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Mudra Magic

Empowerment



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Introduction: The Path of Empowerment and Happiness

“Happiness is not something ready-made. It comes from your own actions.” – Dalai Lama

The SANTOSHA MARGA is a timeless journey rooted in the ancient wisdom of the Vedas and aligned with the transformative SADA SUKHI system of Club Ayur. It invites you to awaken your inner powers and walk the path of sukha-swasthya—happiness for optimal living.

In Sanskrit, “Santoshā” signifies contentment, a state of being that transcends fleeting joys or external conditions.

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SANTOSHA MARGA

5. ACTION

4. WILLPOWER

3. ENTHUSIASM

2. FAITH

1. LOVE

INTENTION



The SANTOSHA MARGA offers a roadmap to this inner sanctuary, guided by six pivotal steps:

1. **Sankalpa:** INTENTION - The seed of transformation.
2. **Prema:** LOVE - The foundation of all connections.
3. **Shraddha:** FAITH - The light that illuminates dark moments.
4. **Utsaha:** ENTHUSIASM - The fire that keeps us moving.
5. **Ichchā Shakti:** WILLPOWER - The anchor of resilience and focus.
6. **Kriya:** ACTION - The bridge between vision and reality.

These steps integrate seamlessly with the SADA SUKHI system, whose mantra (“I feel good, I am happy!”) and technique (“Breathe. Smile. Ease.”) provide the foundation for cultivating happiness in the here and now.



Level I – SANKALPA – SETTING THE INTENTION

*“As the mind thinks, so it becomes.” –
The Upanishads*

Sankalpa is the first step on the SANTOSHA MARGA. It is the inner resolve to live in alignment with your highest purpose. This is not a casual wish but a sacred vow made with conviction and clarity.

Practical Guidance:

1. Reflect on your deepest desires.
What fulfills you at a soul level?
2. Write a clear Sankalpa in the present tense, such as: “I am at peace and aligned with my purpose.”
3. Use the SADA SUKHI mantra to anchor your intention each morning: “I feel good, I am happy!”

Vedic Connection: Sankalpa embodies the essence of Tapas—the focused effort and discipline needed to achieve higher goals. It is an invitation to direct your willpower toward the divine unfolding of your life.



Level II – SANKALPA – SETTING THE INTENTION

“A clear intention is the seed of transformation.”

Daily Ritual: The Sankalpa Circle

- Each morning, sit in a quiet space. Light a small candle or incense as a symbolic act of igniting your inner clarity.
- Close your eyes, place your hand on your heart, and silently repeat your Sankalpa (e.g., “I am calm and purposeful”).
- Visualize yourself embodying this intention throughout the day.

Meditation: Visualization of Purpose

- Sit comfortably, breathe deeply, and picture yourself walking a golden path. Each step you take feels light and purposeful.
- Imagine your Sankalpa as a radiant golden sphere within you, growing brighter with each inhale.

Exercise: The Sankalpa Journal

- Write down your Sankalpa every morning and reflect on its impact at the end of the day. Did your actions align with your intention?



Level III – SANKALPA – SETTING THE INTENTION

“A clear intention is the seed of transformation.”

Overview

Sankalpa is the first step on the SANTOSHA MARGA. It is the inner resolve to live in alignment with your highest purpose. This sacred vow goes beyond a fleeting wish—it is a focused intention planted deep within your consciousness, guiding your thoughts, words, and actions.

Mudra

Anjali Mudra (Prayer Pose)

Significance

Anjali Mudra, the gesture of prayer or offering, symbolizes balance, humility, and unity. It aligns the body and mind, helping you connect with your inner self and higher purpose. When practiced during Sankalpa, it deepens focus and creates a sacred space for intention-setting.

How to Practice:

1. Sit comfortably with a straight spine, either on the floor or in a chair.
2. Bring your palms together at the heart center, fingers pointing upward.
3. Gently press your hands together, creating a slight stretch across your chest.
4. Close your eyes and take slow, deep breaths.

Affirmation to Recite:

- “I am in harmony with my purpose.
My intentions guide me toward
happiness and fulfillment.”



Chapter 2: PREMA-LOVE

Level I - PREMA- LOVE

“Love is the bridge between you and everything.” – Rumi

Prema, or unconditional love, begins within. Only by loving yourself can you truly radiate love outward and connect authentically with others. Prema is the balm for life’s wounds, a power that heals and unites.

Practical Guidance:

1. Begin a daily practice of self-compassion by affirming: “I am enough.”
2. Extend acts of kindness to others, creating a ripple of positivity.
3. Practice meditation to visualize love flowing from your heart to the world.

Vedic Connection: Prema is at the heart of Bhakti Yoga, the path of devotion. By cultivating love, you dissolve the ego and awaken your unity with all creation.



Level II - Meditation: Cultivating Love Within

1. Prepare: Sit in a quiet, comfortable space, holding Hridaya Mudra. Light a pink or white candle to symbolize love and compassion.
2. Breathe: With each inhale, imagine a soft pink light entering your heart, filling it with warmth. With each exhale, visualize this light radiating outward to others.
3. Visualize: Picture yourself surrounded by love—embraced by people, nature, or a divine presence that uplifts your heart.
4. Repeat: Silently or aloud, say: “I am love. I give love. I receive love.”
5. Close: Rest for a moment in this loving energy, feeling its ripple effect throughout your being.

Exercise: Acts of Love Journal

1. At the end of each day, write down:
 - One act of love you offered to yourself (e.g., taking time to rest or giving yourself kind words).
 - One act of love you shared with others (e.g., a kind word or thoughtful gesture).
2. Reflect on how these acts made you feel and strengthened your connection to Prema.

Daily Ritual: Heart-Centered Gratitude

- Each morning or evening, sit in Hridaya Mudra and place your focus on your heart.
- Reflect on three things you're grateful for, visualizing them as waves of pink light expanding from your heart.
- End with the affirmation: "Love flows through me and from me."

Vedic Connection

Prema aligns with the path of Bhakti Yoga—the yoga of devotion and love. By focusing on Hridaya Mudra, you activate the Anahata Chakra (heart energy center), the seat of compassion and divine love. Through Prema, you embody the universal truth that love connects all beings.



Level III - Mudra: Hridaya Mudra (Heart Gesture)

Significance:

Hridaya Mudra, also known as the Heart Gesture, activates and balances the heart energy center. It fosters emotional healing, opens the heart to unconditional love, and strengthens self-compassion. Practicing this mudra during Prema practices allows you to deeply connect with your inner source of love.

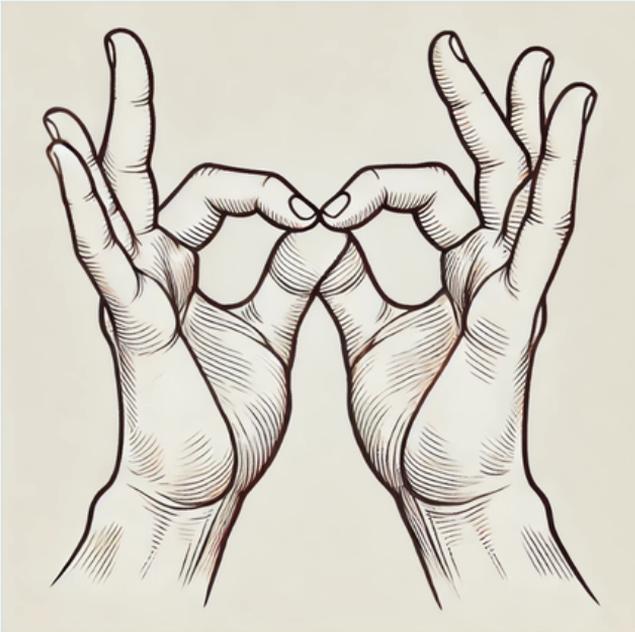
How to Practice:

1. Sit comfortably with a straight spine.
2. Curl your index fingers to touch the base of your thumbs.
3. Bring the tips of your middle and ring fingers to meet the tips of your thumbs, keeping your pinky fingers extended.

4. Place your hands gently on your knees or over your heart.
5. Close your eyes and take deep breaths, feeling warmth and expansion in your chest.

Affirmation to Recite:

“I open my heart to love. I am worthy of giving and receiving love freely.”



Chapter 3: Shraddha – Faith

Vedic Connection: In the Bhagavad Gita, Krishna teaches that Shraddha leads to success in any spiritual practice. Faith aligns your actions with the higher flow of the universe



Level II – SHRADDHA -FAITH

“Faith is a light in times of darkness.”

Daily Ritual: Gratitude Jar

Write down one thing you're grateful for each day and place it in a jar. At the end of the month, review these notes as a testament to the abundance in your life.

Meditation: Trust in the Divine Flow

Sit quietly and imagine yourself floating on a calm river. Feel the support of the water carrying you forward. Whisper to yourself, “I trust the process of life.”

Exercise: Affirmation Walk

Go for a walk in nature while repeating affirmations such as:

- “I trust the universe’s timing.”
- “I have all I need within me to face any challenge.”

Level III - Mudra: Dharmachakra Mudra (Wheel of Dharma)

Significance:

Dharmachakra Mudra symbolizes the turning of the wheel of life and the cyclical nature of existence. It represents trust in the divine order and the teachings of the universe. By practicing this mudra, you connect with the energy of faith and allow it to illuminate your path.

How to Practice:

1. Sit comfortably with a straight spine.
2. Position your hands near your chest.
3. Form circles with the thumbs and index fingers of both hands, symbolizing completeness.

4. Keep your right hand facing outward and your left hand facing inward, palms open.

5. Close your eyes and breathe deeply, feeling the balance between trust in yourself and the universe.

Affirmation to Recite:

“I trust the process of life. Everything is unfolding as it should.”



Chapter 4: Utsaha – Enthusiasm

Level I – UTSAHA – ENTHUSIASM

“Nothing great was ever achieved without enthusiasm.” – Ralph Waldo Emerson

Utsaha, the energy of joy and inspiration, keeps your spirit alive. When you move with enthusiasm, every step feels light, and even challenges become opportunities.

Practical Guidance:

1. Start your day with a “joy ritual,” such as listening to uplifting music.
2. Create a “Joy List” and engage in activities that energize you.
3. Surround yourself with people who uplift and inspire you.

Vedic Connection: Utsaha is the force of Rajas, the creative and dynamic energy that propels us to action and growth.



Level II - UTASHA ENTHUSIASM

“Joy is the fuel that energizes our journey.”

Daily Ritual: Joy Booster

- Start your day with an activity that excites you: listen to your favorite song, dance, or journal about what you’re looking forward to.

Meditation: Igniting the Inner Fire

- Sit in a comfortable position. Visualize a flame in your abdomen, growing brighter and more vibrant with each breath. This is your inner fire of enthusiasm.

Exercise: The Joy List

- Write a list of 10 activities that bring you joy, no matter how small. Commit to doing at least one every day for the next week.



Daily Ritual: Morning Energy Boost

- Each morning, hold Ushas Mudra for a few minutes while visualizing the dawn of a new day.
- Combine this practice with uplifting music, dancing, or journaling about what excites you.
- End with the affirmation: “I approach today with joy and excitement.”



LEVEL III Mudra: Ushas Mudra (Dawn Gesture)

Significance:

Ushas Mudra symbolizes renewal, vitality, and the awakening of creative energy. It activates the inner reservoir of enthusiasm, helping you approach life with freshness and zest. Practicing this mudra during Utsaha practices energizes your mind and body, fostering a sense of invigoration.

How to Practice:

1. Sit comfortably with a straight spine, resting your hands in your lap.
2. Interlace your fingers, with the thumbs extended upward and gently touching each other.
3. Hold this position while breathing deeply, feeling your inner energy awakening.

4. Close your eyes and visualize the dawn, symbolizing new beginnings and vitality.

Affirmation to Recite:

“I am filled with energy and enthusiasm. My spirit is vibrant and alive.”

Daily Ritual: Morning Energy Boost

- Each morning, hold Ushas Mudra for a few minutes while visualizing the dawn of a new day.
- Combine this practice with uplifting music, dancing, or journaling about what excites you.
- End with the affirmation: “I approach today with joy and excitement.”

Vedic Connection

Utsaha is connected to the energy of Rajas, one of the three gunas (qualities) in Vedic philosophy. Rajas represents dynamism, action, and creativity.

Ushas Mudra channels this energy constructively, helping you embody the spirit of enthusiasm and engage with life's endless potential.



Chapter 5: Icchā Shakti – Willpower

Level I – ICCHA SHAKTI- WILLPOWER

“You have power over your mind—not outside events. Realize this, and you will find strength.” – Marcus Aurelius

Ichhā Shakti is the power to persevere, the will to stay the course even when challenges arise. It transforms fleeting motivation into sustained effort.

Practical Guidance:

1. Break large tasks into small, manageable steps.
2. Use breathwork techniques to center yourself during moments of doubt.
3. Visualize yourself overcoming obstacles with grace.

Vedic Connection:

Ichhā Shakti is one of the three primary energies of the universe, representing the power of divine will. It aligns your desires with cosmic intelligence.



Level II – ICCHA SHAKTI-WILLPOWER

Meditation: Strengthening Resolve

1. Prepare: Sit in a quiet space, holding Abhaya Mudra. Surround yourself with symbols of strength, such as a candle or an object that inspires you.
2. Breathe: With each inhale, imagine a strong, protective shield forming around you. With each exhale, release any fears or doubts.
3. Visualize: Picture yourself climbing a steep mountain, taking steady steps with unwavering determination. Feel the courage in your heart and the strength in your body.
4. Repeat: Silently or aloud, say: “I am strong. I am fearless. I am capable.”
5. Close: Rest in the feeling of empowerment, knowing you are ready to take on any challenge.

Exercise: Willpower Challenge

1. Identify a small but meaningful goal you've been hesitant to pursue.
2. Break it into smaller, manageable steps and commit to completing one step each day.
3. Track your progress in a journal, noting the sense of achievement and confidence you gain with each step.

Daily Ritual: Shield of Strength

- Each morning, hold Abhaya Mudra while visualizing a protective shield around you.
- Recite affirmations such as:
 - “I have the power to succeed.”
 - “I am focused and determined.”
- Carry this sense of strength with you throughout the day.

Vedic Connection

Icchā Shakti is one of the three fundamental powers in Vedic philosophy, alongside Jñāna Shakti (knowledge) and Kriyā Shakti (action). It represents the divine will and the capacity to align personal desires with universal purpose. Abhaya Mudra amplifies this power by dissolving fear and reinforcing self-assertion.



Level III - Mudra: Abhaya Mudra (Fearlessness Gesture)

Significance:

Abhaya Mudra, the gesture of fearlessness, represents courage, inner strength, and protection. It empowers you to confront fears, doubts, and obstacles with confidence. Practicing this mudra during Icchā Shakti practices reinforces your resolve and fosters a sense of empowerment.

How to Practice:

1. Sit comfortably with a straight spine.
2. Raise your right hand to shoulder height, with the palm facing outward and fingers extended upward.
3. Rest your left hand gently on your lap, palm facing upward.

4. Close your eyes, take deep breaths, and feel a sense of strength radiating from your raised hand.

Affirmation to Recite:

“I am fearless. I face every challenge with courage and strength.”

Exercise: Willpower Challenge

- Identify a small but meaningful goal you've been hesitant to pursue.
- Break it into smaller, manageable steps and commit to completing one step each day.
- Track your progress in a journal, noting the sense of achievement and confidence you gain with each step.

Daily Ritual: Shield of Strength

- Each morning, hold Abhaya Mudra while visualizing a protective shield around you.
- Recite affirmations such as:
 - “I have the power to succeed.”
 - “I am focused and determined.”
- Carry this sense of strength with you throughout the day.

Vedic Connection

Ichchā Shakti is one of the three fundamental powers in Vedic philosophy, alongside Jñāna Shakti (knowledge) and Kriyā Shakti (action). It represents the divine will and the capacity to align personal desires with universal purpose. Abhaya Mudra amplifies this power by dissolving fear and reinforcing self-trust, helping you embody willpower in every aspect of life.



Chapter 6: Kriya – Action

Level I – KRIYA-ACTION

“An ounce of action is worth a ton of theory.” – Ralph Waldo Emerson

Kriya is where intention meets execution. It is the act of planting seeds in the fertile soil of effort, trusting that they will bear fruit in time.

Practical Guidance:

1. Begin each day by prioritizing meaningful actions.
2. Adopt the mantra: “Start small, start now.”
3. Reflect on your actions daily: Are they aligned with your Sankalpa?

Vedic Connection: Kriya represents Karma Yoga, the yoga of selfless action. By engaging in meaningful work without attachment to outcomes, you purify the mind and elevate the soul.



Level II – KRIYA-ACTION

Meditation: Planting the Seeds of Action

1. Prepare: Sit in a quiet, comfortable space, holding Karmic Mudra. Light a candle or place a plant nearby to symbolize growth and effort.
2. Breathe: With each inhale, visualize planting seeds in fertile soil. With each exhale, imagine those seeds growing into strong, vibrant plants.
3. Visualize: Picture yourself taking intentional steps each day, with each action bringing you closer to your goals. Feel the satisfaction of progress.
4. Repeat: Silently or aloud, say: “I act with clarity and purpose. My efforts bear fruit.”
5. Close: Rest in the knowledge that every step, no matter how small, contributes to your journey.

Exercise: The Action Plan

1. Identify a goal you wish to accomplish this week. Write it down clearly and break it into actionable steps.
 - Example: If your goal is to meditate daily, your first step might be setting a specific time and creating a peaceful space.
2. Each evening, reflect on your progress and adjust your plan as needed.
3. Celebrate small wins to reinforce your momentum and sense of purpose.

Daily Ritual: Morning Activation

- Start your day by holding Karmic Mudra and visualizing three meaningful actions you will take.
- Combine this practice with the SADA SUKHI mantra (“I feel good, I am happy!”), reinforcing your alignment with purposeful action.
- End with the affirmation: “I have the power to create. My actions shape my reality.”



Vedic Connection

Kriya aligns with the path of Karma Yoga, the yoga of selfless action. It emphasizes the importance of engaging fully in your work without attachment to outcomes. Karmic Mudra reinforces this principle by grounding your actions in purpose and aligning them with your Sankalpa. This integration of intention and action completes the SANTOSHA MARGA journey, guiding you to live a life of fulfillment and meaning.

Level III – KRIYA-ACTION

Mudra: Karmic Mudra (Action Gesture)

Significance:

Karmic Mudra represents focus, unity, and productive effort. By forming a symbolic connection between your hands and energy flow, this mudra grounds your actions and channels your efforts toward meaningful pursuits. Practicing Karmic Mudra during Kriya enhances your ability to act decisively and with intention.

How to Practice:

1. Sit comfortably with a straight spine, resting your hands on your knees.
2. Touch the tips of your thumbs to the tips of your index fingers, forming circles.

3. Keep the remaining fingers extended outward, relaxed but engaged.
4. Close your eyes and take slow, deep breaths, feeling a sense of groundedness and clarity in your actions.

Affirmation to Recite:

“My actions are purposeful. I take steps toward my highest good.”

Conclusion: Living the SANTOSHA MARGA

The SANTOSHA MARGA is not merely a path—it is a way of being. By practicing the six steps and integrating them with the SADA SUKHI system, you align with the universal flow of happiness and optimal living.

Let this journey awaken the latent powers within you and inspire others to join in the radiance of Sukha. Together, we can transform our lives and the world.

The SADA SUKHI System Practices

1. **Mantra** "I feel good, I am happy!"

2. **Technique** Breathe. Smile. Ease.

A three-step process to connect mind and body.

3. **Daily Dinacharya (Routine)**

Morning: Wake Up on Cloud 9

(Start with gratitude and the mantra).

Midday: Power Up with Positivity

(Pause, breathe, and energize).

Evening: Wind Down in Gratitude

(Reflect on the day with love and peace).

4. **The Sukha Pledge**

"I commit to practicing happiness every day."

Take this pledge to live consciously.

The SADA SUKHI System Practices

5. Mudras

Anjali Mudra

(Gratitude and intention-setting).

Hridaya Mudra

(Love and healing)

Ushas Mudra

(Energy and creativity)

Abhaya Mudra

(Fearlessness and courage)

Karmic Mudra

(Purposeful action)

6. Journaling Practice

Reflect daily on how you practiced happiness and your intentions for tomorrow.

7. Community

Share the system with others to inspire a ripple effect of joy

Appendix: The SADA SUKHI System

Practices

“I feel good, I am happy!”

The SADA SUKHI System is the foundation of the SANTOSHA MARGA, providing simple yet transformative tools to practice happiness (Sukha) and achieve optimal living (Swasthya). These practices are designed to integrate seamlessly into daily life, empowering you to cultivate inner peace and joy.

1. The SADA SUKHI Mantra

Mantra: “I feel good, I am happy!”

- Purpose: This mantra acts as a mental reset, instantly uplifting your mood and redirecting your focus to positivity.

- How to Practice:
 - a. Repeat the mantra three times each morning to set the tone for your day.
 - b. Use it during moments of stress or doubt to anchor yourself in calmness and happiness.
 - c. End your day by reciting it as a gratitude affirmation.

2. The SADA SUKHI Technique

Technique: Breathe. Smile. Ease.

- Purpose: This three-step process connects your mind and body, bringing you into the present moment.

- How to Practice:
 - a. Breathe: Take a deep, intentional breath, inhaling positivity and exhaling tension.
 - b. Smile: Allow a gentle smile to form, signaling your brain to release calming chemicals.
 - c. Ease: Relax your body, releasing any lingering tension and embracing a sense of calm.

3. The Daily Dinacharya (Routine)

The SADA SUKHI System incorporates three essential daily moments to foster happiness:

Morning: Wake Up on Cloud 9

- Practice: Begin your day by smiling as soon as you wake up. Repeat the mantra “I feel good, I am happy!” while holding Anjali Mudra.
- Purpose: Cultivates gratitude and sets a positive tone for the day ahead.



Midday: Power Up with Positivity

- Practice: Pause midday to take a deep breath, smile, and stretch. Hold Ushas Mudra while visualizing renewed energy and creativity.
- Purpose: Boosts enthusiasm and keeps you energized.

Evening: Wind Down in Gratitude

- Practice: Reflect on three things you're grateful for. Hold Hridaya Mudra and recite: "Thank you for this day. I feel good, I am happy!"
- Purpose: Fosters contentment and peaceful closure for the day.

4. The Sukha Pledge

Commitment: Take the Sukha Pledge to consciously practice happiness every day.

- Pledge Statement:
 - “I commit to practicing happiness every day. I will breathe, smile, and ease into joy, sharing positivity with myself and the world.”
- How to Incorporate:
 - Display the pledge in a visible place to remind yourself of your commitment.
 - Share it with others to inspire a ripple effect of positivity.

5. Integrating Mudras into the SADA SUKHI System

Mudras are an essential component of the SADA SUKHI System, enhancing its practices with focus and intention.

Examples include:

- Anjali Mudra: For setting intentions and cultivating gratitude.
- Hridaya Mudra: For fostering love and emotional healing.
- Ushas Mudra: For energizing and boosting creativity during midday pauses.

6. The SADA SUKHI Journaling Practice

Purpose: Journaling is a reflective tool that helps you document and deepen your experience with the system.

How to Practice:

- a. Begin each entry with the mantra “I feel good, I am happy!”
- b. Reflect on how you practiced happiness that day—what worked, what challenged you, and what inspired you.
- c. Write one thing you’ll focus on the next day to enhance your happiness practice.

7. Community and Sharing

Purpose: Happiness multiplies when shared. The SADA SUKHI System encourages creating a ripple effect of joy within your community.

Ideas for Sharing:

- Teach the mantra and technique to friends and family.
- Host a Sukha Circle to practice the SADA SUKHI system together.
- Share your journey on social platforms to inspire others to join.

Final Note

The SADA SUKHI System is both simple and profound, designed to bring happiness into every moment of life. By consistently practicing these techniques, you cultivate a personal Sukha Era, radiating joy and harmony into the world.