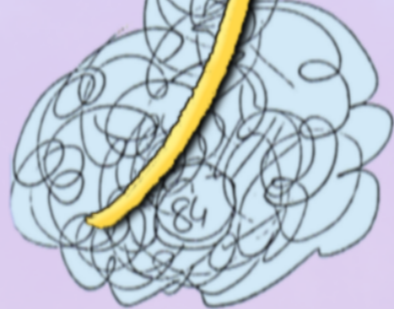


Science



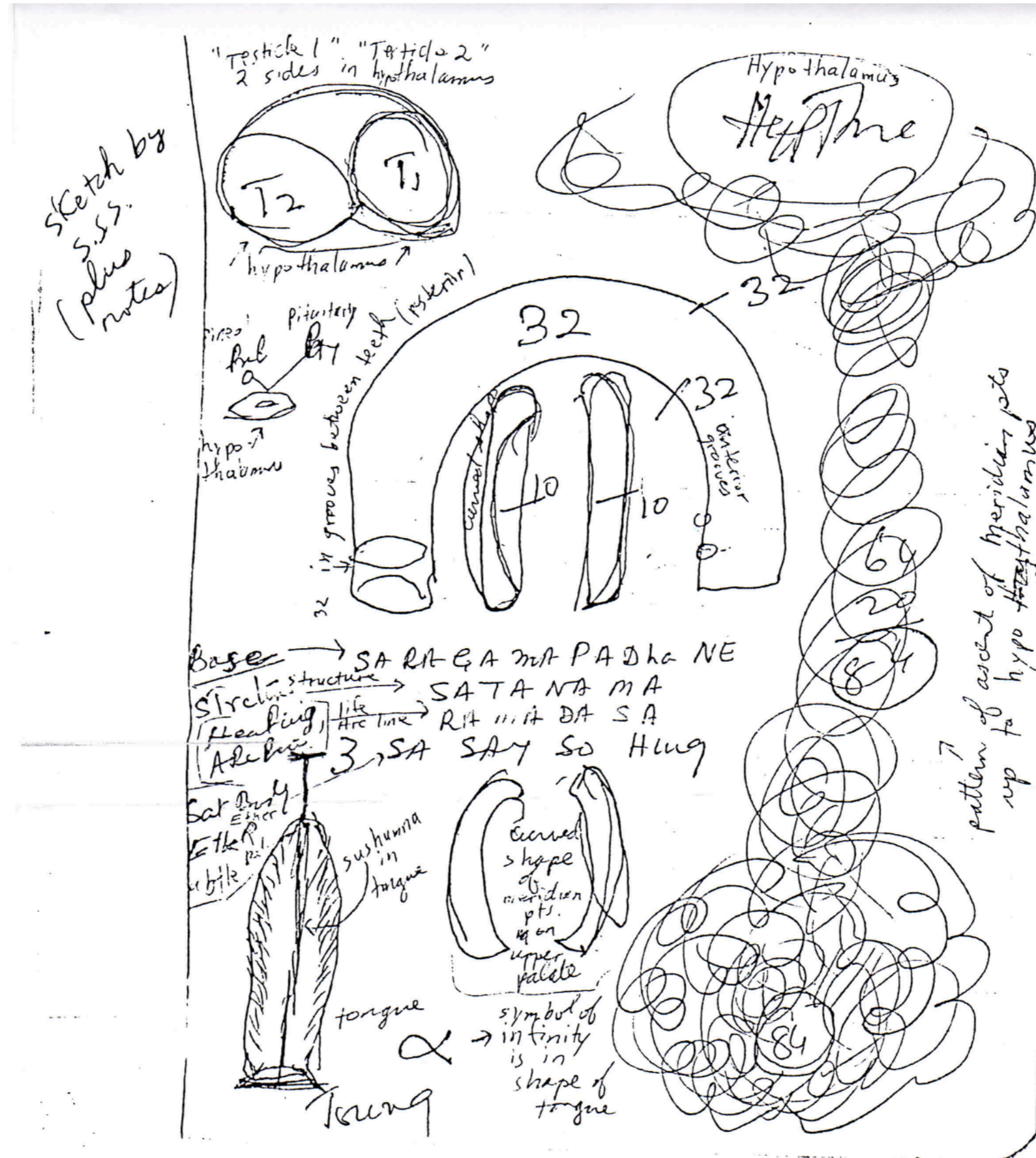
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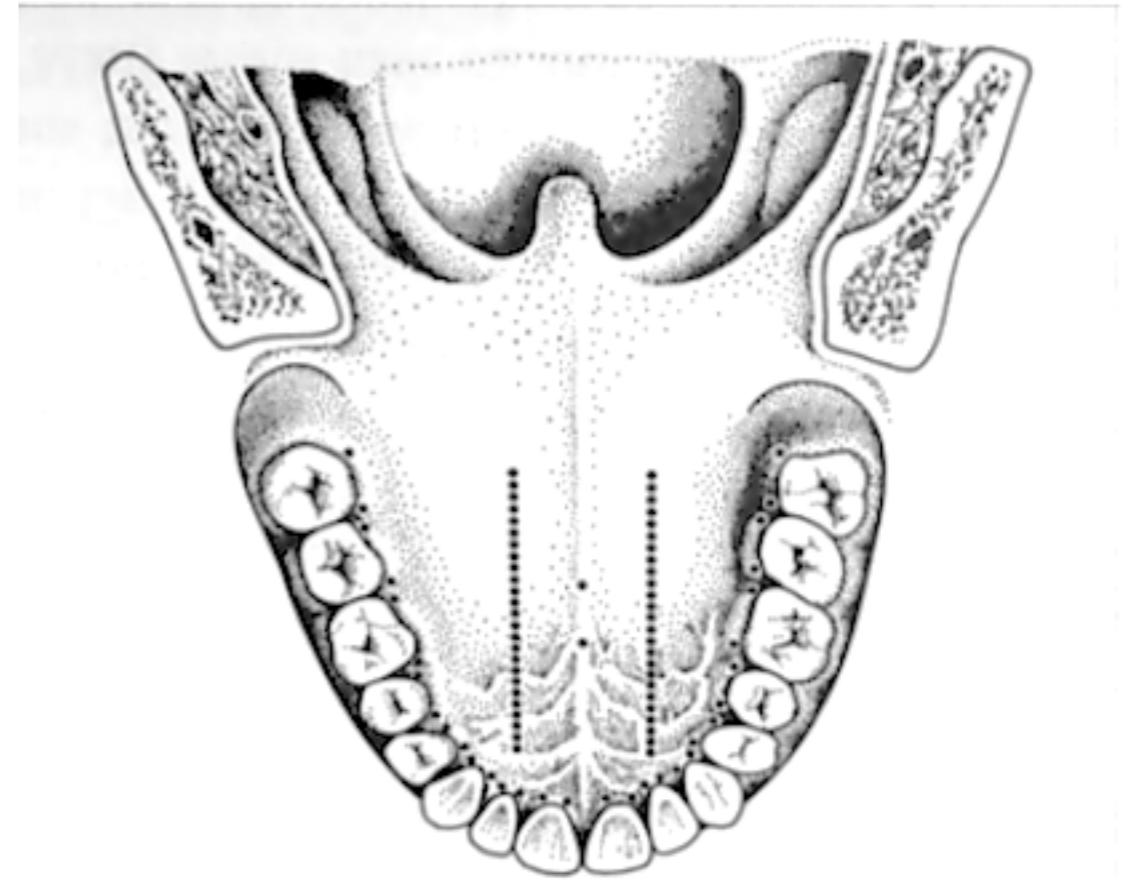
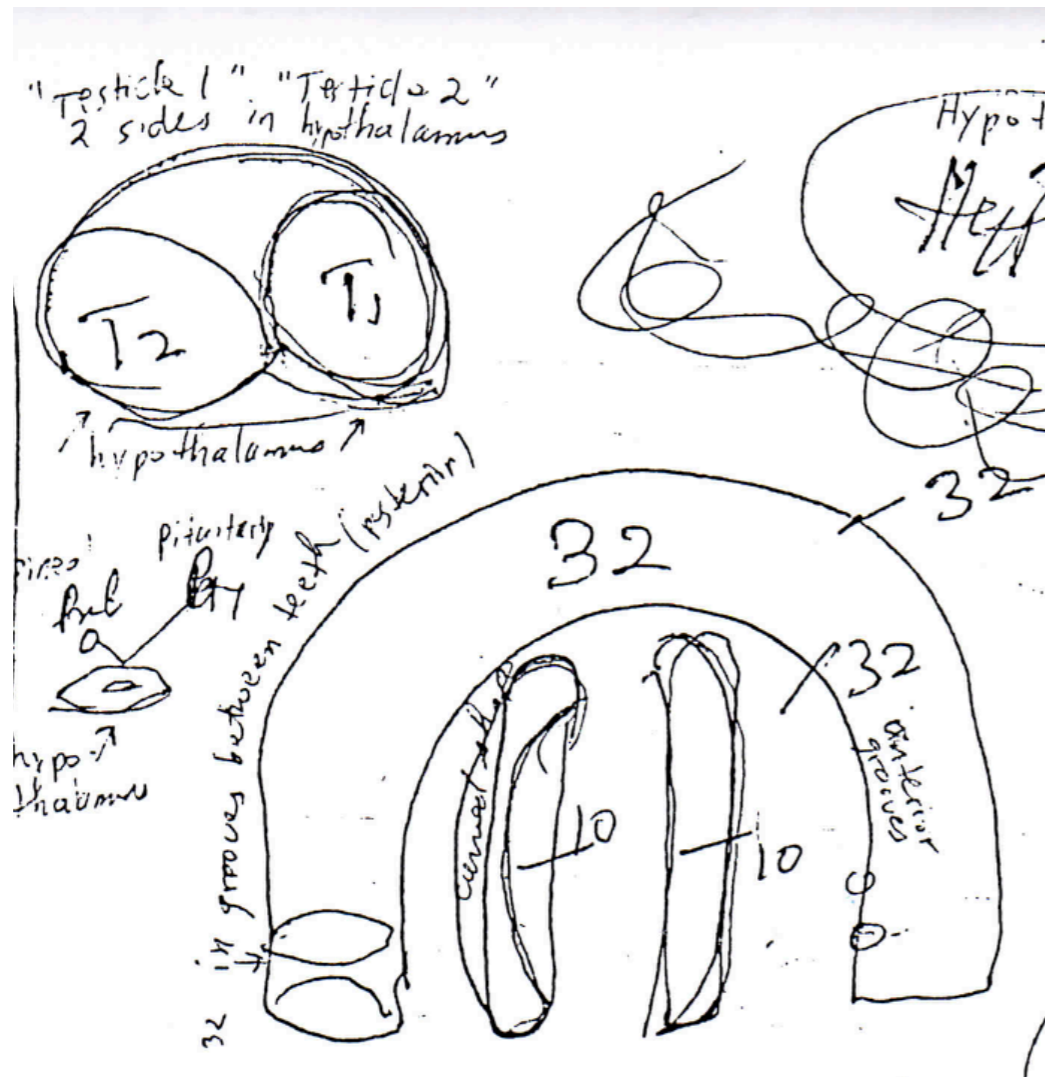
Naad Yoga

By Ardās Singh

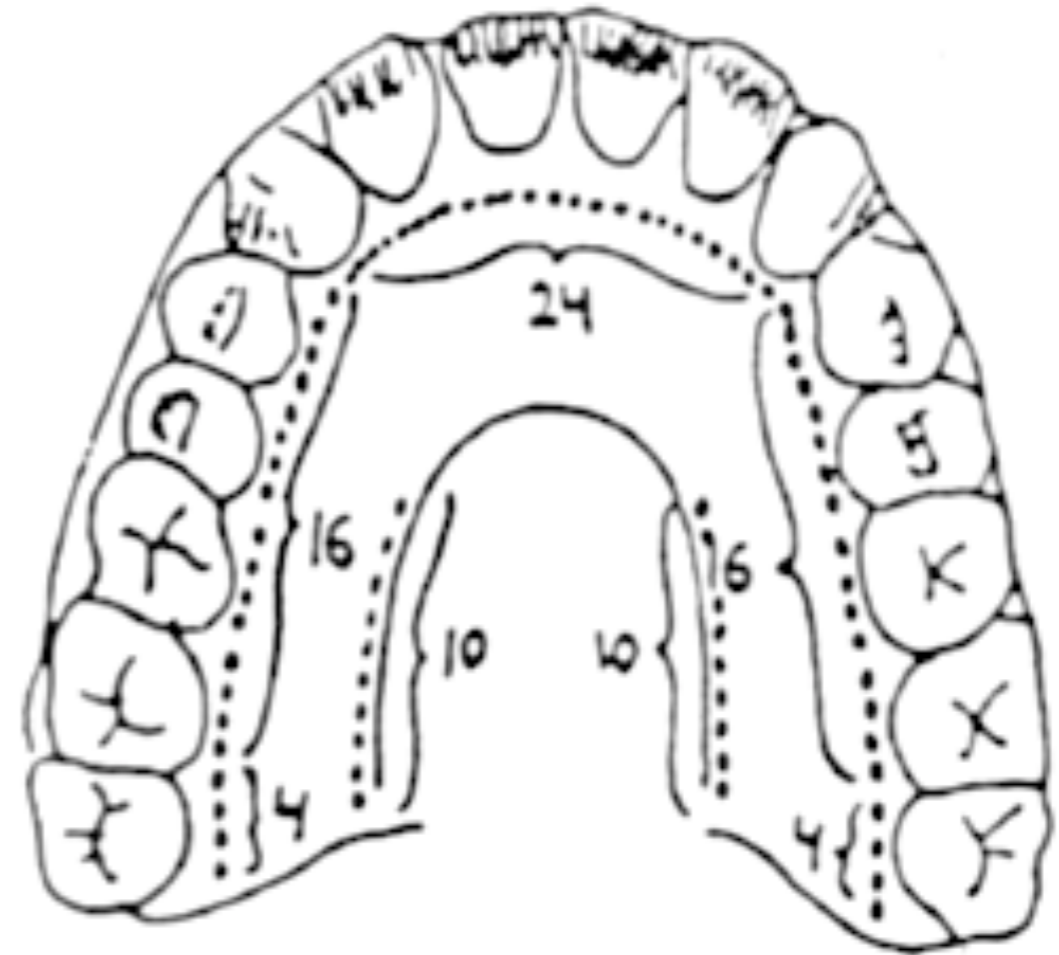
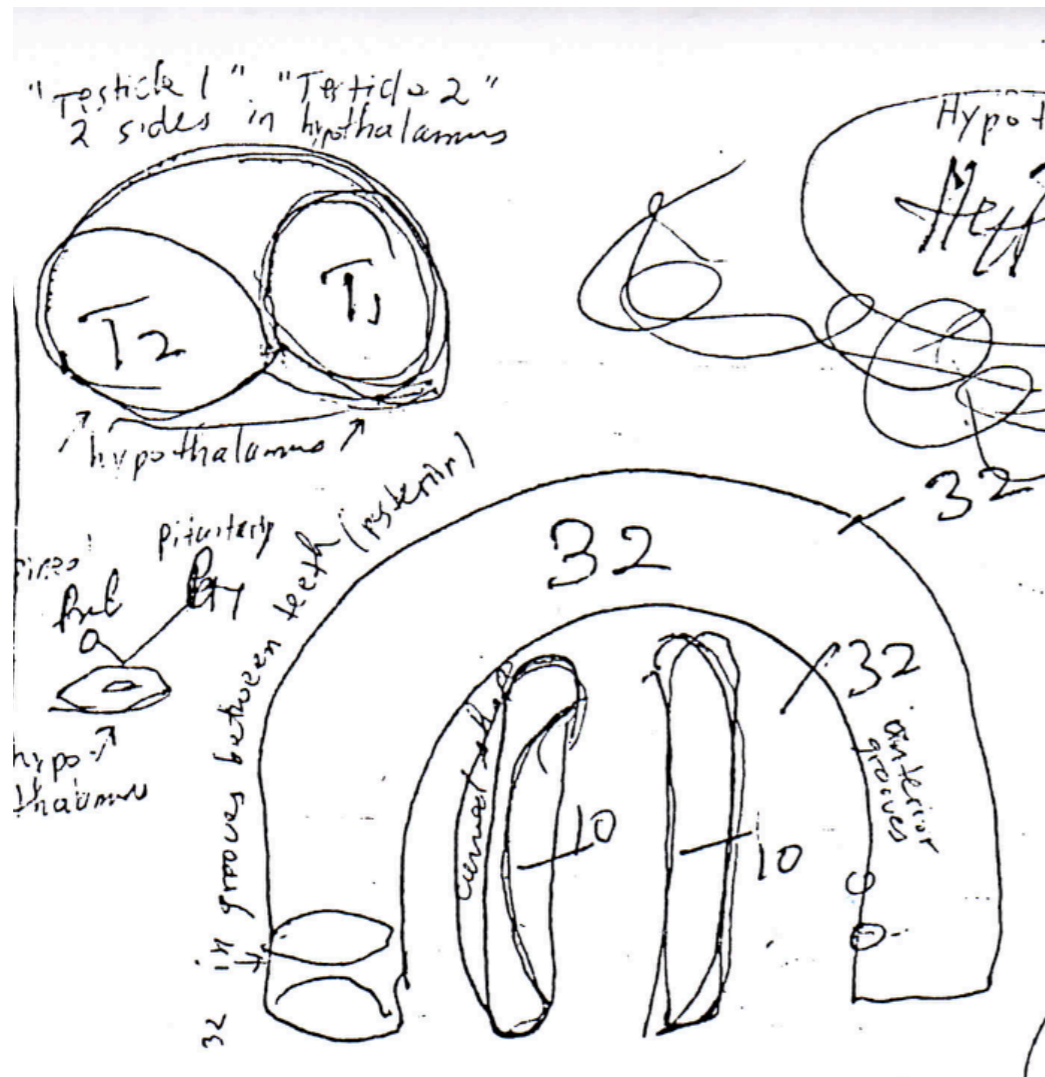
Yogi Bhajan's Original Diagram



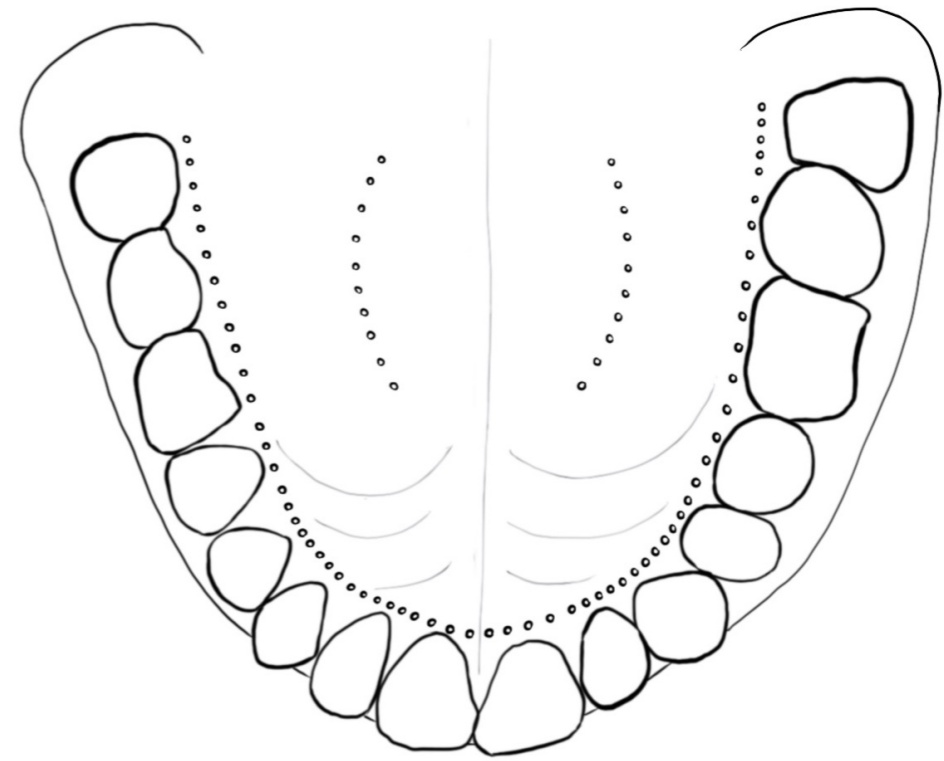
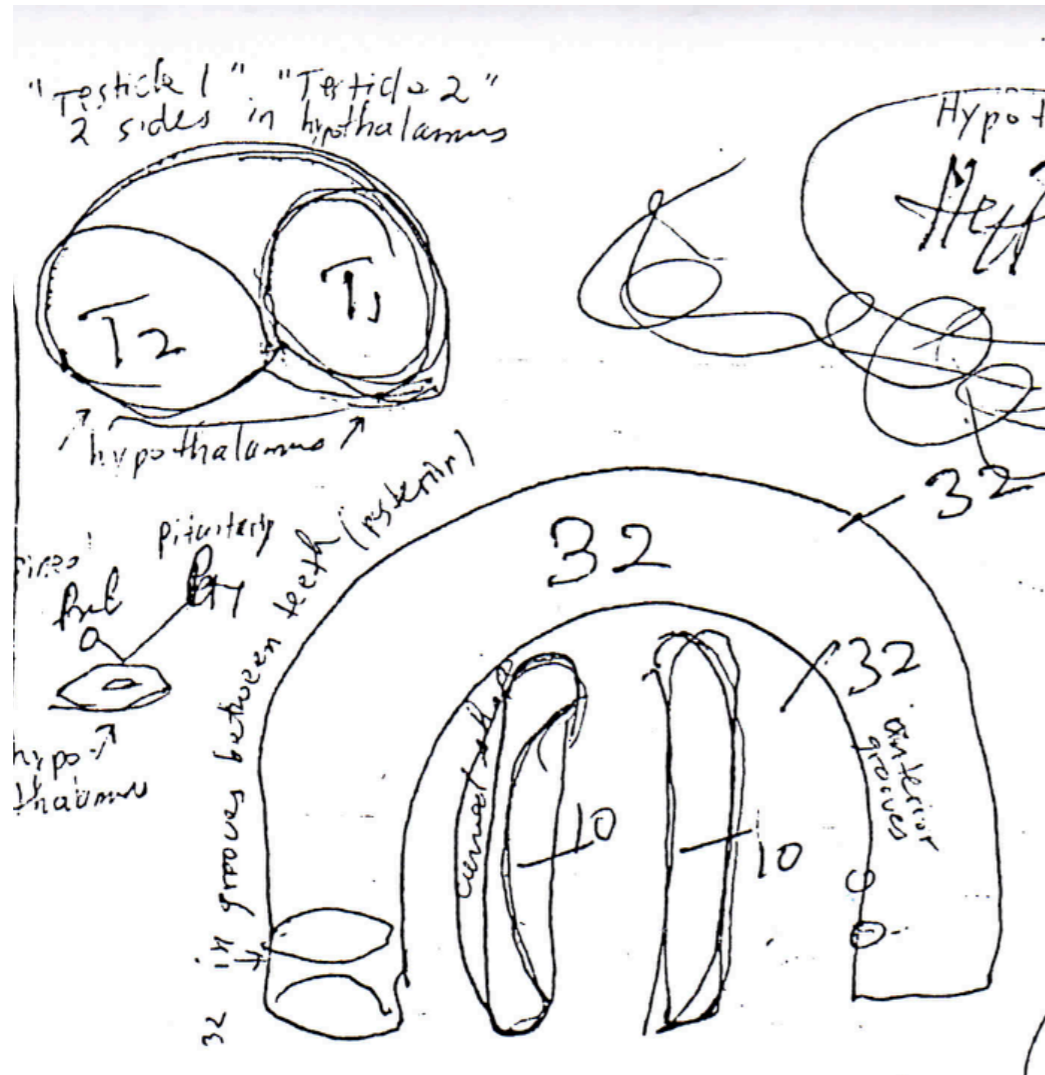
Shannahoff's Diagram 84 Points



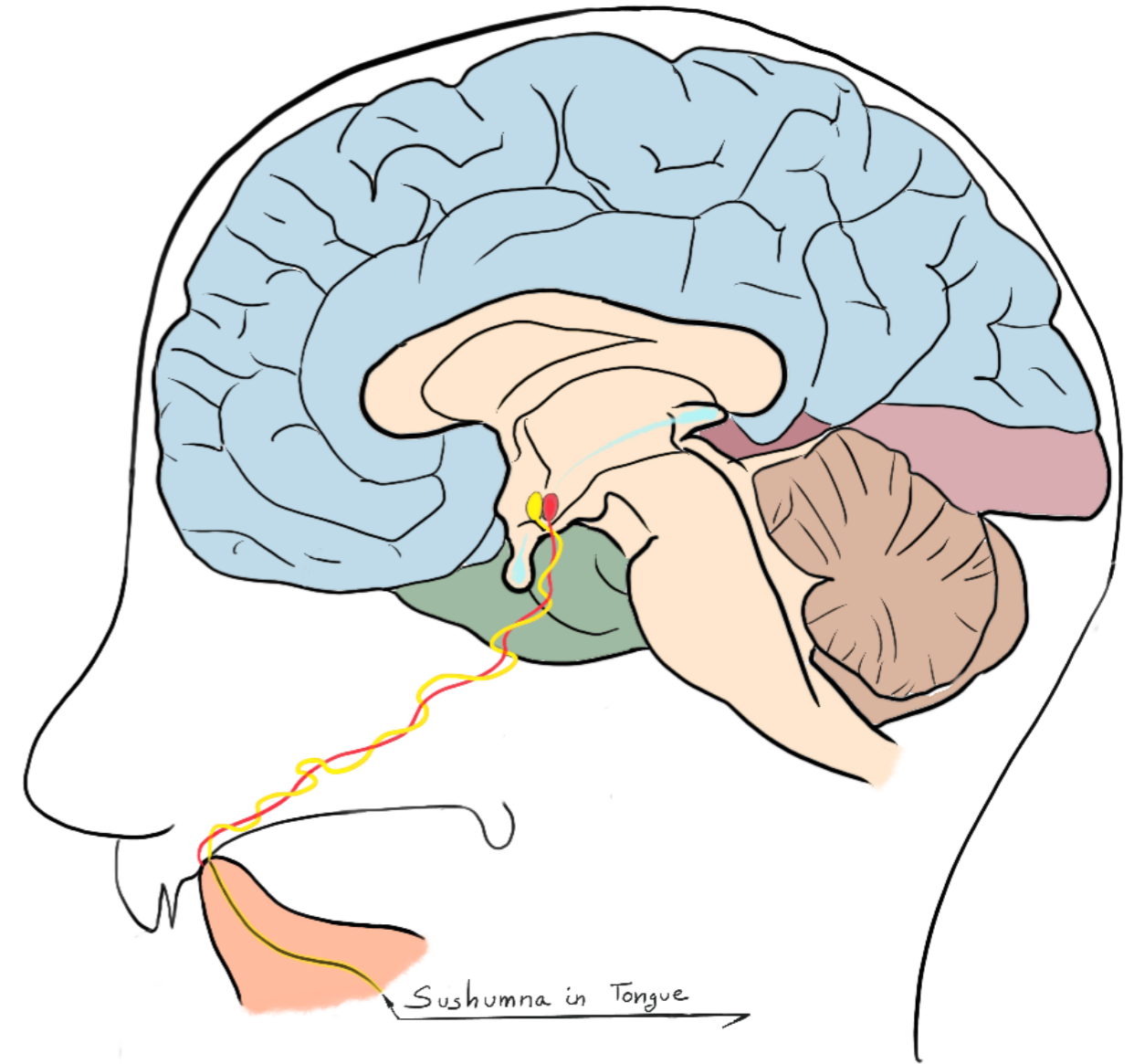
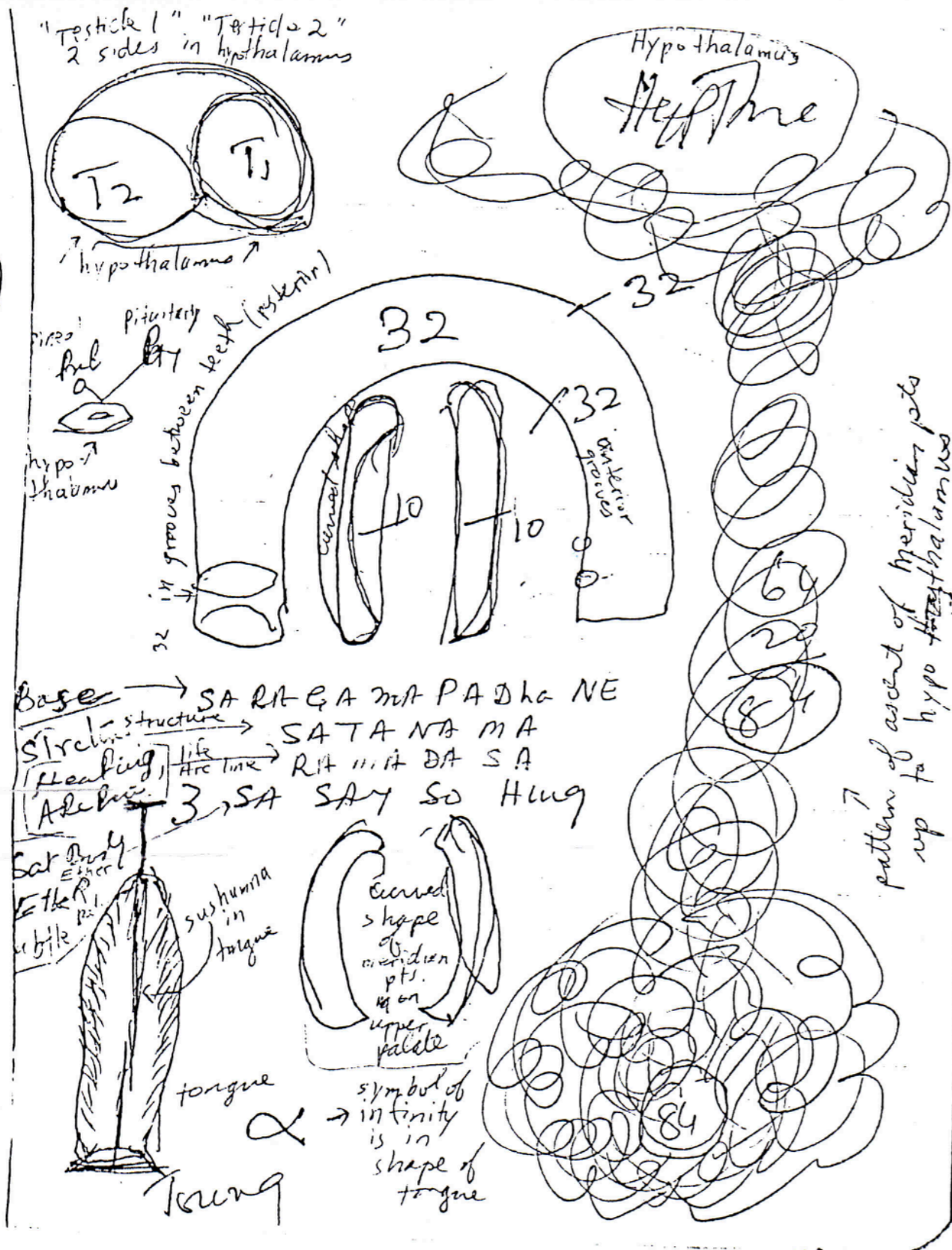
Gurudass' Diagram 84 Points



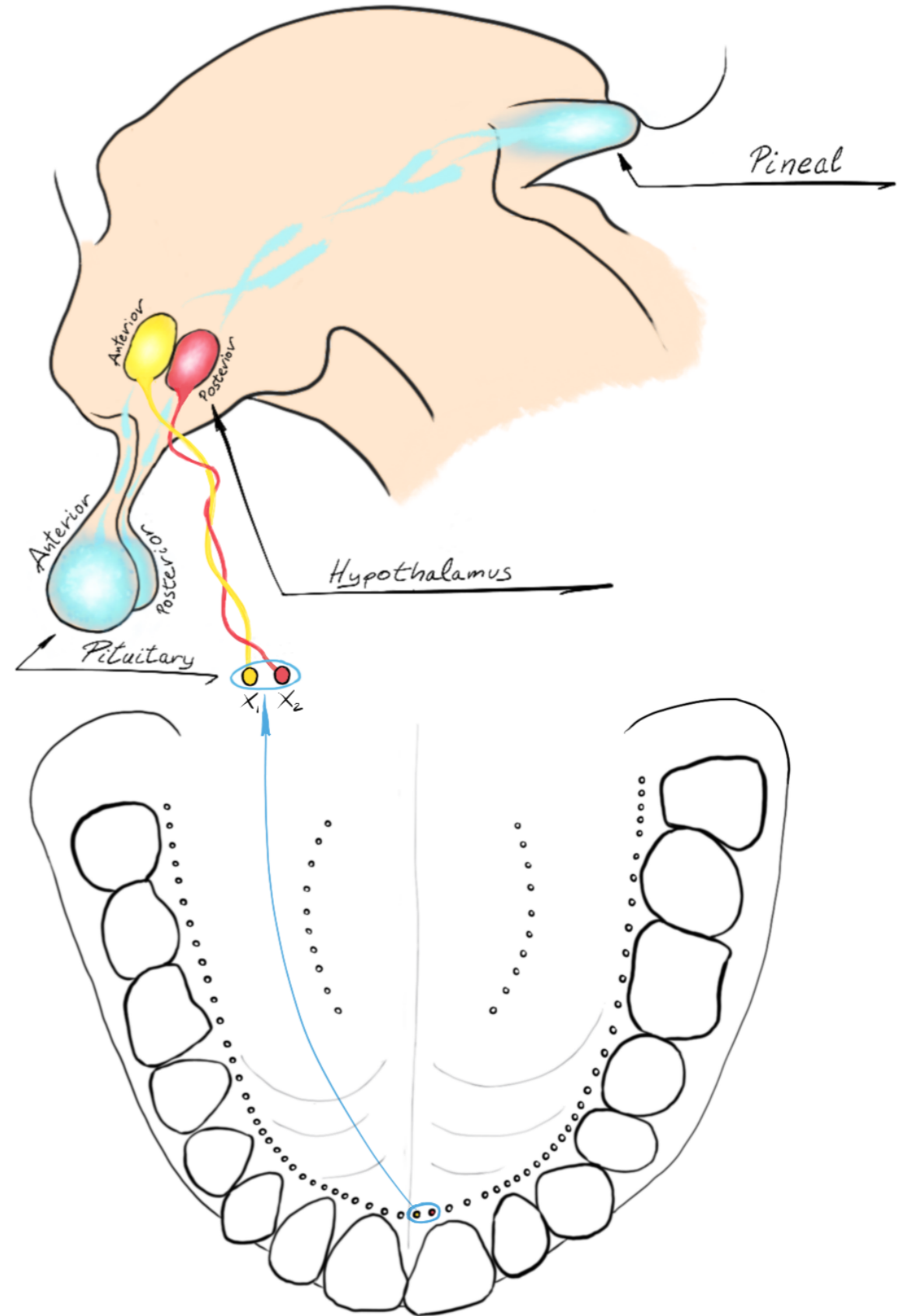
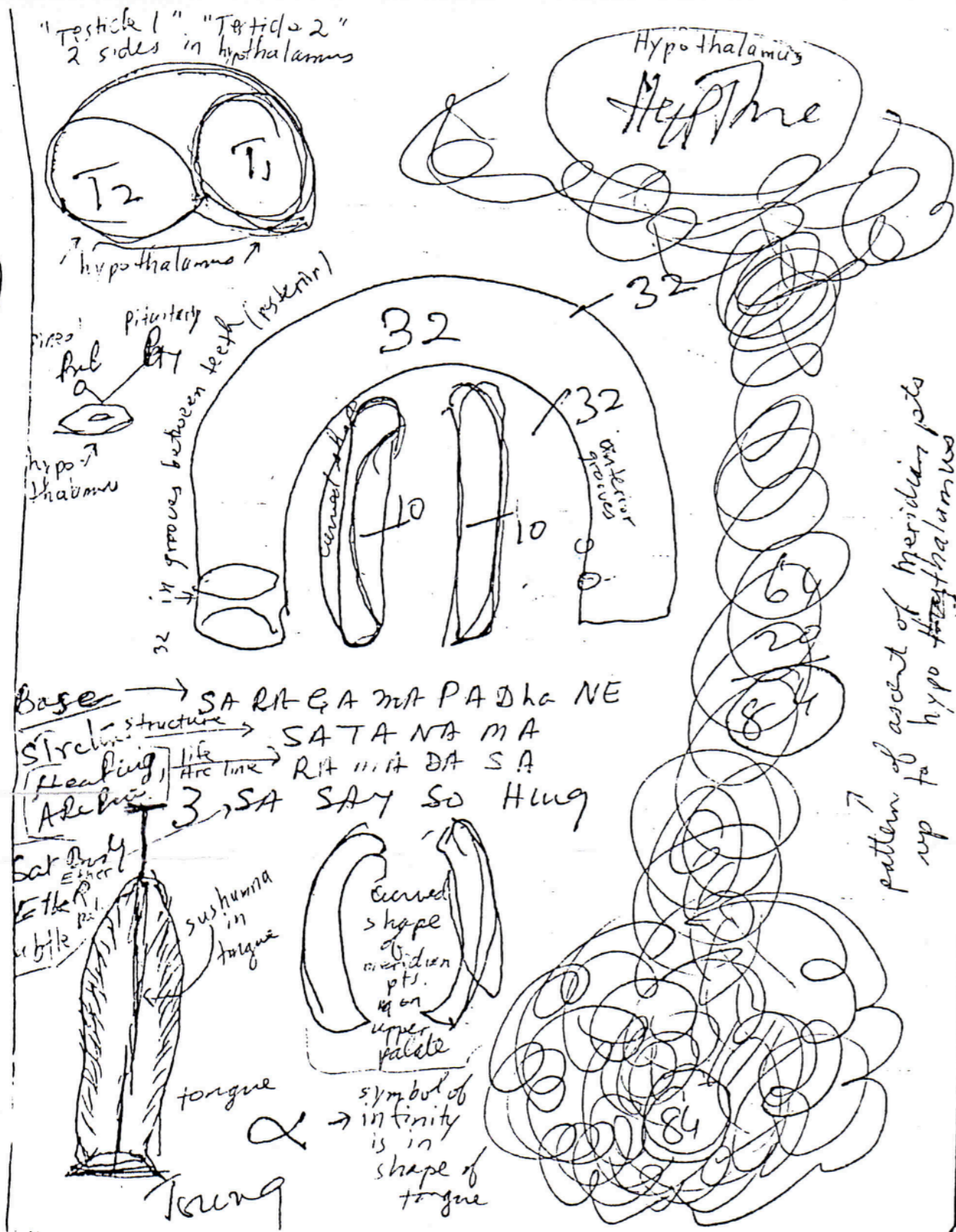
Cleaned-up Diagram



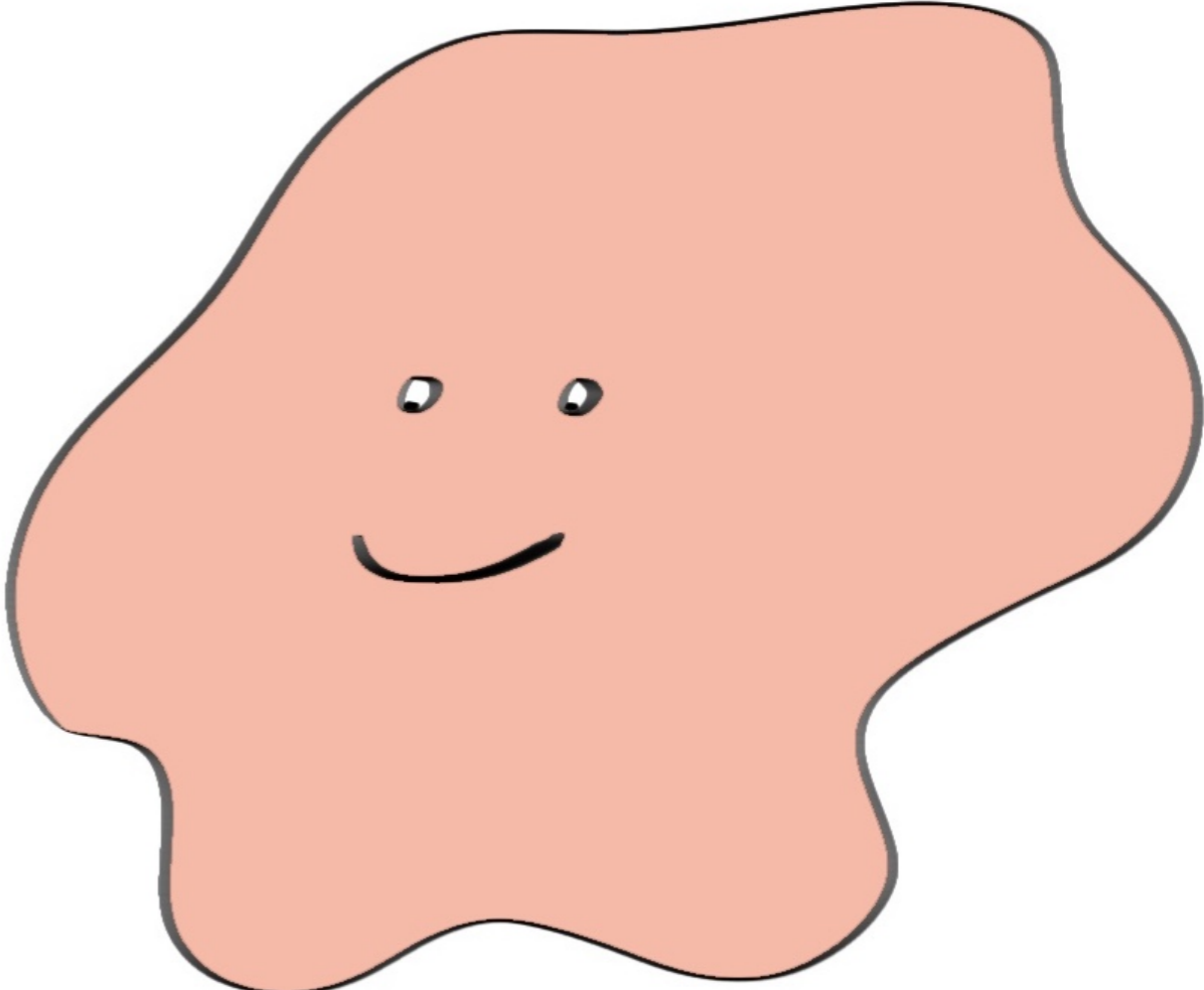
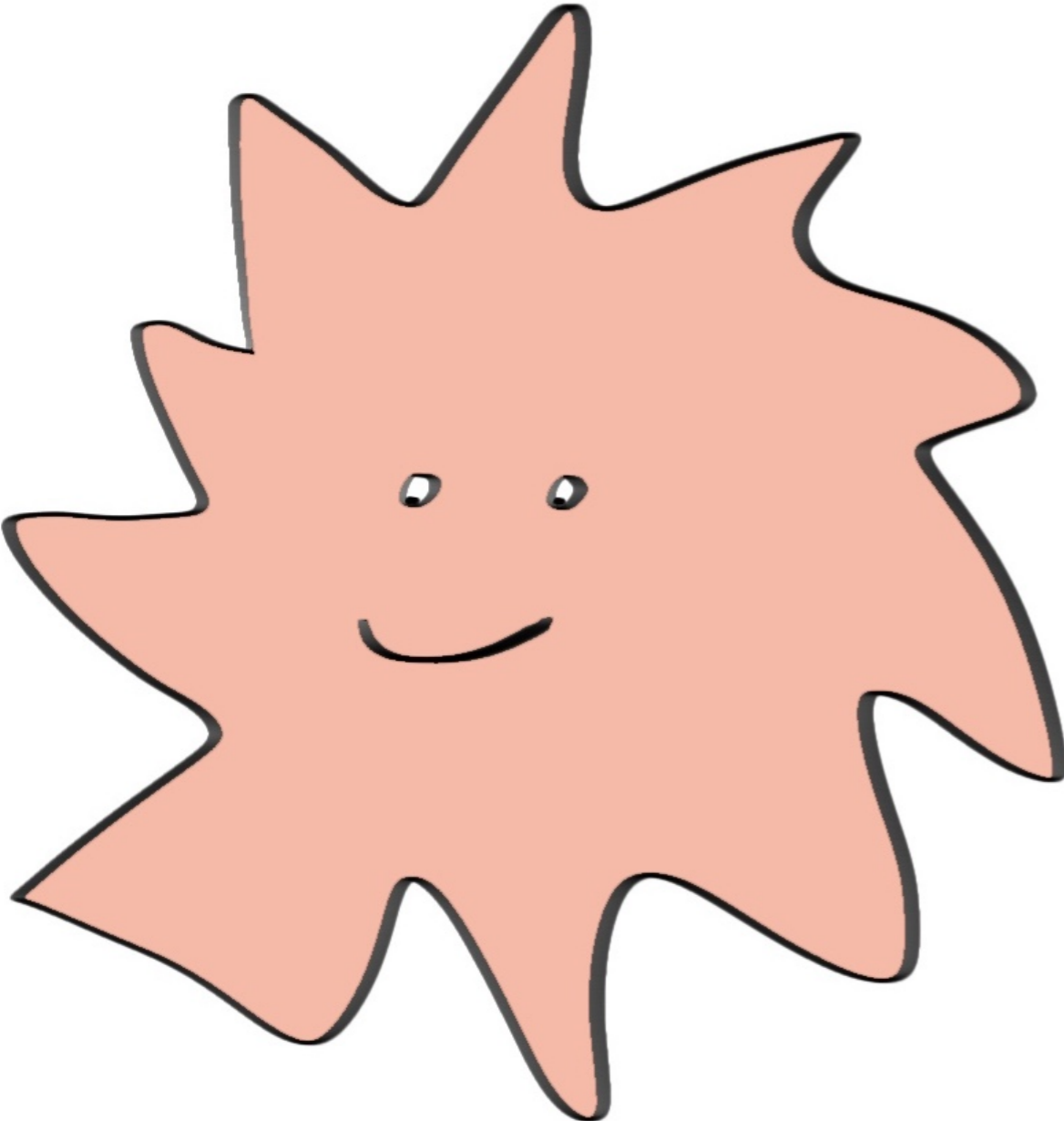
Effect on Hypothalamus - Overview



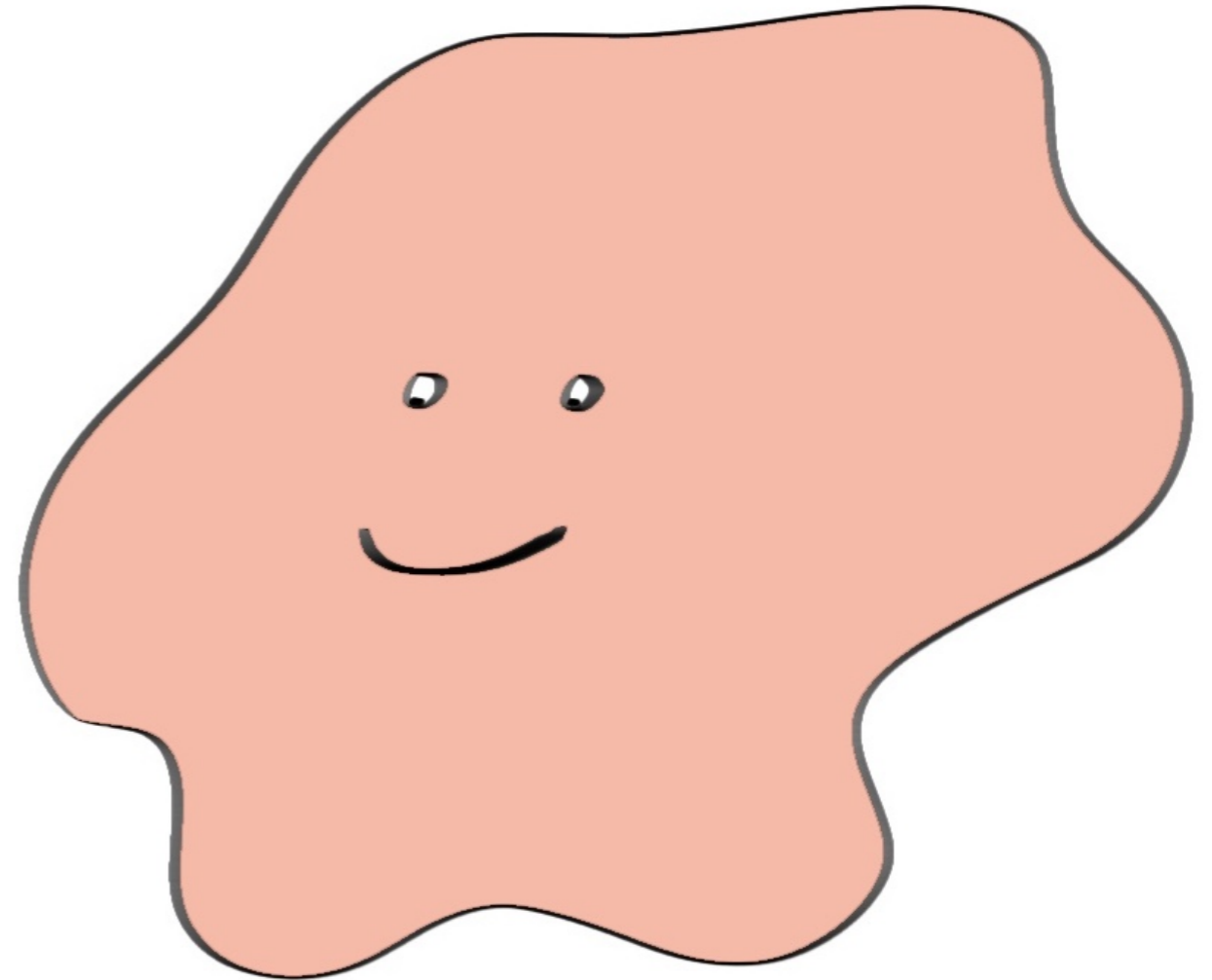
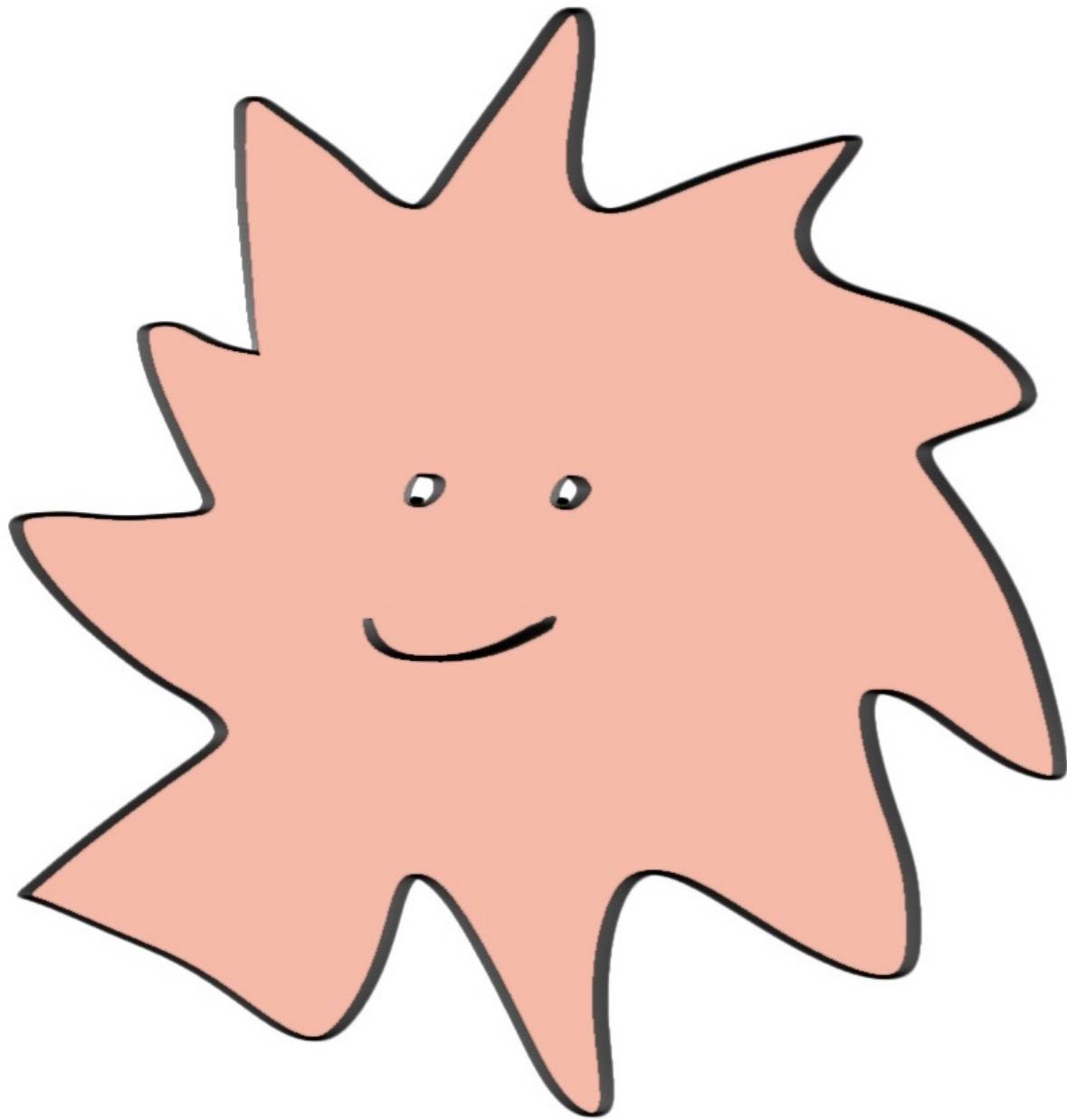
Hypothalamus Detail



Sound Psychological Experiment

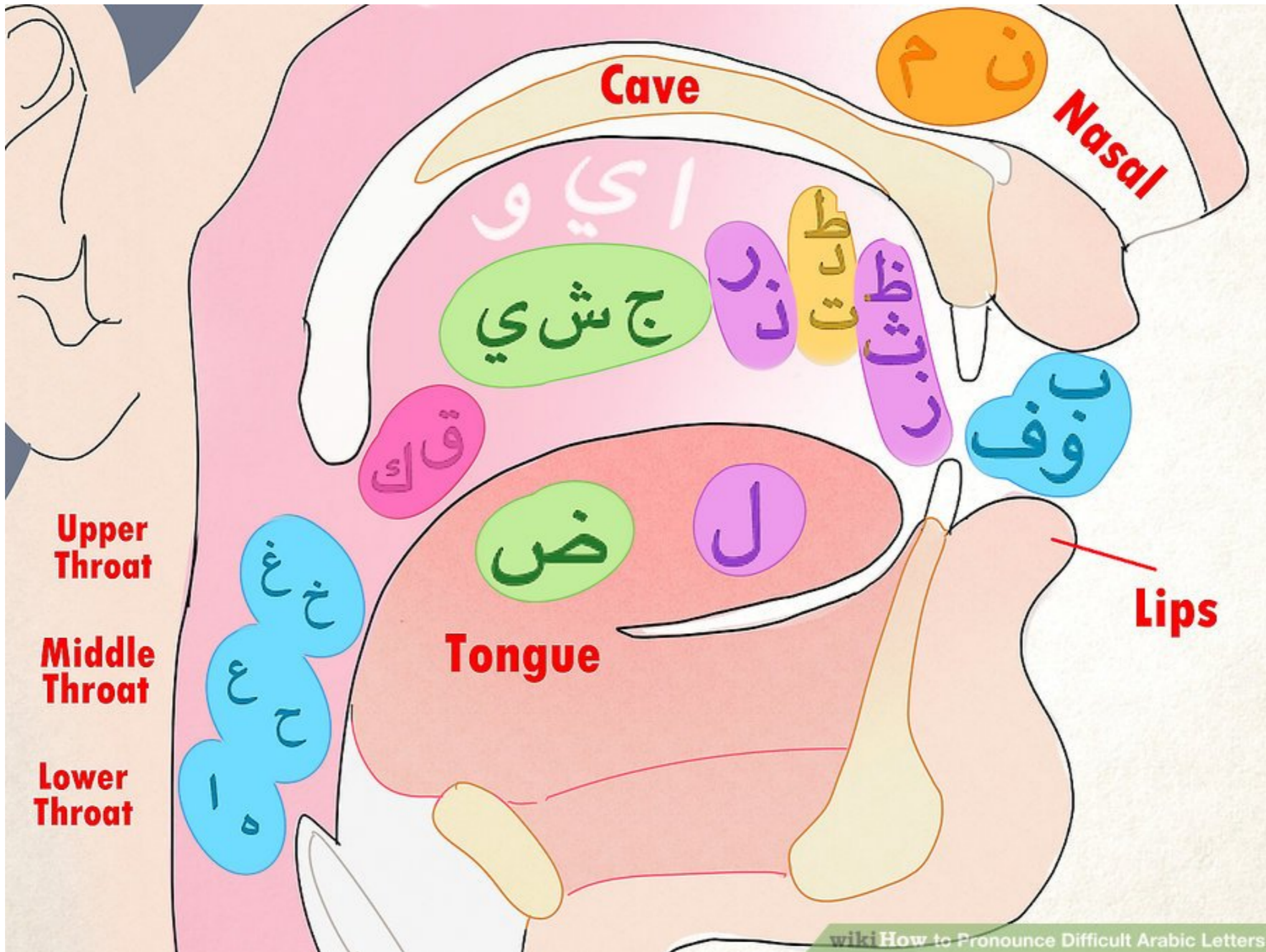


Sound Psychological Experiment



**BLUBA
KRITKY**

Arabic Sounds in the Palate



The Sanskrit Alphabet

संस्कृतवर्णमाला SAṆSKṚTA-VARṆA-MĀLĀ

vowels (svara)

simple – short & long:

अ A आ Ā इ I ई I उ U ऊ Ū ऋ R ॠ Ṛ
guttural palatal labial cerebral (retroflex)

diphthongs – long:

ए E ऐ AI ओ O औ AU | अं AM अः AH | लृ Ḍ लृ Ḍ
anusvāra visarga dental

consonants (vyañjana)

mutes or stops (sparsha)

class – location	hard (non-voiced)		soft (voiced)		nasal
	simple	aspirate	simple	aspirate	
gutturals – throat	क KA	ख KHA	ग GA	घ GHA	ङ ṄA
palatals – middle of mouth	च CA	छ CHA	ज JA	झ JHA	ञ ṆA
cerebrals – roof of mouth	ट TA	ठ THA	ड DA	ढ DHA	ण ṆA
dentals – teeth	त TA	थ THA	द DA	ध DHA	न NA
labials – lips	प PA	फ PHA	ब BA	भ BHA	म MA

semi-vowels (antastha) – soft

य YA palatal र RA cerebral ल LA dental व VA labio-dental

sibilants – hard & pure aspirate – soft (ūṣhman)

श SA palatal ष ṢA cerebral स SA dental ह HA guttural

special conjunct consonants क्ष KṢA त्र TRA ज्ञ JṆA

The Gurmukhi Alphabet

VOWELS	ਅ HUM uh mukat	ਆ CAR aa kanaa	ਇ SIT i sihaaree	ਈ EAT ee beehaaree	ਉ PUT u aukar	ਊ DO oo dolaunkar	ਐ OLE accent adak
VOWELS	ਏ HAY ey laavaa	ਐ DAD ai dolaavaa	ਓ (ਓ) SO o hora	ਔ OW au kanauraa	ਐ+ਊ=ਐ ਐ-ਊ=ਐ n(vowel) bindee	ਐ+ਊ=ਐ ਐ-ਊ=ਐ n(consonant) tippee	ਸੁ(N) SU(N)

Letter Sound Name	ੳ oora	ਅ airaa	ੲ eeree	ਸ sasa	ਹ haha
-------------------	--------	---------	---------	--------	--------

ਕ kaka	ਖ khakha	ਗ gaga	ਘ ghagha	ਙ nanga
--------	----------	--------	----------	---------

ਚ chacha	ਛ chhachha	ਜ jaja	ਝ jhachha	ਞ nyanya
----------	------------	--------	-----------	----------

ਟ tainka	ਠ thaṭha	ਡ daḍa	ਢ dhadha	ਣ ṇana
----------	----------	--------	----------	--------

ਤ tata	ਥ thatha	ਦ dada	ਧ dhadha	ਨ nana
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ਪ papa	ਫ phapha	ਬ baba	ਭ bhabha	ਮ mama
--------	----------	--------	----------	--------

ਯ yeye	ਰ rara	ਲ lala	ਵ vawa	ੜ raṛa
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CONJUNCT LETTERS (pairee)	ਸੁ haha	ਸ੍ਰ rara	ਸ੍ਵ vawa	ਸ਼ sha (bindee waalaa)	ਖ hka	ਗ hga	ਜ za	ਫ fa	ਲ la	PERSIAN LETTERS
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The Sanskrit Alphabet

संस्कृतवर्णमाला SAṆSKṚTA-VARṆA-MĀLĀ

vowels (svara)

simple – short & long:

अ A आ Ā इ I ई I उ U ऊ Ū ऋ R ॠ Ṛ
guttural palatal labial cerebral (retroflex)

diphthongs – long:

ए E ऐ AI ओ O औ AU | अं AM अः AH | लृ Ḍ लृ Ḍ
anusvāra visarga dental

consonants (vyañjana)

mutes or stops (sparsha)

class – location

hard (non-voiced)

soft (voiced)

simple

aspirate

simple

aspirate

nasal

gutturals – throat

क KA ख KHA ग GA घ GHA ङ NA

palatals – middle of mouth

च CA छ CHA ज JA झ JHA ञ NA

cerebrals – roof of mouth

ट TA ठ THA ड DA ढ DHA ण NA

dentals – teeth

त TA थ THA द DA ध DHA न NA

labials – lips

प PA फ PHA ब BA भ BHA म MA

semi-vowels (antastha) – soft

य YA र RA ल LA व VA
palatal cerebral dental labio-dental

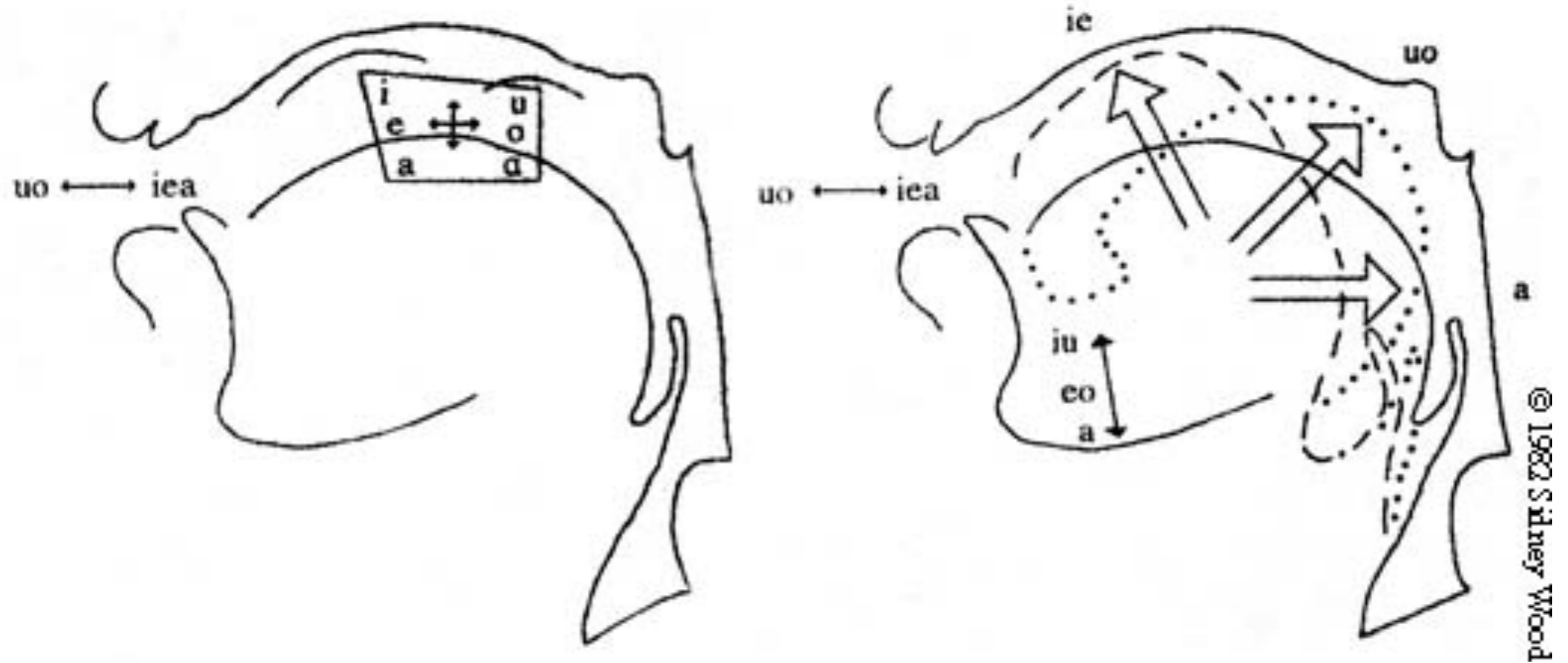
sibilants – hard & pure aspirate – soft (ūṣhman)

श SA ष ṢA स SA ह HA
palatal cerebral dental guttural

special conjunct consonants

क्ष KṢA त्र TRA ज्ञ JṆA

Vowel Pronunciation



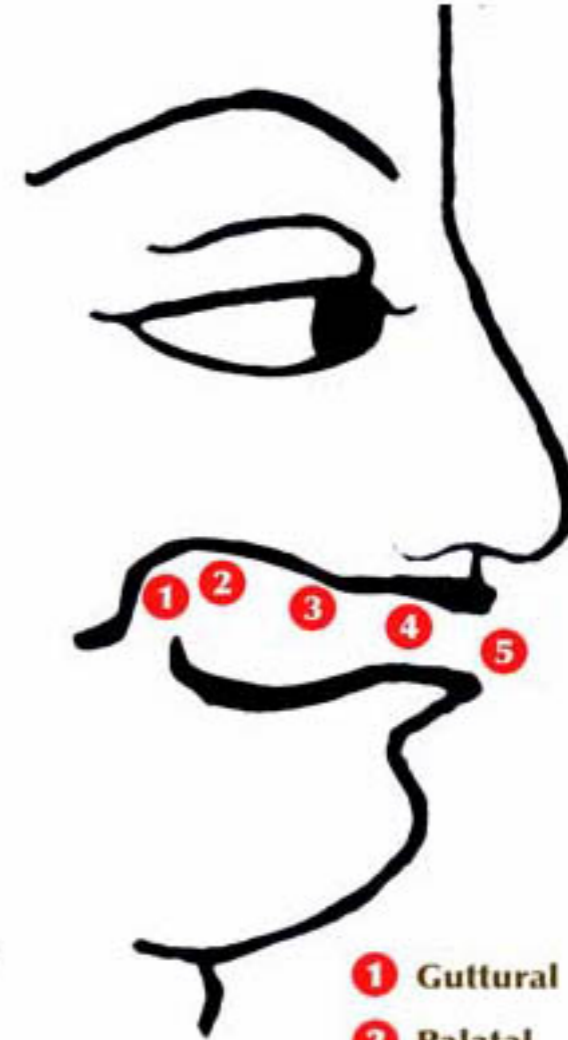
Consonant Pronunciation

Vowels

अ a ॐ आ ā ॐ इ i ॐ ई ī ॐ उ u ॐ ऊ ū ॐ ऋ ṛ ॐ ॠ Ṡ ॐ ऌ ḷ ॐ ए e ॐ ऐ ai ॐ ओ o ॐ औ au ॐ ॐ ॐ ॐ ॐ
 ँ (anusvāra) ॐ (visarga)

Consonants

Gutturals: ॐ क ka ॐ ख kha ॐ ग ga ॐ घ gha ॐ ङ ṅa
 Palatals: ॐ च ca ॐ छ cha ॐ ज ja ॐ झ jha ॐ ञ ña
 Cerebrals: ॐ ट ṭa ॐ ठ ṭha ॐ ड ḍa ॐ ढ ḍha ॐ ण ṇa
 Dentals: ॐ त ta ॐ थ tha ॐ द da ॐ ध dha ॐ न na
 Labials: ॐ प pa ॐ फ pha ॐ ब ba ॐ भ bha ॐ म ma
 Semivowels: ॐ य ya ॐ र ra ॐ ल la ॐ व va
 Sibilants: ॐ श śa ॐ ष ṣa ॐ स sa
 Aspirate: ॐ ह ha s = ' (avagraha) - the apostrophe



- 1 Guttural
- 2 Palatal
- 3 Cerebral
- 4 Dental
- 5 Labial

Gutural	Palatal	Cerebral	Dental

Mantric Sounds in the Palate

The Sanskrit Alphabet
संस्कृतवर्णमाला SAṆSKṚTA-VARṆA-MĀLĀ

vowels (*svara*)

simple – short & long:

अ A आ Ā इ I ई I उ U ऊ U ऋ R ॠ R̄
guttural palatal labial cerebral (retroflex)

diphthongs – long:

ए E ऐ AI ओ O औ AU | अं AM अः AH | लृ Ḷ लृ̣ Ḷ
anusvāra visarga dental

consonants (*vyañjana*)
mutes or stops (*sparsha*)

class – location	hard (non-voiced)		soft (voiced)		nasal
	simple	aspirate	simple	aspirate	
gutturals – throat	क KA	ख KHA	ग GA	घ GHA	ङ ṆA
palatals – middle of mouth	च CA	छ CHA	ज JA	झ JHA	ञ ṆA
cerebrals – roof of mouth	ट TA	ठ THA	ड DA	ढ DHA	ण ṆA
dentals – teeth	त TA	थ THA	द DA	ध DHA	न NA
labials – lips	प PA	फ PHA	ब BA	भ BHA	म MA

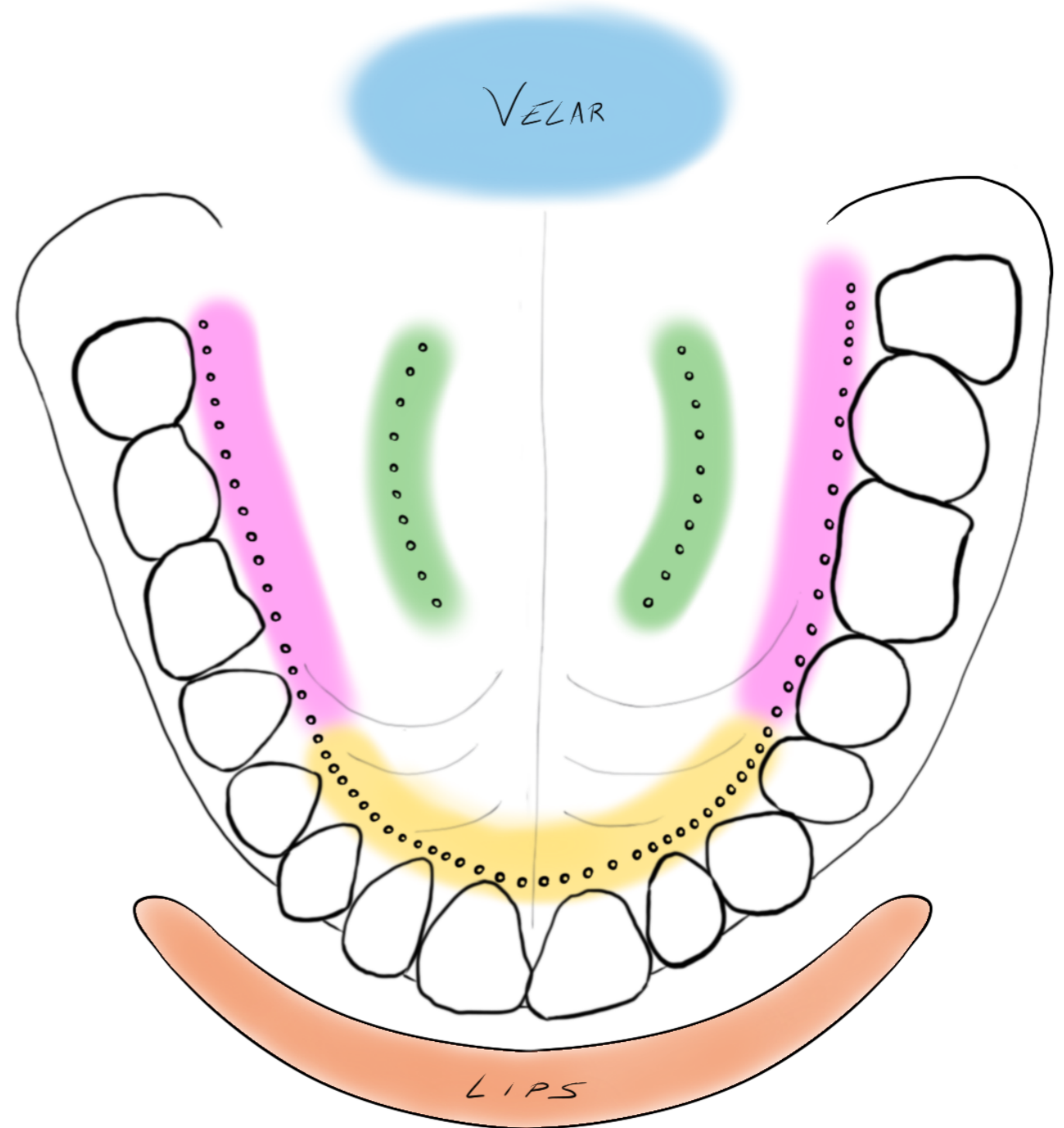
semi-vowels (*antastha*) – soft

य YA palatal	र RA cerebral	ल LA dental	व VA labio-dental
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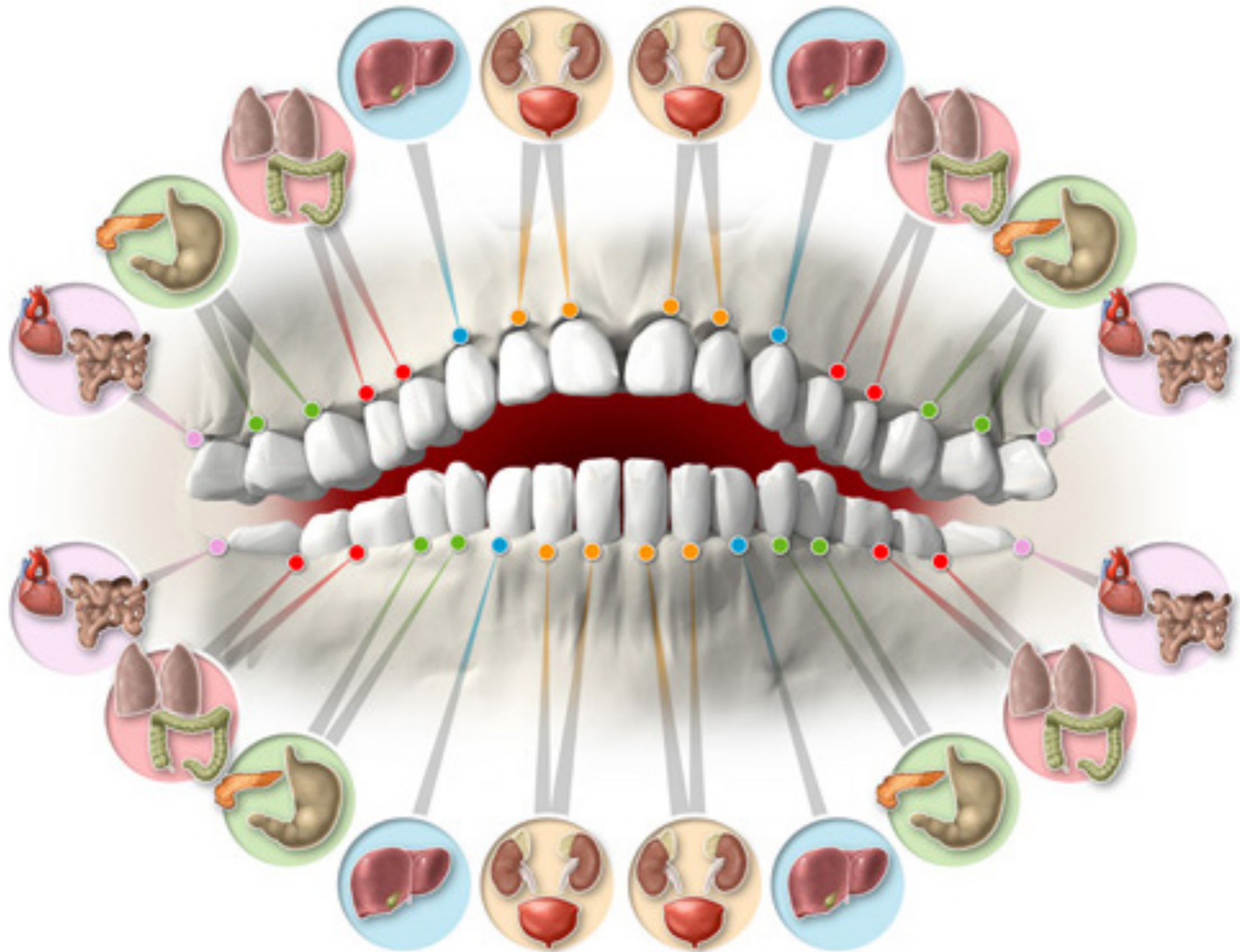
sibilants – hard & pure aspirate – soft (*ūṣhman*)

श SA palatal	ष ṢA cerebral	स SA dental	ह HA guttural
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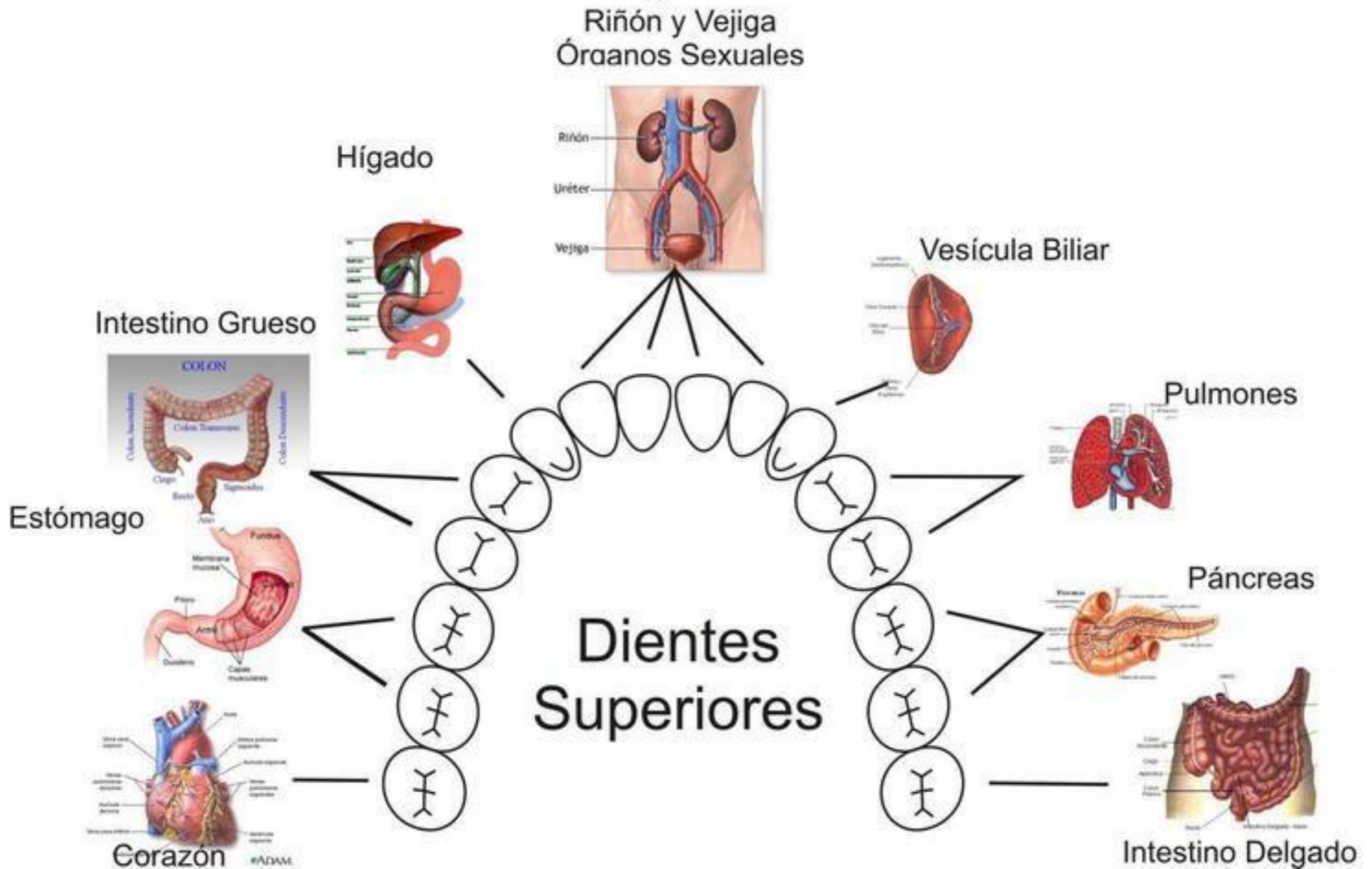
special conjunct consonants क्ष KṢA त्र TRA ज्ञ JṆA



Neuro-Focal Odontology



Neuro-Focal Odontology



Mantric Sounds in the Palate

The Sanskrit Alphabet
संस्कृतवर्णमाला SAṆSKṚTA-VARṆA-MĀLĀ

vowels (*svara*)

simple – short & long:
अ A आ Ā इ I ई I उ U ऊ U ऋ R ॠ R̄
guttural palatal labial cerebral (retroflex)

diphthongs – long:
ए E ऐ AI ओ O औ AU | अं AM अः AH | लृ Ḷ लृ̣ Ḷ
anusvāra visarga dental

consonants (*vyañjana*)
mutes or stops (*sparsha*)

class – location	hard (non-voiced)		soft (voiced)		nasal
	simple	aspirate	simple	aspirate	
gutturals – throat	क KA	ख KHA	ग GA	घ GHA	ङ ṆA
palatals – middle of mouth	च CA	छ CHA	ज JA	झ JHA	ञ ṆA
cerebrals – roof of mouth	ट TA	ठ THA	ड DA	ढ DHA	ण ṆA
dentals – teeth	त TA	थ THA	द DA	ध DHA	न NA
labials – lips	प PA	फ PHA	ब BA	भ BHA	म MA

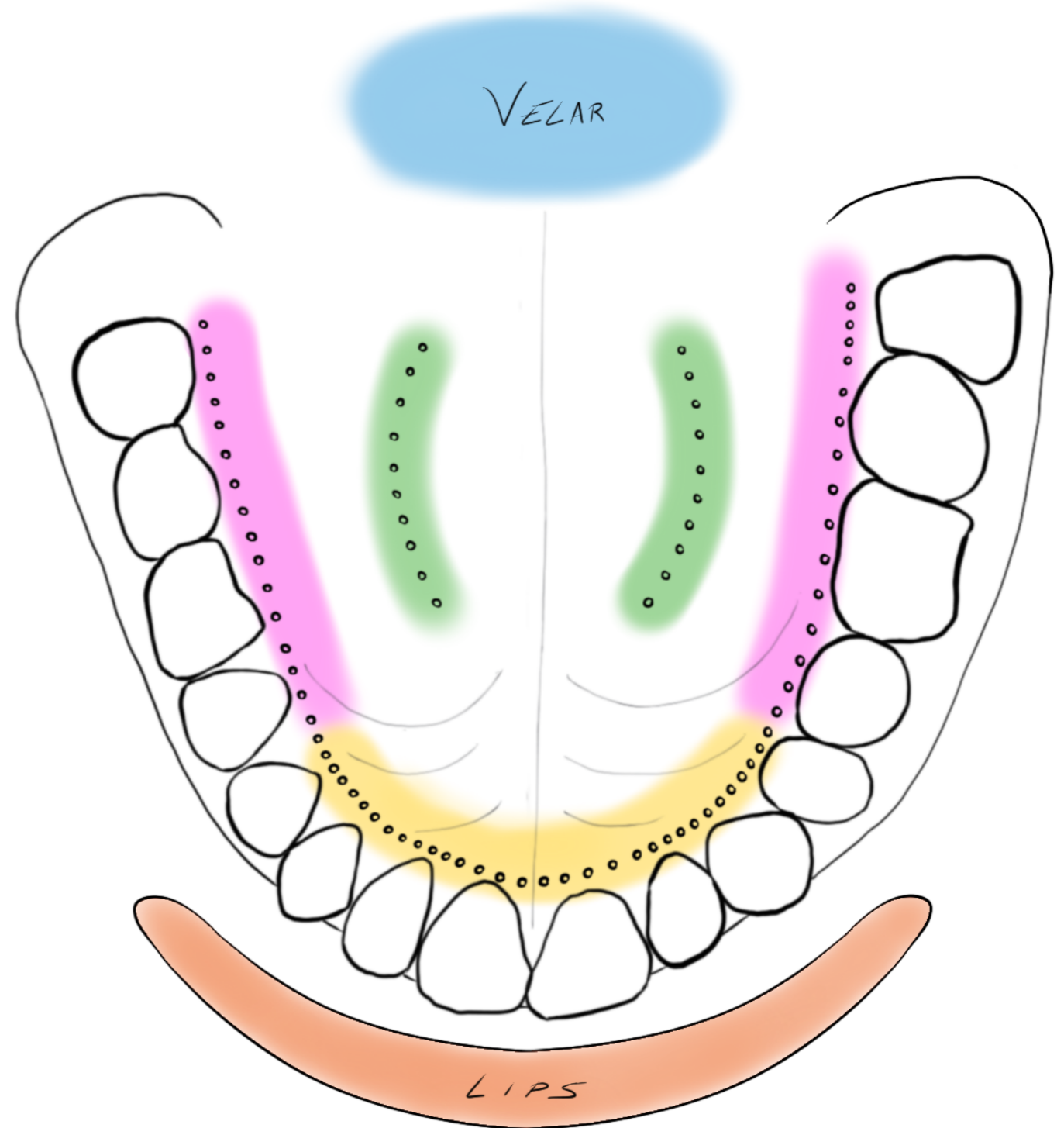
semi-vowels (*antastha*) – soft

य YA <i>palatal</i>	र RA <i>cerebral</i>	ल LA <i>dental</i>	व VA <i>labio-dental</i>
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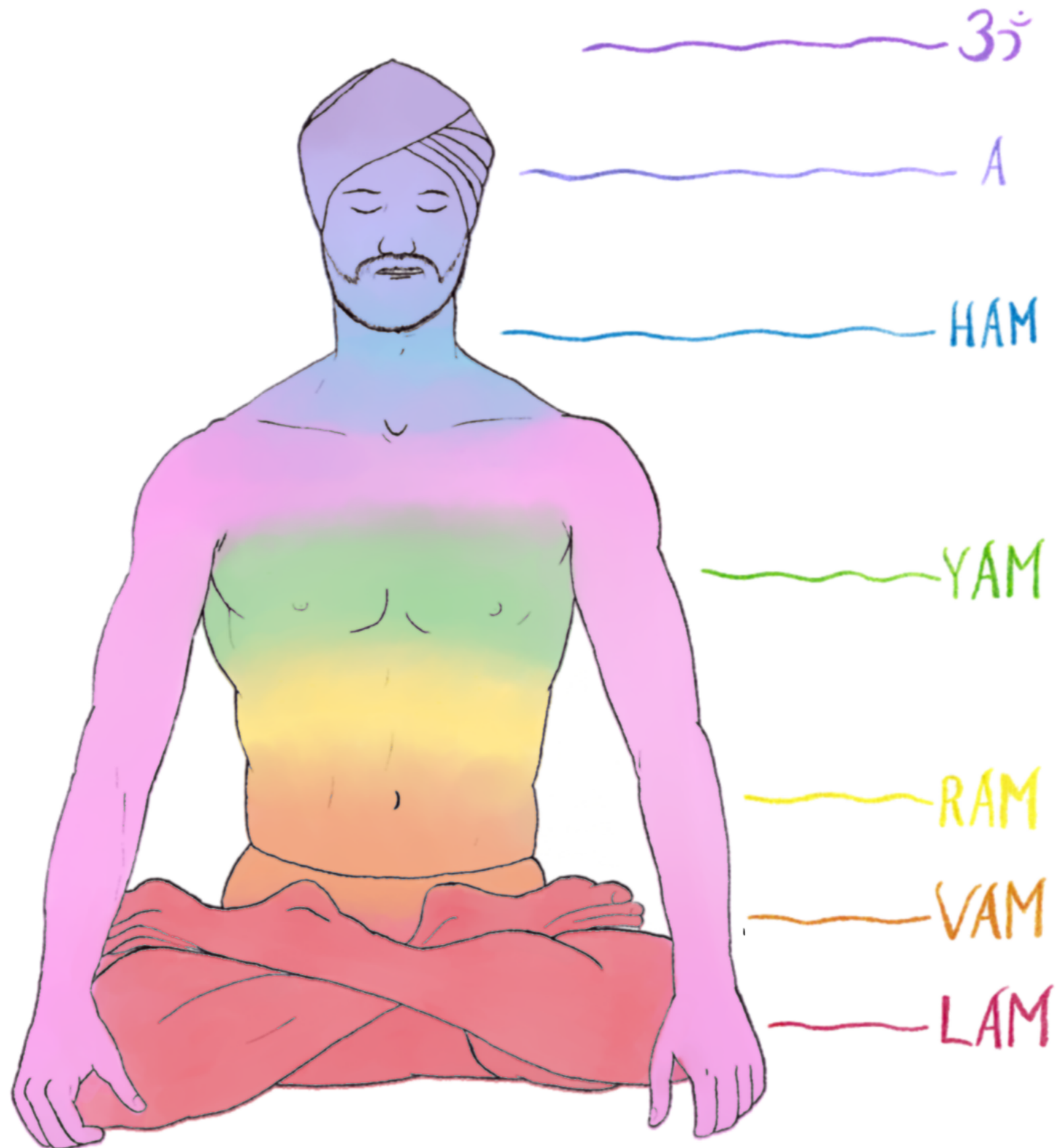
sibilants – hard & pure aspirate – soft (*ūṣhman*)

श SA <i>palatal</i>	ष ṢA <i>cerebral</i>	स SA <i>dental</i>	ह HA <i>guttural</i>
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special conjunct consonants क्ष KṢA त्र TRA ज्ञ JṆA



Bij Mantras for the Chakras



Bij Mantras for the Chakras

The Sanskrit Alphabet
संस्कृतवर्णमाला SAṆSKṚTA-VARṆA-MĀLĀ

vowels (*svara*)

simple – short & long:

अ A आ Ā इ I ई I उ U ऊ Ū ऋ R ॠ Ṛ
guttural palatal labial cerebral (retroflex)

diphthongs – long:

ए E ऐ AI ओ O औ AU अं AM अः AH लृ Ḍ लृ Ḍ
anusvāra visarga dental

consonants (*vyañjana*)

mutes or stops (*sparsha*)

class – location	hard (non-voiced)		soft (voiced)		
	simple	aspirate	simple	aspirate	nasal
gutturals – throat	क KA	ख KHA	ग GA	घ GHA	ङ NA
palatals – middle of mouth	च CA	छ CHA	ज JA	झ JHA	ञ NA
cerebrals – roof of mouth	ट TA	ठ THA	ड DA	ढ DHA	ण NA
dentals – teeth	त TA	थ THA	द DA	ध DHA	न NA
labials – lips	प PA	फ PHA	ब BA	भ BHA	म MA

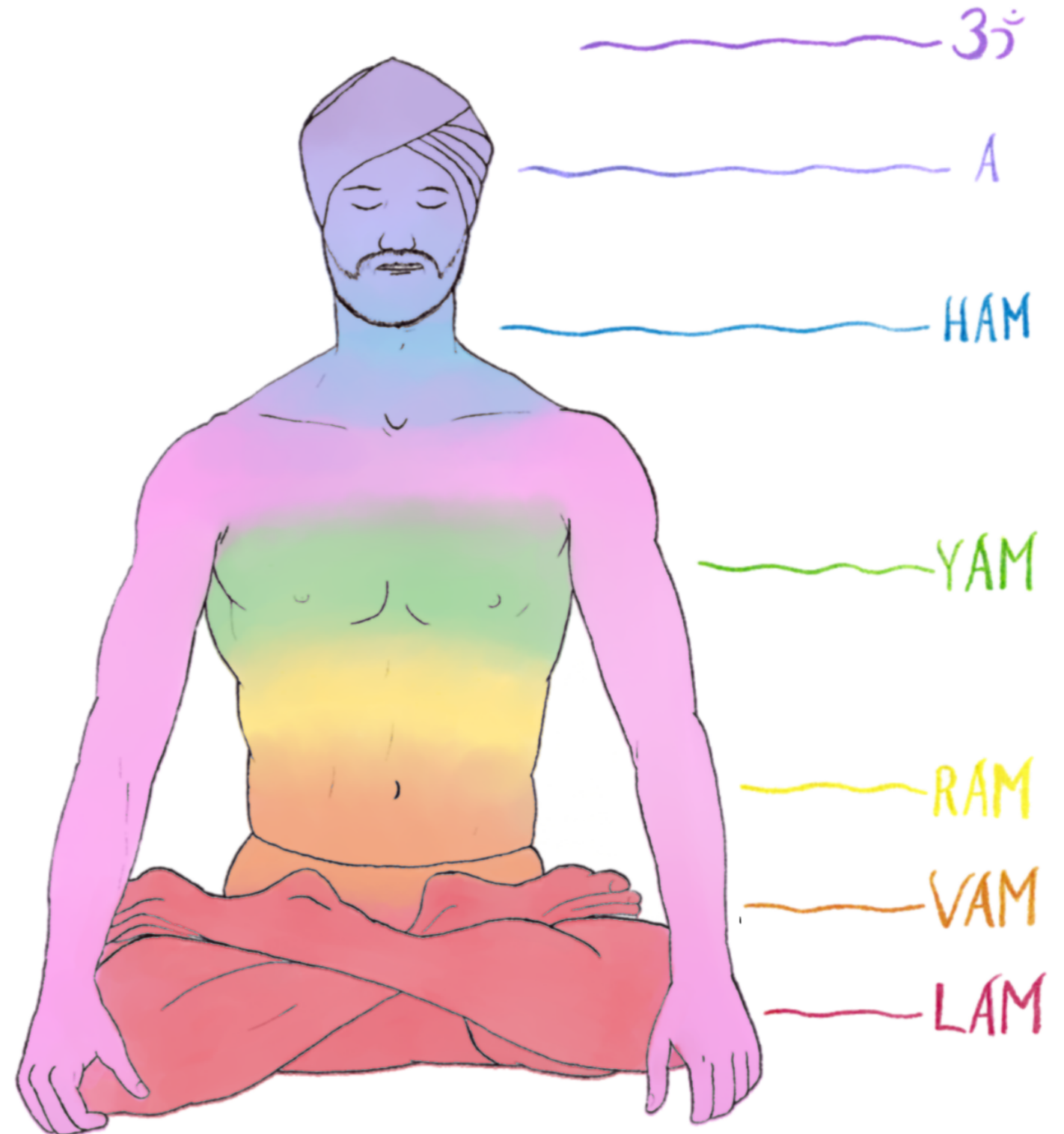
semi-vowels (*antastha*) – soft

य YA palatal	र RA cerebral	ल LA dental	व VA labio-dental
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sibilants – hard & pure aspirate – soft (*ūshman*)

श SA palatal	ष ṢA cerebral	स SA dental	ह HA guttural
-----------------	------------------	----------------	------------------

special conjunct consonants क्ष KṢA त्र TRA ज्ञ JṆA



6th Chakra Sounds

The Sanskrit Alphabet

संस्कृतवर्णमाला SAṆSKṚTA-VARṆA-MĀLĀ

vowels (*svara*)

simple – short & long:

अ A आ Ā इ I ई I उ U ऊ Ū ऋ R ॠ Ṛ
guttural palatal labial cerebral (retroflex)

diphthongs – long:

ए E ऐ AI ओ O औ AU | अं AM अः AH | लृ Ḍ लृ Ḍ
anusvāra visarga dental

consonants (*vyañjana*)

mutes or stops (*sparsha*)

class – location

hard (non-voiced) soft (voiced)
simple aspirate simple aspirate nasal

gutturals – throat	क KA ख KHA	ग GA घ GHA	ङ ṄA
palatals – middle of mouth	च ČA छ ČHA	ज JA झ JHA	ञ ṆA
cerebrals – roof of mouth	ट ṬA ठ ṬHA	ड ḌA ढ ḌHA	ण ṆA
dentals – teeth	त TA थ THA	द DA ध DHA	न NA
labials – lips	प PA फ PHA	ब BA भ BHA	म MA

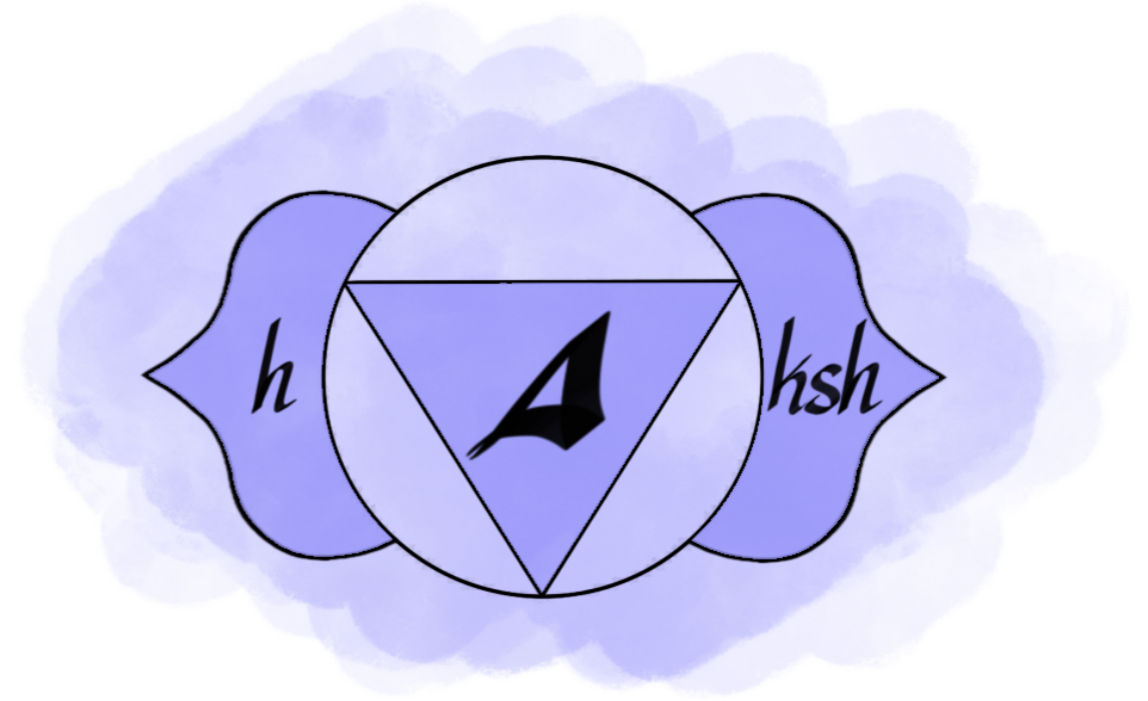
semi-vowels (*antastha*) – soft

य YA palatal र RA cerebral ल LA dental व VA labio-dental

sibilants – hard & pure aspirate – soft (*ūshman*)

श SA palatal ष ṢA cerebral स SA dental ह HA guttural

special conjunct consonants क्ष KṢA त्र TRA ज्ञ JṆA



5th Chakra Sounds

The Sanskrit Alphabet

संस्कृतवर्णमाला SAṆSKṚTA-VARṆA-MĀLĀ

vowels (svara)

simple – short & long:

अ A आ Ā इ I ई I उ U ऊ Ū ऋ R ॠ Ṛ
guttural palatal labial cerebral (retroflex)

diphthongs – long:

ए E ऐ AI ओ O औ AU | अं AM अः AH | लृ Ḍ लृ Ḍ
anusvāra visarga dental

consonants (vyañjana)

mutes or stops (sparsha)

class – location

hard (non-voiced) soft (voiced)
simple aspirate simple aspirate nasal

gutturals – throat	क KA	ख KHA	ग GA	घ GHA	ङ ṄA
palatals – middle of mouth	च CA	छ CHA	ज JA	झ JHA	ञ ṆA
cerebrals – roof of mouth	ट TA	ठ THA	ड DA	ढ DHA	ण ṆA
dentals – teeth	त TA	थ THA	द DA	ध DHA	न NA
labials – lips	प PA	फ PHA	ब BA	भ BHA	म MA

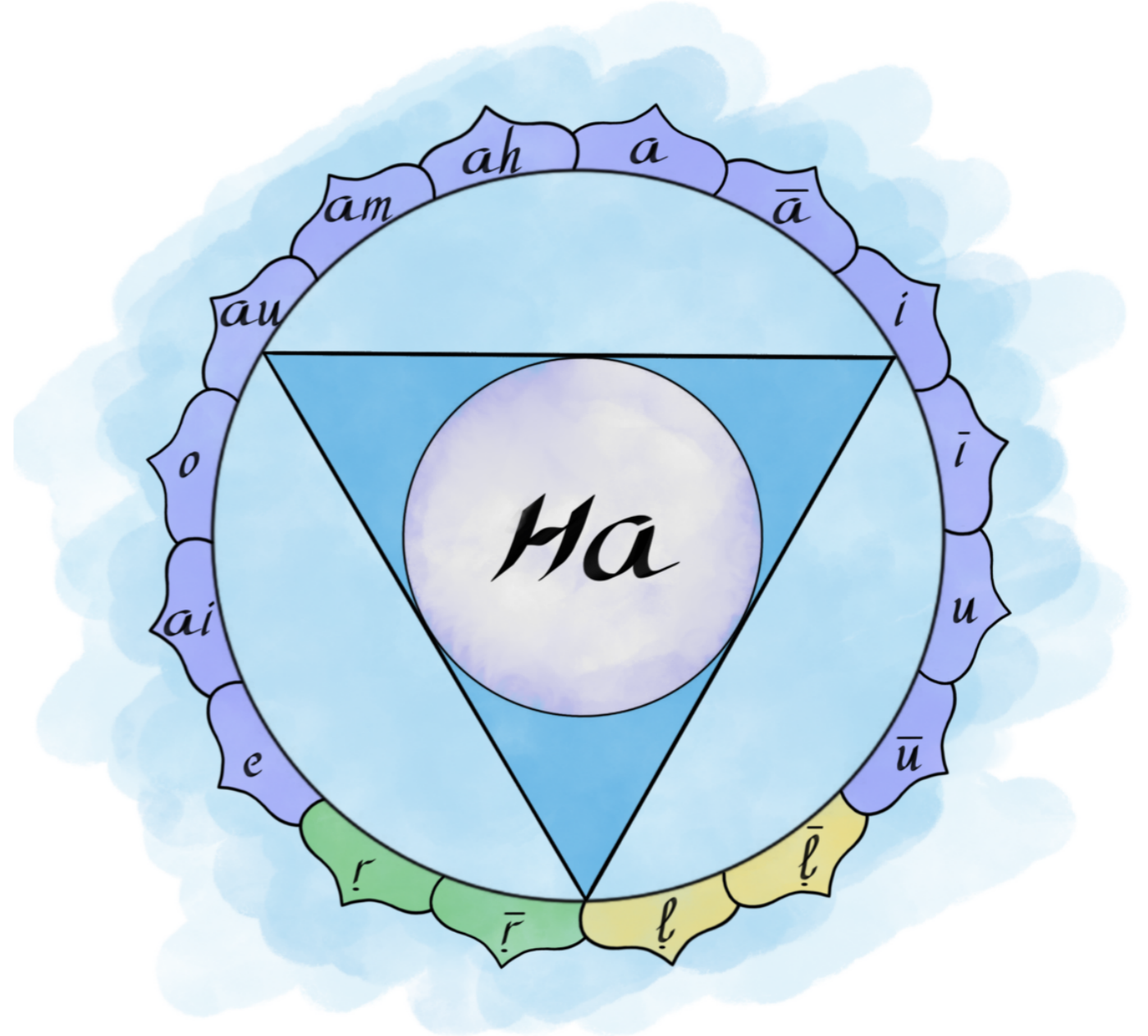
semi-vowels (antastha) – soft

य YA palatal र RA cerebral ल LA dental व VA labio-dental

sibilants – hard & pure aspirate – soft (ūshman)

श SA palatal ष ṢA cerebral स SA dental ह HA guttural

special conjunct consonants क्ष KṢA त्र TRA ज्ञ JṆA



4th Chakra Sounds

The Sanskrit Alphabet

संस्कृतवर्णमाला SAṆSKṚTA-VARṆA-MĀLĀ

vowels (svara)

simple – short & long:

अ A आ Ā इ I ई I उ U ऊ Ū ऋ R ॠ Ṛ
guttural palatal labial cerebral (retroflex)

diphthongs – long:

ए E ऐ AI ओ O औ AU अं AM अः AH लृ Ḍ लृ Ḍ
anusvāra visarga dental

consonants (vyañjana)

mutes or stops (sparsha)

class – location

hard (non-voiced) soft (voiced)
simple aspirate simple aspirate nasal

gutturals – throat	क KA	ख KHA	ग GA	घ GHA	ङ ṄA
palatals – middle of mouth	च ČA	छ ČHA	ज JA	झ JHA	ञ ṆA
cerebrals – roof of mouth	ट ṬA	ठ ṬHA	ड ḌA	ढ ḌHA	ण ṆA
dentals – teeth	त TA	थ THA	द DA	ध DHA	न NA
labials – lips	प PA	फ PHA	ब BA	भ BHA	म MA

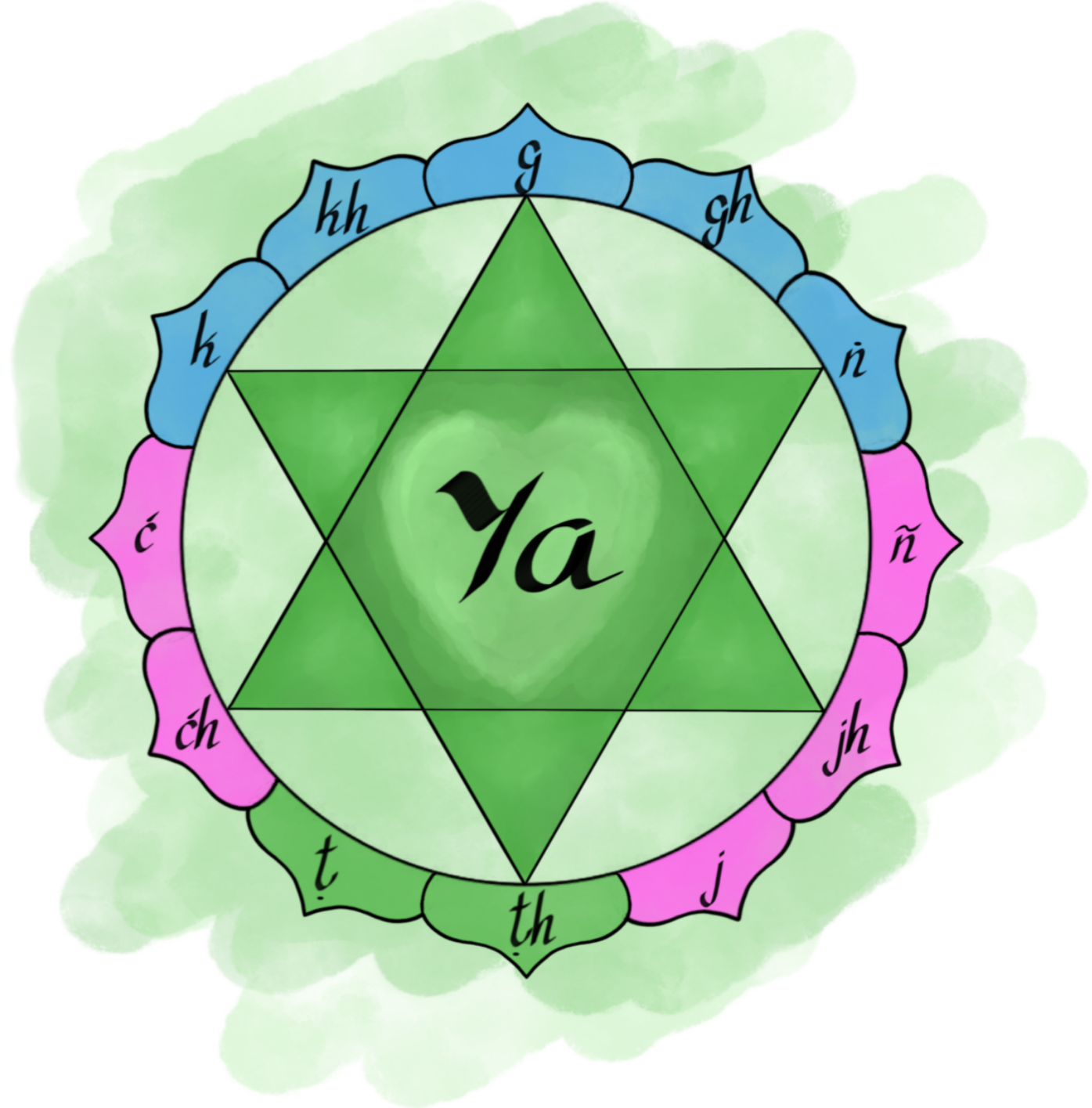
semi-vowels (antastha) – soft

य YA palatal र RA cerebral ल LA dental व VA labio-dental

sibilants – hard & pure aspirate – soft (ūshman)

श SA palatal ष ṢA cerebral स SA dental ह HA guttural

special conjunct consonants क्ष KṢA त्र TRA ज्ञ JṆA



3rd Chakra Sounds

The Sanskrit Alphabet

संस्कृतवर्णमाला SAṆSKṚTA-VARṆA-MĀLĀ

vowels (svara)

simple – short & long:

अ A आ Ā इ I ई I उ U ऊ Ū ऋ R ॠ Ṛ
guttural palatal labial cerebral (retroflex)

diphthongs – long:

ए E ऐ AI ओ O औ AU | अं AM अः AH | लृ Ḍ लृ Ḍ
anusvāra visarga dental

consonants (vyañjana)

mutes or stops (sparsha)

class – location	hard (non-voiced)		soft (voiced)		nasal
	simple	aspirate	simple	aspirate	
gutturals – throat	क KA	ख KHA	ग GA	घ GHA	ङ ṄA
palatals – middle of mouth	च ČA	छ ČHA	ज JA	झ JHA	ञ ṆA
cerebrals – roof of mouth	ट ṬA	ठ ṬHA	ड ḌA	ढ ḌHA	ण ṆA
dentals – teeth	त TA	थ THA	द DA	ध DHA	न NA
labials – lips	प PA	फ PHA	ब BA	भ BHA	म MA

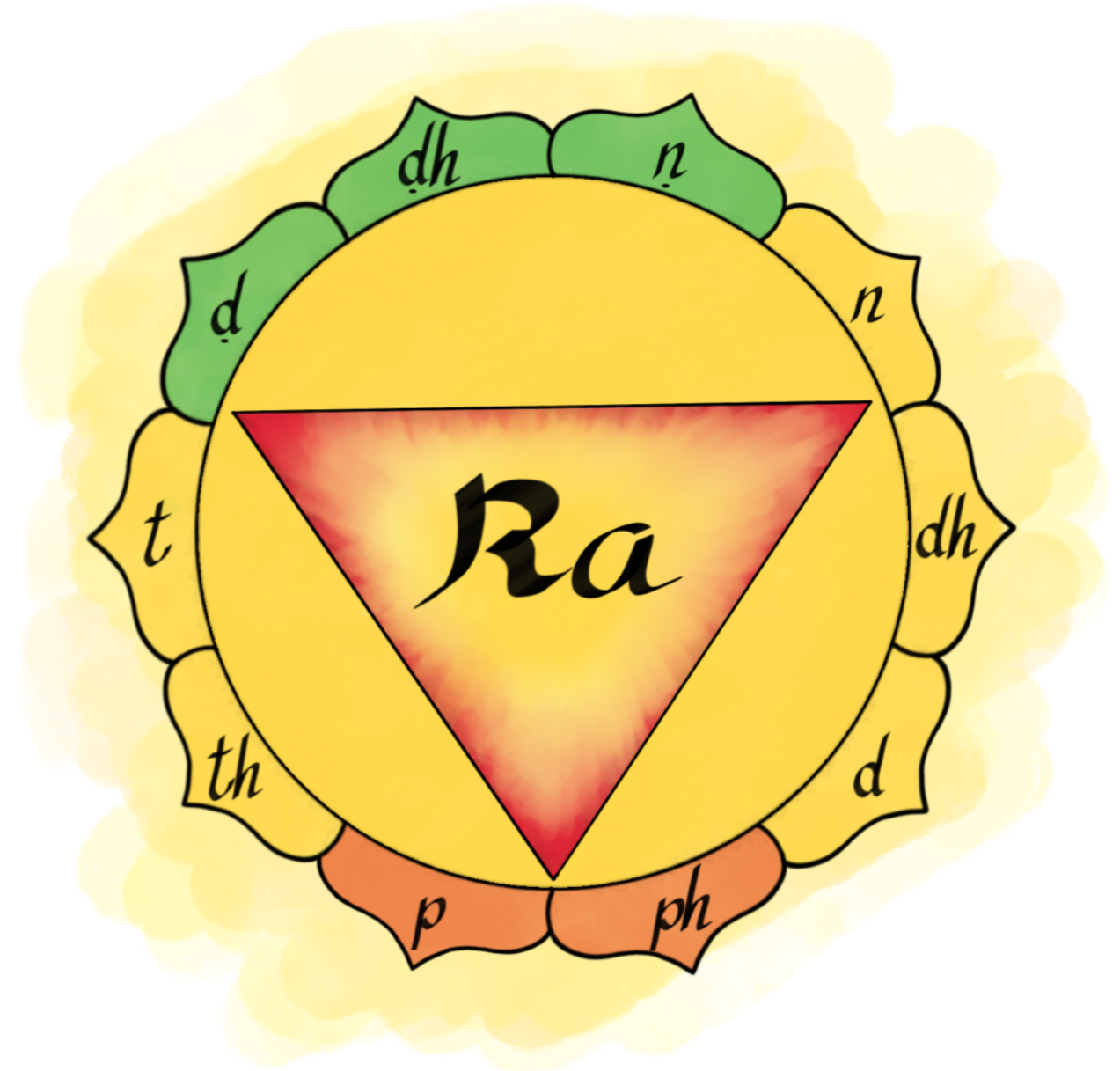
semi-vowels (antastha) – soft

य YA palatal र RA cerebral ल LA dental व VA labio-dental

sibilants – hard & pure aspirate – soft (ūshman)

श SA palatal ष ṢA cerebral स SA dental ह HA guttural

special conjunct consonants क्ष KṢA त्र TRA ज्ञ JṆA



2nd Chakra Sounds

The Sanskrit Alphabet
संस्कृतवर्णमाला SAṆSKṚTA-VARṆA-MĀLĀ

vowels (*svara*)

simple – short & long:

अ A आ Ā इ I ई I उ U ऊ Ū ऋ R ॠ Ṛ
guttural palatal labial cerebral (retroflex)

diphthongs – long:

ए E ऐ AI ओ O औ AU | अं AM अः AH | लृ Ḍ लृ Ḍ
anusvāra visarga dental

consonants (*vyañjana*)
mutes or stops (*sparsha*)

class – location	hard (non-voiced)		soft (voiced)		nasal
	simple	aspirate	simple	aspirate	
gutturals – throat	क KA	ख KHA	ग GA	घ GHA	ङ ṄA
palatals – middle of mouth	च ČA	छ ČHA	ज JA	झ JHA	ञ ṆA
cerebrals – roof of mouth	ट ṬA	ठ ṬHA	ड ḌA	ढ ḌHA	ण ṆA
dentals – teeth	त TA	थ THA	द DA	ध DHA	न NA
labials – lips	प PA	फ PHA	ब BA	भ BHA	म MA

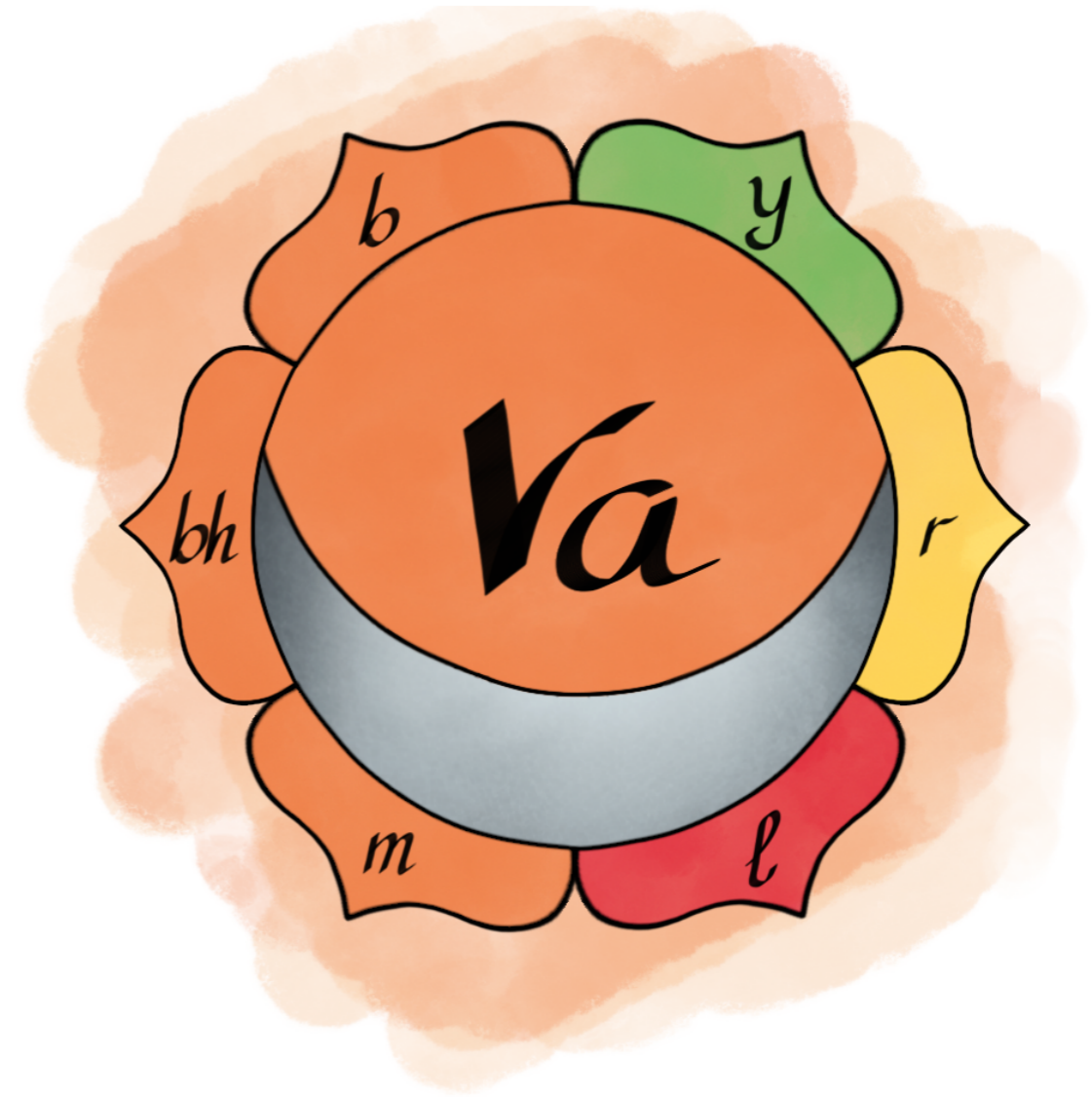
semi-vowels (*antastha*) – soft

य YA palatal	र RA cerebral	ल LA dental	व VA labio-dental
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sibilants – hard & pure aspirate – soft (*ūshman*)

श SA palatal	ष ṢA cerebral	स SA dental	ह HA guttural
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special conjunct consonants क्ष KṢA त्र TRA ज्ञ JṆA



1st Chakra Sounds

The Sanskrit Alphabet
संस्कृतवर्णमाला SAṆSKṚTA-VARṆA-MĀLĀ

vowels (*svara*)

simple – short & long:

अ A आ Ā इ I ई I उ U ऊ Ū ऋ R ॠ Ṛ
guttural palatal labial cerebral (retroflex)

diphthongs – long:

ए E ऐ AI ओ O औ AU | अं AM̐ अः AH̐ | लृ Ḍ लृ Ḍ
anusvāra visarga dental

consonants (*vyañjana*)
mutes or stops (*sparsha*)

class – location	hard (non-voiced)		soft (voiced)		nasal
	simple	aspirate	simple	aspirate	
gutturals – throat	क KA	ख KHA	ग GA	घ GHA	ङ ṄA
palatals – middle of mouth	च ČA	छ ČHA	ज JA	झ JHA	ञ ṆA
cerebrals – roof of mouth	ट ṬA	ठ ṬHA	ड ḌA	ढ ḌHA	ण ṆA
dentals – teeth	त TA	थ THA	द DA	ध DHA	न NA
labials – lips	प PA	फ PHA	ब BA	भ BHA	म MA

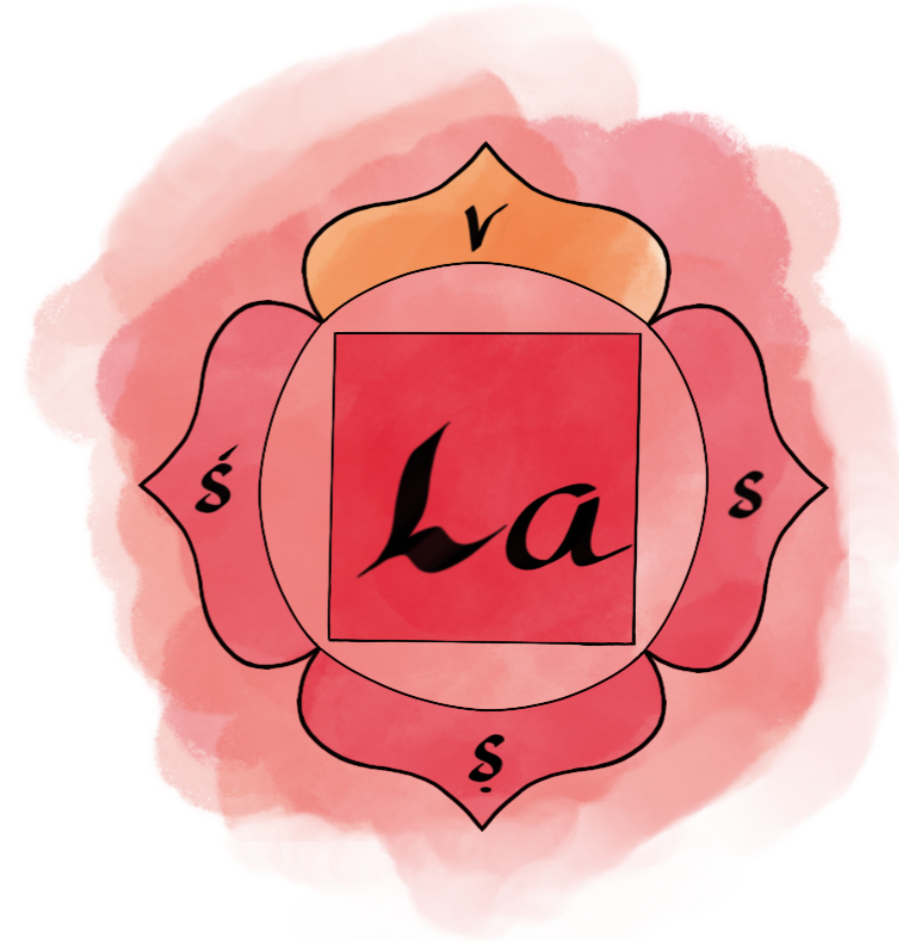
semi-vowels (*antastha*) – soft

य YA palatal	र RA cerebral	ल LA dental	व VA labio-dental
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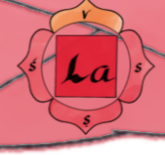
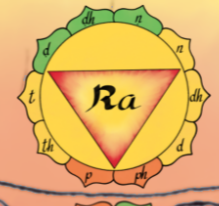
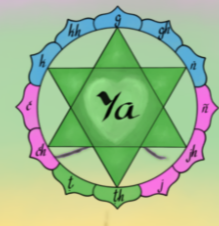
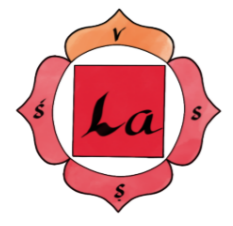
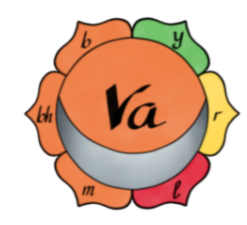
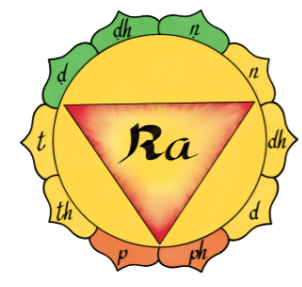
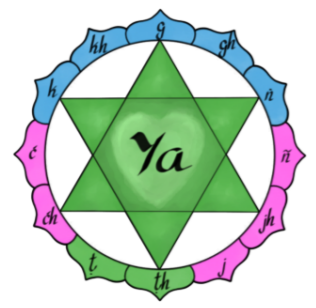
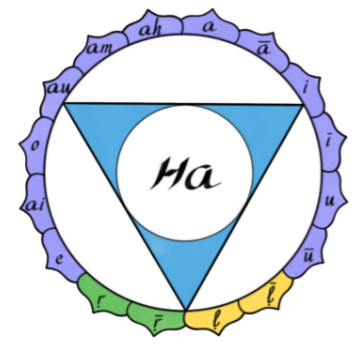
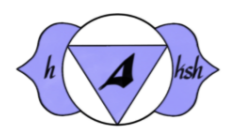
sibilants – hard & pure aspirate – soft (*ūṣhman*)

श SA palatal	ष ṢA cerebral	स SA dental	ह HA guttural
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special conjunct consonants क्ष KṢA त्र TRA ज्ञ JṆA



१६



ॐ

A

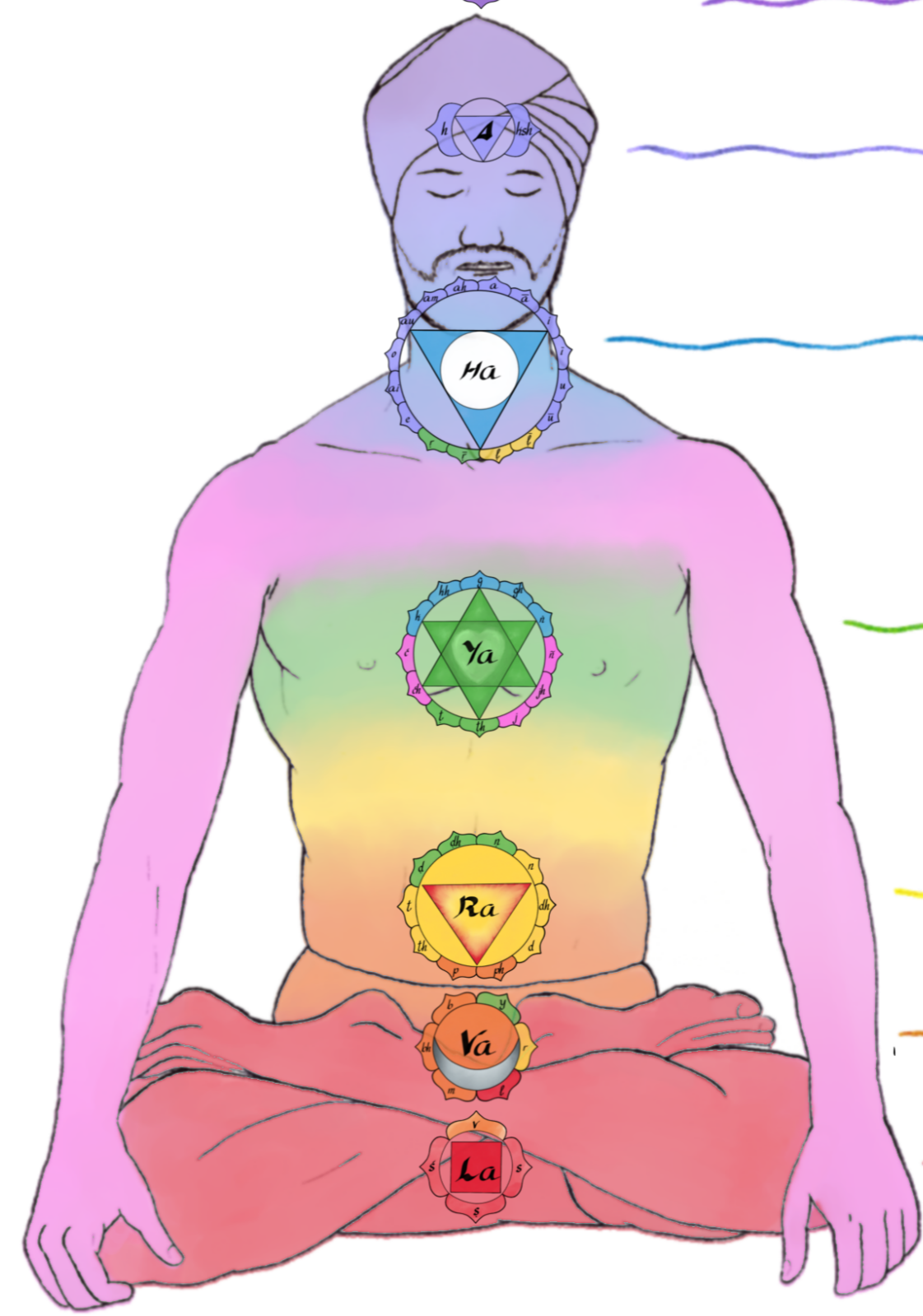
HAM

YAM

RAM

VAM

LAM



Map of Sounds in the Body

The Sanskrit Alphabet

संस्कृतवर्णमाला SAṆSKṚTA-VARṆA-MĀLĀ

vowels (svara)

simple – short & long:

अ A	आ Ā	इ I	ई I	उ U	ऊ U	ऋ R	ॠ R
guttural		palatal		labial		cerebral (retroflex)	

diphthongs – long:

ए E	ऐ AI	ओ O	औ AU	अं AM	अः AH	लृ L	लृ L
				anusvāra	visarga	dental	

consonants (vyañjana)

mutes or stops (sparsha)

class – location	hard (non-voiced)		soft (voiced)		nasal
	simple	aspirate	simple	aspirate	
gutturals – throat	क KA	ख KHA	ग GA	घ GHA	ङ ṄA
palatals – middle of mouth	च CA	छ CHA	ज JA	झ JHA	ञ ṆA
cerebrals – roof of mouth	ट TA	ठ THA	ड DA	ढ DHA	ण ṆA
dentals – teeth	त TA	थ THA	द DA	ध DHA	न NA
labials – lips	प PA	फ PHA	ब BA	भ BHA	म MA

semi-vowels (antastha) – soft

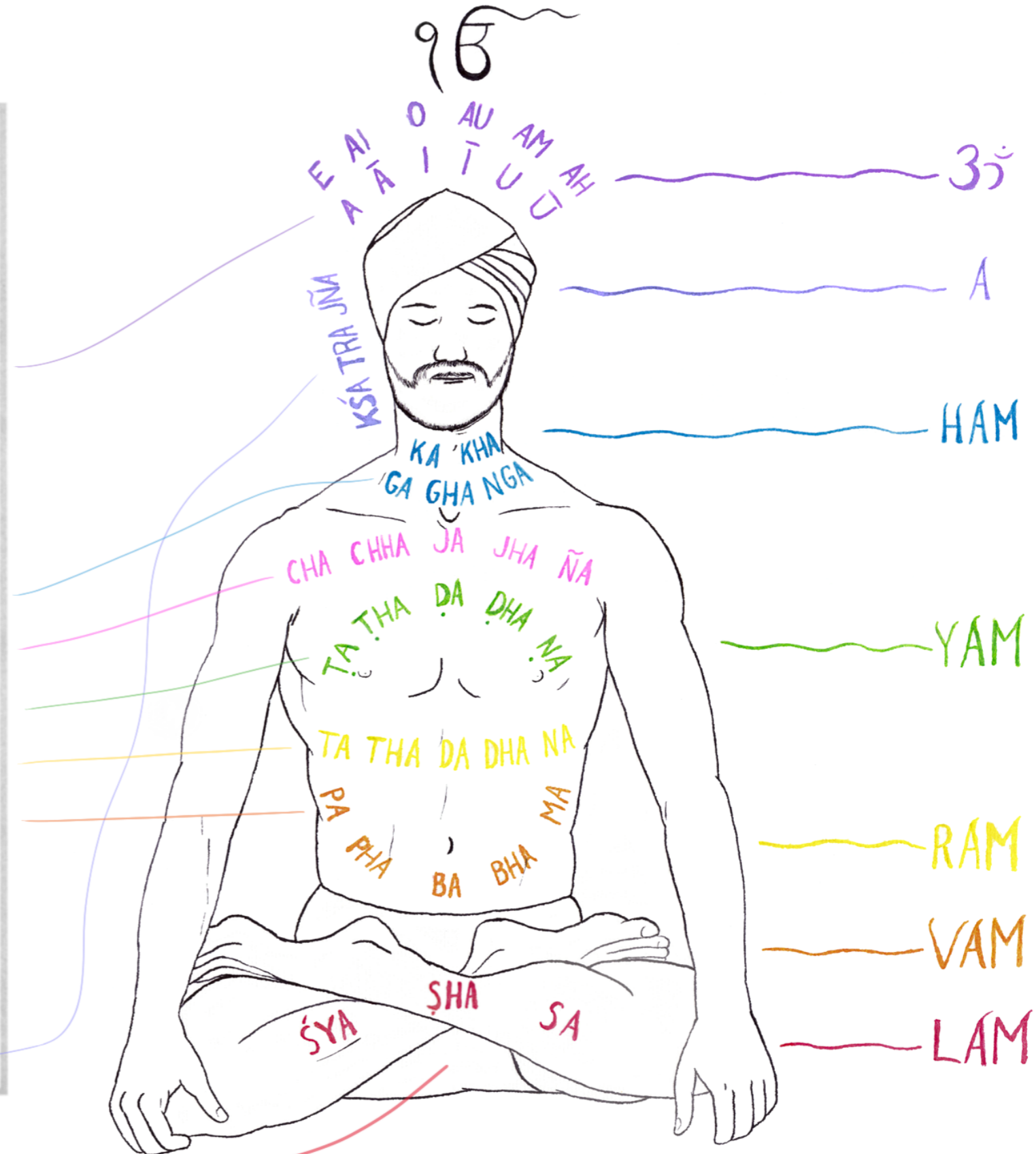
य YA palatal	र RA cerebral	ल LA dental	व VA labio-dental
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sibilants – hard & pure aspirate – soft (ūṣhman)

श SA palatal	ष ṢA cerebral	स SA dental	ह HA guttural
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special conjunct consonants

क्ष KṢA	त्र TRA	ज्ञ JṆA
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Mantric Sounds in the Palate

The Sanskrit Alphabet
संस्कृतवर्णमाला SAṆSKṚTA-VARṆA-MĀLĀ

vowels (*svara*)

simple – short & long:

अ A	आ Ā	इ I	ई I	उ U	ऊ U	ऋ R	ॠ R̄
<small>guttural</small>		<small>palatal</small>		<small>labial</small>		<small>cerebral (retroflex)</small>	

diphthongs – long:

ए E	ऐ AI	ओ O	औ AU	अं AM	अः AH	लृ Ḷ	लृ̄ Ḹ
				<small>anusvāra</small>	<small>visarga</small>	<small>dental</small>	

consonants (*vyañjana*)
mutes or stops (*sparsha*)

class – location	<small>hard (non-voiced)</small>		<small>soft (voiced)</small>		<small>nasal</small>
	<small>simple</small>	<small>aspirate</small>	<small>simple</small>	<small>aspirate</small>	
gutturals – throat	क KA	ख KHA	ग GA	घ GHA	ङ ṆA
palatals – middle of mouth	च CA	छ CHA	ज JA	झ JHA	ञ ṆA
cerebrals – roof of mouth	ट TA	ठ THA	ड DA	ढ DHA	ण ṆA
dentals – teeth	त TA	थ THA	द DA	ध DHA	न NA
labials – lips	प PA	फ PHA	ब BA	भ BHA	म MA

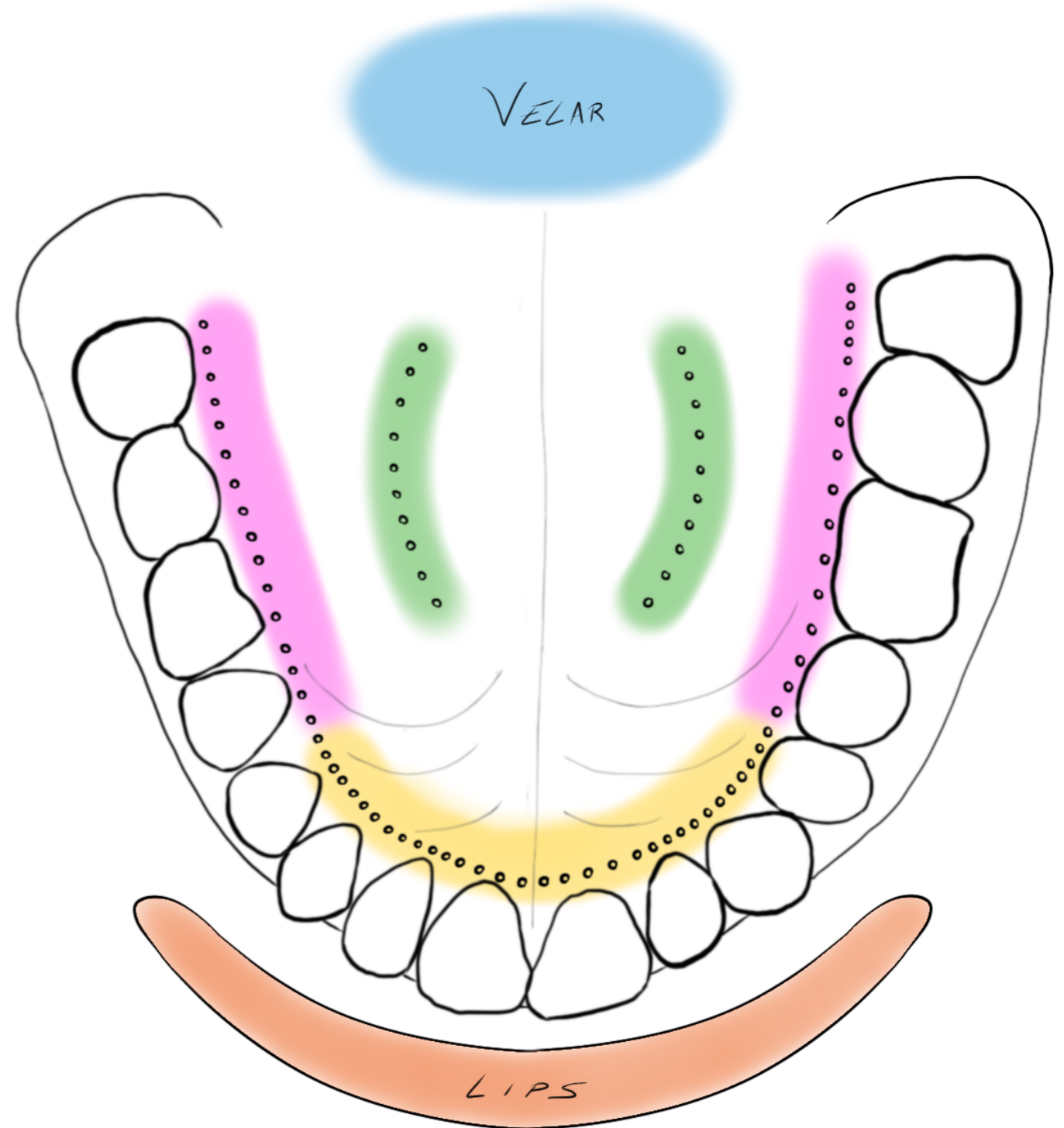
semi-vowels (*antastha*) – soft

य YA <small>palatal</small>	र RA <small>cerebral</small>	ल LA <small>dental</small>	व VA <small>labio-dental</small>
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sibilants – hard & pure aspirate – soft (*ūṣhman*)

श SA <small>palatal</small>	ष ṢA <small>cerebral</small>	स SA <small>dental</small>	ह HA <small>guttural</small>
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special conjunct consonants क्ष KṢA त्र TRA ज्ञ JṆA



Map of Sounds in the Body

The Sanskrit Alphabet

संस्कृतवर्णमाला SAṆSKṚTA-VARṆA-MĀLĀ

vowels (svara)

simple – short & long:

अ A	आ Ā	इ I	ई I	उ U	ऊ U	ऋ R	ॠ R
<small>guttural</small>		<small>palatal</small>		<small>labial</small>		<small>cerebral (retroflex)</small>	

diphthongs – long:

ए E	ऐ AI	ओ O	औ AU	अं AM	अः AH	लृ L	लृ L
				<small>anusvāra</small>	<small>visarga</small>	<small>dental</small>	

consonants (vyañjana)

mutes or stops (sparsha)

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dentals – teeth	त TA	थ THA	द DA	ध DHA	न NA
labials – lips	प PA	फ PHA	ब BA	भ BHA	म MA

semi-vowels (antastha) – soft

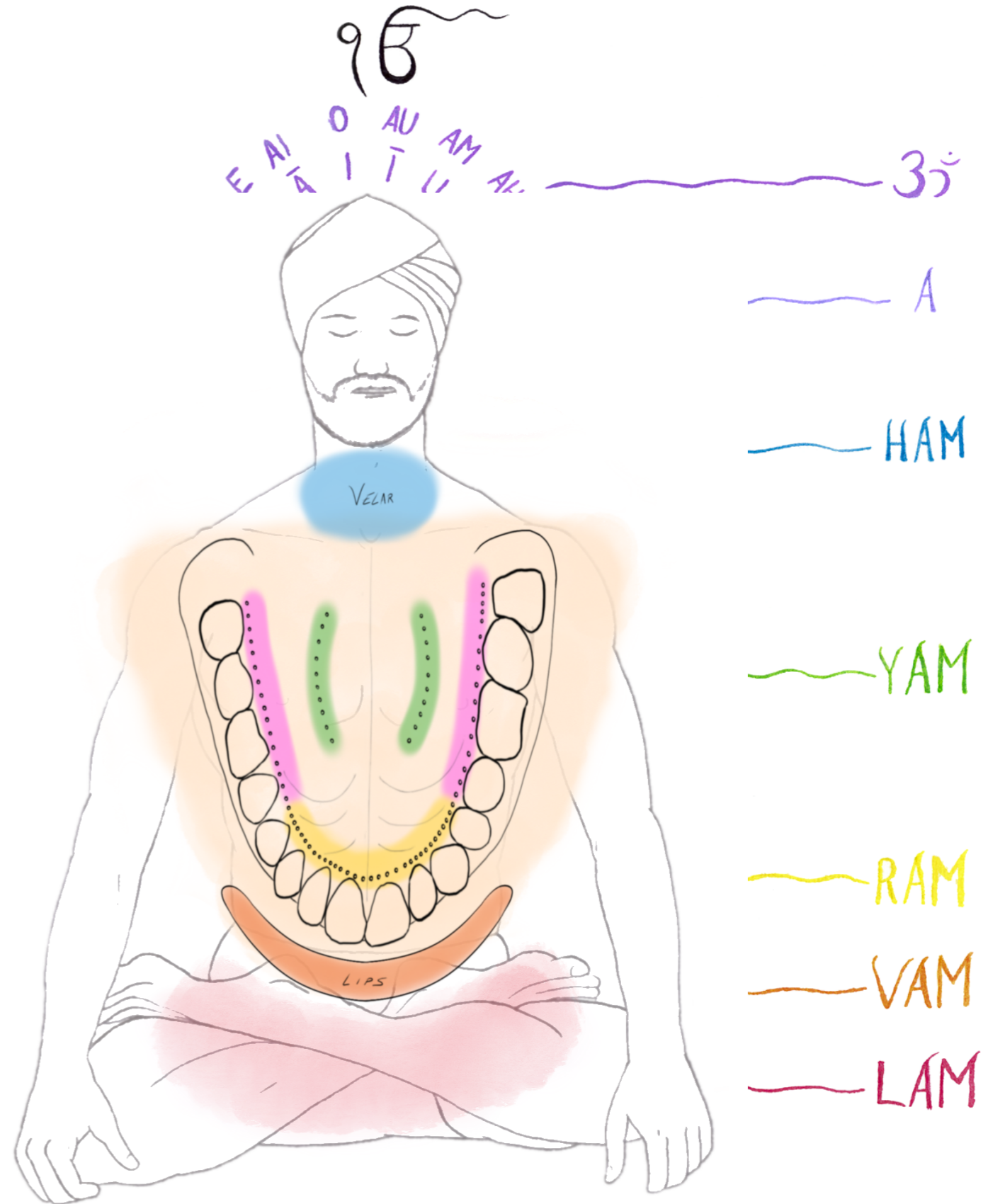
य YA <small>palatal</small>	र RA <small>cerebral</small>	ल LA <small>dental</small>	व VA <small>labio-dental</small>
--------------------------------	---------------------------------	-------------------------------	-------------------------------------

sibilants – hard & pure aspirate – soft (ūṣhman)

श SA <small>palatal</small>	ष ṢA <small>cerebral</small>	स SA <small>dental</small>	ह HA <small>guttural</small>
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special conjunct consonants

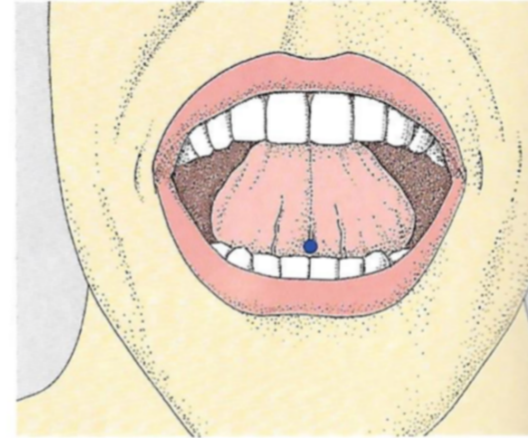
क्ष KṢA	त्र TRA	ज्ञ JṆA
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Extraordinary Acupuncture Points

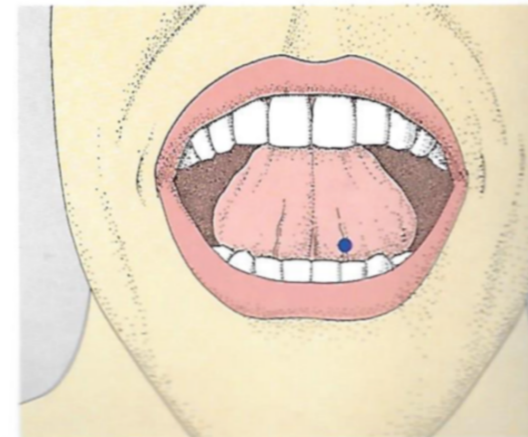
Ex-HN 11 Hai Quan Sea Source

- L: at the midpoint of the frenulum of the tongue
- T: prick to bleed only
- P: promotes body fluids, alleviates thirst, clears heat, and reduces edema
- A: 1. diabetes mellitus
2. acute inflammation of the mouth



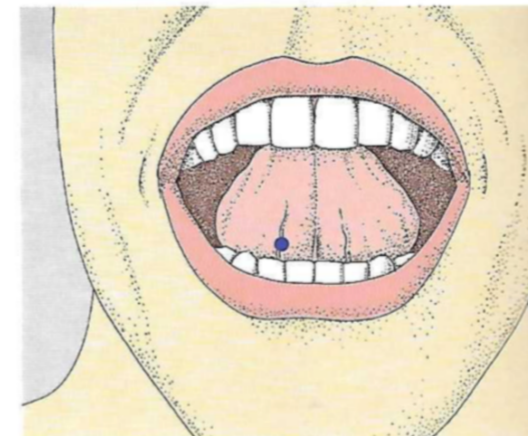
Ex-HN 12 Jin Jin Golden Fluid

- L: on the vein of the inferior side of the tongue, to the left of the frenulum
- T: prick to bleed only
- P: clears heat and reduces edema, opens the senses and eliminates muteness
- A: 1. acute inflammations of the mouth cavity, e.g. stomatitis aphthosa
2. motor aphasia
3. acute tonsillitis

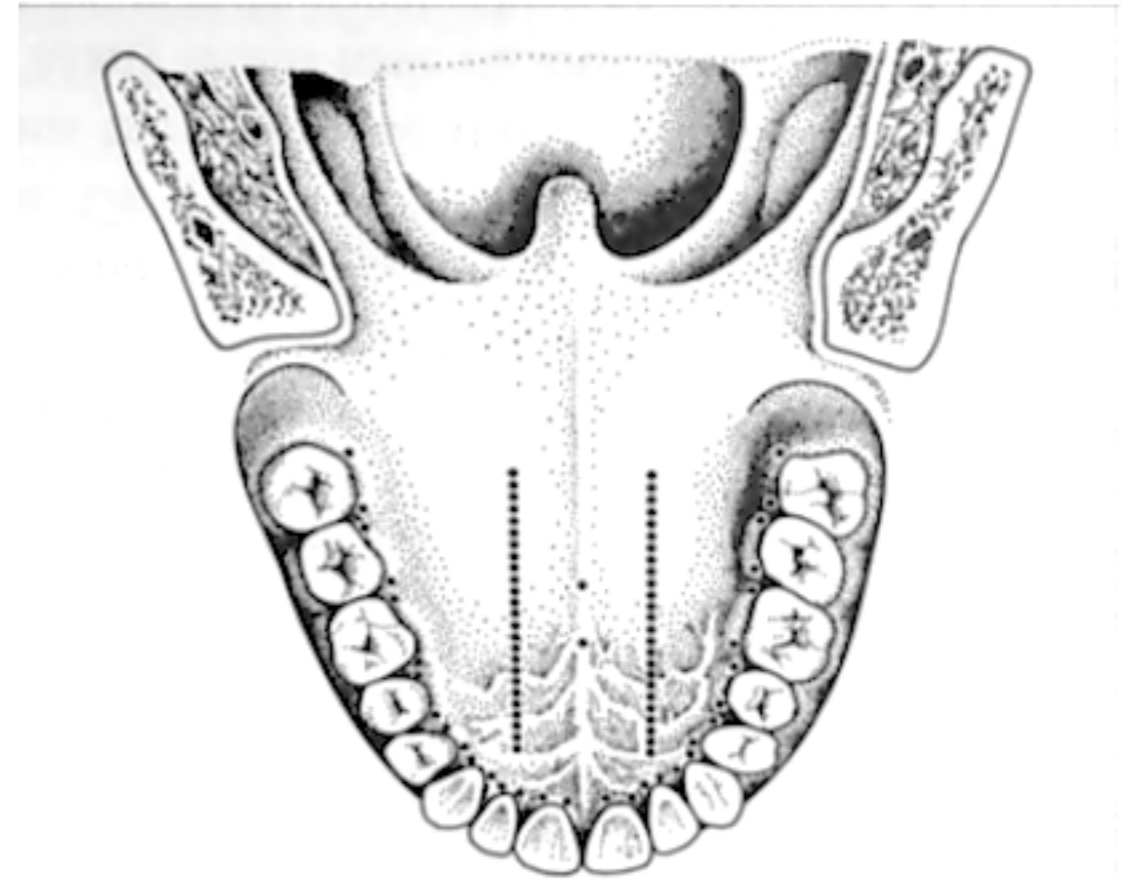
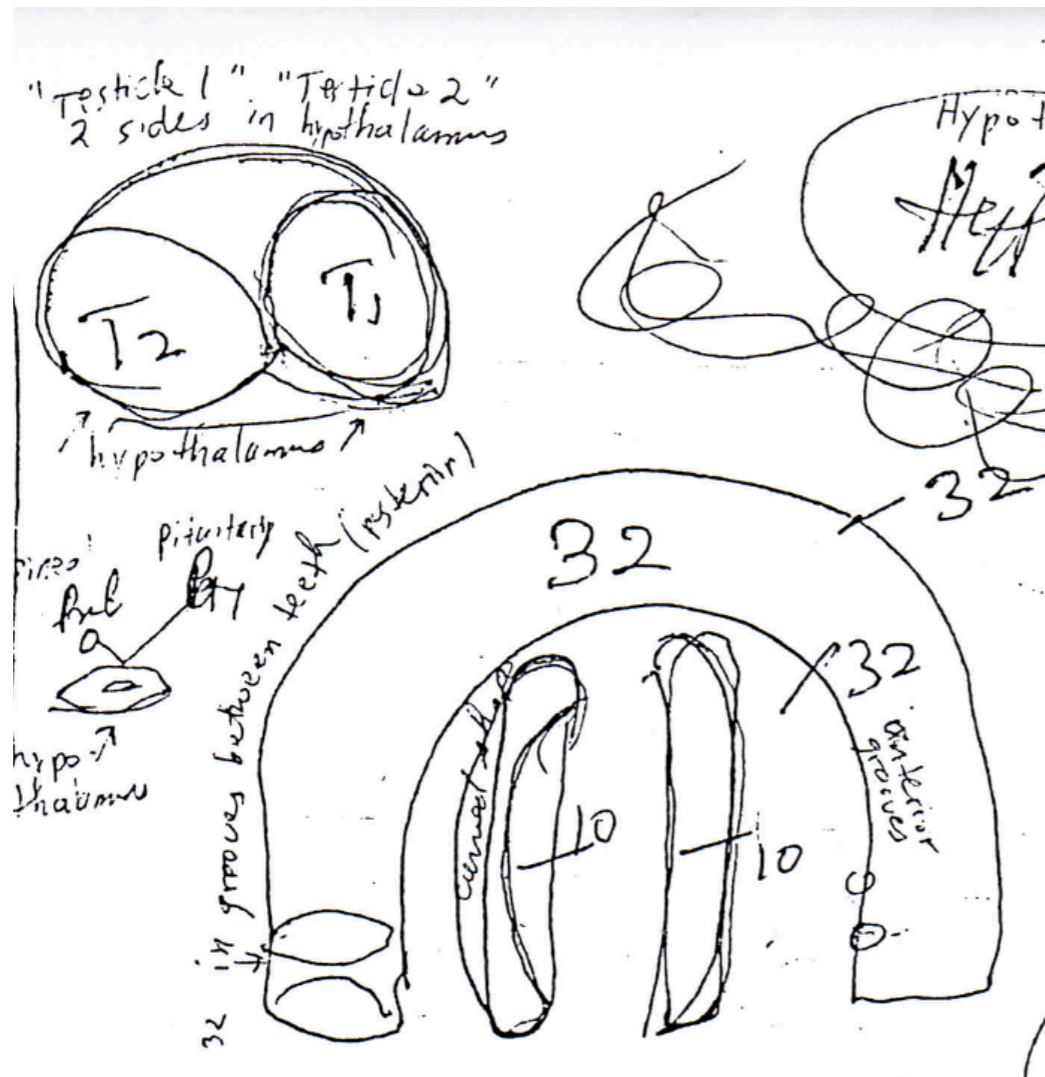


Ex-HN 13 Yu Ye Jade Fluid

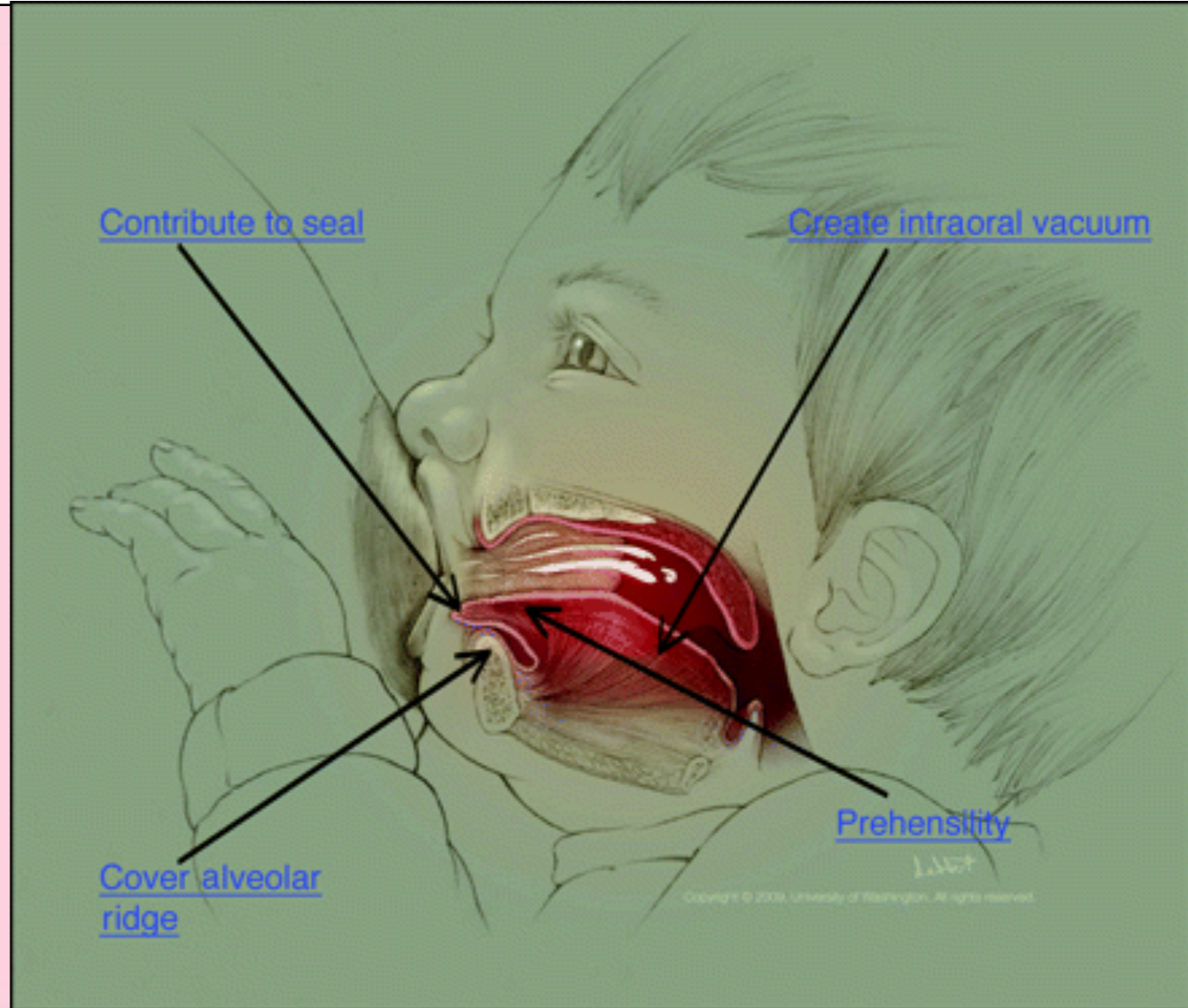
- L: on the vein of the inferior side of the tongue, to the right of the frenulum
- T: prick to bleed only
- P: clears heat and reduces edema swelling, opens the senses and eliminates muteness
- A: 1. acute inflammations of the mouth cavity, e.g. stomatitis aphthosa
2. motor aphasia
3. acute tonsillitis



Shannahoff's Diagram 84 Points

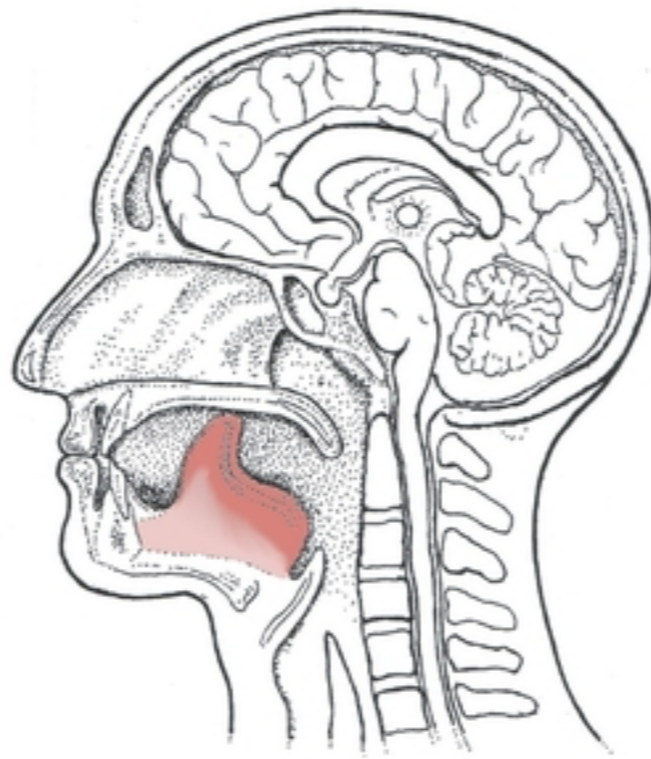


Hard-Soft Palate Junction

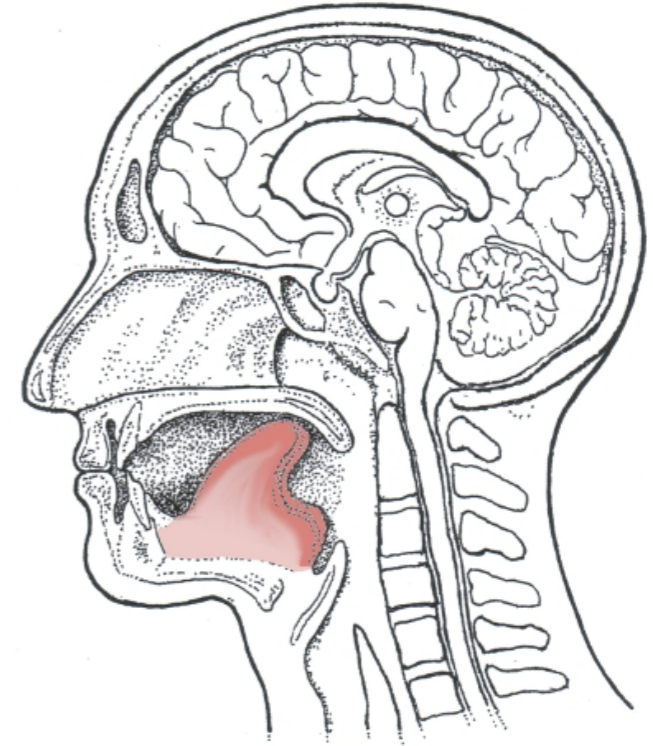




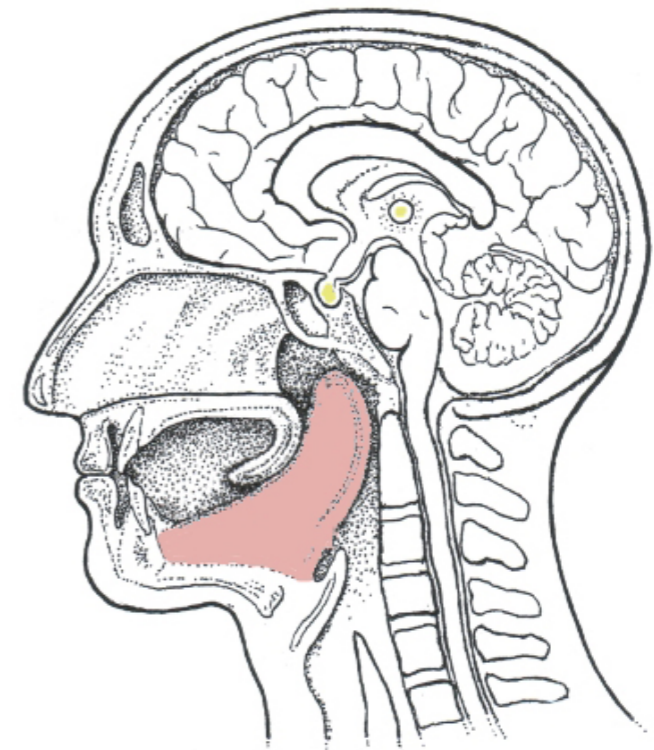
'WIND' POSITION



FIRE POSITION



WATER POSITION



KHECARI MUDRA

Science

Thank you

Contact Ardaas Singh:
ardaas@harharnam.com

Naad Yoga

By Ardās Singh