



What's Your Dosha?



Secret Mantras For Attracting the Partner of Your Dreams

An excerpt from "What's Your Dosha, Baby? Discover the Vedic Way for Compatibility in Life and Love" by Lissa Coffey

In the ancient Vedic texts, it is explained that everything is made up of sound. Sound, or vibration, is the purest form of energy. And there is no doubt that sound can affect us profoundly. Our words carry weight. We are moved by poetry, and hurt by unkind comments. The music we listen to can uplift us or give us a headache. Thunder makes us shudder. The voice of a loved one provides reassurance.

"Mantra" translated means "instrument of the mind." Mantras are sounds made up of sacred sanskrit syllables, which together help to harness spiritual energy. Chanting mantras, or even merely reciting them, gives us access to our creative spirit, and brings harmony in our mind and body. Sounds can actually help us to activate our inner pharmacy and bring balance to our physiology, creating wellness and vitality.

Mantras are used for various purposes, and there are many different mantras depending on exactly what you want to learn or manifest. Volumes have been written on this subject, and it is a fascinating study. But since we are talking about relationships in this book, let's look specifically at how mantras can help you attract a wonderful partner into your life.

What do you want?



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In any endeavor, the results that we achieve are the result of the quality of our intentions. We need to begin with a clear understanding of exactly what it is that we are going for. In the West, we tend to base our criteria for relationships on superficial values. For example, men seem to want women who look good, and women seem to want men with money. Sure, we could look down the list and find a sense of humor, a love of family, and all those good things. But are we really defining what would satisfy the soul? The Vedic texts have a different way of placing value on a relationship, one that is meant to help us grow spiritually as individuals and as couples.

Magnetic Attraction

Using a mantra helps to both awaken, and to bring into balance, the Shiva and Shakti within us. At the same time, the mantra strengthens our power of attraction, it makes us like a magnet, people are drawn to us! This is another reason why we need to have a clear understanding of what we want. Our intention can't merely be for "some rich guy" or "some beautiful girl." When we are seeking our life partner, we are seeking someone who will respect and honor our energies, someone who will give their energy for our good in return. And we are seeking truth. From truth comes all those other great things that make a relationship last, including trust. So it is important to be clear not only in the words we say, but in the thoughts we think as well.

Here is the mantra to use when a woman seeks a man:

Sat Patim Dehi

This is pronounced: Saht Pah-teem Day-hee.

It translates to "Please bring me a man of truth and goodness."

Here is the mantra to use when a man seeks a woman:

Patneem Manoramam Dehi This

is pronounced: Paht-neem Mah-nor-a-mahm Day-hee.

It translates to "Please bring me a woman of truth and beauty."



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What determines the effectiveness of the mantra the most is how much devotion and concentration is behind it. Like everything else in life, we'll get out of it what we put into it. If you are serious about your search, and have strong intention, you will want to put effort into this task.

The mantra ritual

While you can repeat your mantra anywhere, anytime of day, it is nice to set some special time aside just for the ritual of the mantra. Before beginning your practice, wash your hands, as this symbolizes purity. Imagine that the impurities of your mind are being washed away. Find a comfortable place where you can be quiet and undisturbed for awhile. If it will help you get in the mood, you may choose to sit facing the east, to light a candle, and/or to sit in a cross-legged position. Close your eyes, and concentrate on each syllable of the mantra. Mantras may be repeated either silently or out loud. Continue repeating the mantra over and over again. The repetition will bring you a deep sense of peace and joy. When you feel you are done, sit quietly for a moment, and give thanks to the Siddhas, the sages of Ancient India, for their wisdom and generosity in passing these mantras on for us to use. Then slowly open your eyes, take a few breaths, and go on with your usual activity.

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