



# Module 3: SRI YANTRA

## THE SRI YANTRA: SHIVA & SHAKTI

The Sri Yantra (pronounced "shree-yahn'-trah",) represents Shiva and Shakti, male and female energy combined for Productivity, Peace, and Happiness.

This yantra is the most dynamic of all yantras. It represents the cosmic form, the form of the human organism, and the navel of the Divine Mother.

The Sri Yantra is a symbol that connects you with Durga, the principal Mother Goddess. The 43 triangles in the yantra create the only representation of all her incarnations in one form and promote security, nurture, care, protection, courage, and self-confidence.

**The Mantra for the Sri Yantra is:  
"Om Dhum Durgaya Namah."**

Chant this mantra daily, especially Fridays. Concentrate on the central point in the middle and tune your Third Eye at the same time.

***Always ground first and open your Star Gates!***

