and emotions as they come up. Let them be an offering.. The Fire will purify everything and the Water will wash it all away into the Universal Flow..

FEEL YOURSELF HEALING COMPLETELY WITH EACH MEDITATION. THANK THE DIVINE AS IF YOUR HEALING HAS ALREADY TAKEN PLACE. AND SO IT IS.

As you carry on with your day and feel the protective-shield of the yantra around you depleting, just breathe into it again using the mantra-breath with the intention of re-charging it so it continues to protect and perfect you.

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*"All Sincere Prayers are Granted; Every Call is Answered" - The Mother*

*"All can be done if the god's touch is there" - Sri Aurobindo*

*"A DIVINE FORCE SHALL FLOW THROUGH TISSUE AND CELL OF THE BODY" – SAVITRI by Sri Aurobindo*