

## "Secrets the Gurus Will Never Show You"

By Santiago Dobles  
Introduction by Tao Semko

### TP.BZ Special – edited by epic2sk8

#### Dedication

This Manual is dedicated to all the enlightened ones, to all the divine protectors, to all of our teachers, to all those to whom we owe karmic debts, and to all sentient beings in the 6 realms. May all sentient beings achieve enlightenment instantly through this manual and through the efforts of those who practice these, and all enlightened methods.

May all sentient beings from the lower realms be liberated instantly!

#### INTRODUCTION

This manual is intended as a reference and a guide. But remember one thing: "An ounce of practice is worth a ton of theory!" – Swami Sivananda

The only way to really practice yoga is to just do it. Let the Universe guide you and let your deepest and highest self guide you. The real GURU is within. As a practitioner, your object is to guide yourself and all sentient beings to the highest peaks of consciousness and to come back down to integrate and mix the experience with your everyday life. Don't take things too seriously -- have fun and laugh a lot.  
"Before Enlightenment, carry water and chop wood. After Enlightenment, carry water and chop wood." –Zen Motto.  
Good luck and God Bless.

Love,

Santiago Dobles

#### TANTRIC HATHA YOGA

"Most modern yoga classes and books have lost the secret key of Hatha Yoga. The true purpose of the ancient practices of the yoga system is to bring a superior balance and awaken the subtle energies of the body. It is not so much a physical practice but a spiritual practice based on SHAKTI, the fundamental vibrating energy of every human being."

"Hatha Yoga is an age-old discipline of Yoga. Hatha comes from "ha" - solar (+) and "tha" - lunar (-), the harmonious union of the two opposite aspects in the human body. The practice of yoga postures (ASANAS) aims to open and purify the energy centers (CHAKRAS) and energy channels (NADIS)."

Horia Cristecu, [www.SivaSakti.com](http://www.SivaSakti.com)

"What is Tantra?" and other Frequently Asked Questions  
By Tao Semko

Tantra is an ancient esoteric science of transformation, leading to self-realization and enlightenment. The Tantras are ancient Indic scriptures detailing the philosophy and practice of that science. Parallels exist in Tibet in Tibetan Buddhism, in China in the practical and philosophical Taoist traditions, in Greece in the Western Mysteries, and in various shamanic traditions the world over. Is tantra a religion?  
No. Tantra itself is not a religion, though its seven-plus millennia-old worldview has informed Judaism, Catholicism, Gnostic Christianity, Buddhism, and of course, Hinduism. Tantric science may have emerged originally from Dravidian culture in India, or from the territory and culture called Zhang Zhung, at what is now the Tibetan-Chinese border. The Sanskrit word Tantra

translates roughly to "web" or "loom," and refers to interconnectedness of all matter, energy, and consciousness, predating similar views in western science (most notably in quantum physics and astronomy) by many thousands of years.

#### How is tantra practiced?

Tantra has over twelve major areas of practice (yogas) within its complete system. In the sex-obsessed West, Tantra has become synonymous with tantra yoga (the yoga of love and sexuality), which is only one of these twelve disciplines. A true tantric yogi studies and practices several of the disciplines to some degree. The new-age "Neo- Tantra" popularized in California is a fabrication - a distorted fragment of a complete system, which in Hindu Tantra includes: Hatha Yoga, Tantra Yoga, Laya Yoga, Mahavidya Yoga, Jnana Yoga, Raja Yoga, Nidra Yoga, Nada Yoga, Bhakti Yoga, Karma Yoga, Mantra Yoga (Japa), and Yantra Yoga, among others...

#### "What is Yoga?"

The word yoga comes from the Sanskrit root yuj , "to yoke, to harness." In authentic usage, yoga means "union", or any spiritual practice of self-discipline that quiets the mind (manas), and stills the senses (indriya) in order to achieve self-realization or enlightenment. In the traditional view, enlightenment requires both internal (microcosmic or human) "effortless control" and external (macrocosmic or universal) grace. There are many forms of yoga:

- Hatha Yoga: The word Hatha is derived from two roots: HA means sun and THA means moon (hatha is the yoga of balancing and controlling the yang/ yin principles). Hatha yoga is also known as the Way of Force. It consists of postures (asanas, or "seats of meditation"), muscle locks (bandhas), attitudes or gestures (mudras) breath control (Pranayama), fundamental techniques of purification (Kriya), and methods of mental concentration. Hatha yoga is used in the Ayurvedic tradition for health and physical development, and in the Tantric tradition for spiritual development. The classic texts of Tantric hatha yoga are the Hatha Yoga Pradipika, the Siva Samhita, and the Gerandha Samhita, and most importantly, much information has been passed exclusively through oral tradition. All physical yoga is an offshoot of this tradition. Each recent school has left its name on a set of exercises extracted from this vast tradition.

So What are Bikram Yoga, Ashtanga Vinyasa, Viniyoga, Iyengar Yoga, Power Yoga, Integral Yoga, Sampoorna Yoga, Mysore Yoga, Yin Yoga, etc.? These are all brand names for the trademarked hatha yoga exercise sets of different hatha yoga easterners/businessmen, such as Bikram Choudhury, Pattabhi Jois, B.K.S. Iyengar, and numerous others -- They are all personal versions of Hatha yoga!

- Tantra Yoga: (tantric sexuality, tantric sex, etc.) Yoga of love, sexuality, and effortless control and transformation of the sexual energy. Transmutation & Sublimation of the energy from the lower centers to the higher ones. The Union of Shiva & Shakti (or masculine and feminine/ universal and telluric energy). The mastery and transmutation of sexual energy. Transfiguration of the self and of the beloved.

- Laya Yoga: ("Kundalini Yoga") meditation of awareness of the resonance of the body and mind (microcosm) with the universe and beyond (macrocosm), using internal mantra, visualization, and more. Absorption!

- Mahavidya Yoga: the yoga of resonance with the Cosmic Powers (the Great Knowledge)

- Jnana Yoga: The Yoga of superior intellectual knowledge and wisdom. It implies a perfect self-knowledge, an objective analysis, which leads to the spiritual awakening. The practitioner stops identifying him-/herself with the body, psyche, mind and ego.

- Raja Yoga: The Yoga of intensive mental concentration; profound meditation and absolute control over the mind. It implies observation of ethical and moral codes, an absolute control over the senses, and perfect concentration and meditation. The eight limbs in Patanjali's (vedantic) raja yoga are: Yama - the ethic code; Niyama - the moral code; Asana - physical poses; Pranayama - breathing control; Prathyahara - interiorization; Dharana - mental concentration; Dhyana - meditation; Samadhi - ecstasy.

- Nidra Yoga: The Yoga of conscious sleep and astral projection.

- **Nada Yoga:** The Yoga of attention to internal and external sound, including music.
- **Bhakti Yoga:** The Yoga of complete devotion - this can be devotion to one's family, to society, to a higher power, to the destitute, etc.
- **Karma Yoga:** Yoga of detached actions of service, without seeking return or reward. It implies consciously undertaking an action for its own sake, not for the sake of its result.
- **Mantra Yoga (Japa):** The yoga of sound repetition using certain syllables, words, or phrases (aloud or inwardly), which carry a specific energy or resonance.
- **Yantra Yoga:** Use of, concentration on, receptivity to, and visualization of an archetypal, symbolic image, and identification with its specific energies.
- **Taoist and Buddhist Yoga & Qi Gong:** Parallel Yogas from the Taoist and Buddhist Chinese esoteric systems.

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### Special Report #1:

Introduction to "Secrets the Gurus Will Never Show You" by Tao Semko of [www.UmaaTantra.com](http://www.UmaaTantra.com)

- How this underground manual is different from all other books on internal energy, yoga, and qi gong
- How these reports and their companion program, the Tantric Inner Circle™, will turn you into a real master...
- Touchstones to Review Monthly Along Your Journey to Mastery

On Santiago Dobles's premise:  
Secrets The Gurus Will Never Show You

Dear Friend,

Yoga really isn't about stretching. It isn't about stretching "with the breath," either. You might well ask, "Well then, just what is yoga?" For tantrics like us, yoga is a complete science of self-transformation leading inexorably towards the experience of union with the Absolute.

The experience of union, or samadhi, is the real yoga. I'm sorry to say, most yoga teachers today have not experienced spiritual Samadhi, and unless they read this report, they might never.

Among the rare teachers who have experienced this state of union or absorption, most accept students under a backwards and (by today's standards) abusive economic model. In that feudal economic model of pre-industrial India, China, and Tibet, you pay the master's bills, feed him, and protect him for about 30 years, while diligently practicing a few watered-down techniques he gives you, and then, after 30 years, if he likes you, he gives you the secrets you could have mastered 25 years before, if shown the way...

We live in an age of information. Spiritual techniques are the only ones still stranded in the agrarian age.

For thousands of years, spiritual aspirants have groveled at the feet of their teachers, begging for scraps of the secret techniques that will bring them the Realization and abilities of their masters. No more need for that. With "Secrets the Gurus Will Never Show You" UmaaTantra.com opens the floodgates.

The reports that make up this manual reveal the precious secrets that yoga books don't even touch on. You see, their authors are "in the dark" too! "Guru Secrets" gives you all the information you need, so you can learn at your own speed, not at a snail's.

Yoga should give you a stronger, healthier body, clarity of mind, and, if taught and practiced properly, it should give you the experience of samadhi. If you've tried yoga and never got anything more than good stretch and some relaxation, then all you learned was the external exercises. The ones available in every book at Barnes and Nobles, Borders, and Amazon Santiago Dobles's underground expose, "Secrets the Gurus Will Never Show You," reveals the internal secrets that "plug in" to yoga poses to hurtle you forward in your development as a practitioner. With these simple, but closely held secrets, you'll control your mental state faster, modify your body quicker, and give yourself more lasting results than with your regular practice alone. You'll also come to understand why even the paranormal abilities of the yogis are just the automatic result of a regular, true yoga practice - with the internal secrets intact, of course! Even if you are a rank beginner, you will feel the power and simplicity of these secrets immediately!

Here's a selected list of contents from this underground expose:

1. What is Tantric Hatha Yoga?
  2. The Ten things you should always do when practicing yoga, that the gurus won't tell you (until you've fed them for decades). These alone are worth the price of purchase. (we mean the ten things that will
    - a. save your ass from kundalini syndrome,
    - b. allow you to rocket past regular yoga and qi gong students to
    - c. realize higher states using even the simplest of techniques!
  3. Then, ten more essential tips that will improve your practice and turn you into a hard-core yogi.
  4. What the mother lode of internal energy is, and how to arouse it safely and rapidly.
  5. What pranic sickness/ kundalini syndrome is, and how to avoid it without slowing down your progress
  6. Your subtle body and how to use it: using the right technique at the right time
  7. Asana, Pranayama, Mudra, & Bandha: how to fix yourself with the 81 core exercises: why we do them, and how we make them much more powerful than the watered-down versions in other bestselling yoga books
  8. The "five elements" or tattvas, in Hindu and Tibetan Yogas
  9. The real secrets of Mantra Yoga - just repeating a sound isn't enough...
  10. Mantra and Self-realization
  11. Tantric Pranayama
  12. How and why to move energy and circulation directly to different parts of your body and how it relates to the actual central nervous system and movement of the cerebral spinal fluid
  13. Male and Female breathing techniques
- It's easy, it works, and anybody can do it!

Yoga is not about contortion - it's about mastering your body and mind - making your "vehicle" (your body and brain) work for "you" (your mind and higher consciousness), and it's about finding the connection between you and Everything else. Follow these techniques, notes, and revelations to the letter, and you will get true mastery, and true union, fast! Smile, breathe right, and keep your tongue up!

Tao Semko of [www.UmaaTantra.com](http://www.UmaaTantra.com)

How this exposé, and it's companion program, the Tantric Inner Circle™, will turn you into a real master... It won't. You will.

You see, anyone promising you a magic "pill" to enlightenment is just taking your money (or your freedom). For the very rare few, yoga (Samadhi) may occur spontaneously. But for most, oga can take some serious practice. The nice thing about tantric hatha, kriya, and laya yogas (the three forms most deeply explored in this manual), is that they can be a lot of fun... a great "ride" on the way to having a tranquil and all-encompassing experience of reality...

Santiago Dobles's "Secrets the Gurus will Never Show You" gives you the tools (techniques) for mastery, the principles of mastery, and the approach to mastery. You make the journey. You become the master. We just guide you along the way...

There are two kinds of yoga masters. The masters of the external, like Bikram, Iyengar and Jois, who have tremendous refinement of the external physical technique of postures and breathing, and the internal masters, like Ramakrishna, Sivananda, Yogananda, or Padmasambhva, who fully understand the attitudes and subtle concepts of enlightened living.

What makes someone a master?

- 1) Understanding that techniques are only ways of experientially realizing principles.
- 2) Having an initial mental foundation in the correct principles.
- 3) Having simple, powerful techniques as touchstones or reference points for each of those principles.
- 4) Practicing the basics (basic technique and basic principle) until they are second nature.
- 5) Combining and layering basics into more "advanced" techniques to understand bigger principles.
- 6) Once you can follow the rules to perfection (by experience, not by book learning), and understand the nuances of rules and principles, you must journey outside those rules bit by bit – experimenting wisely and breaking the rules to more fully understand them.
- 7) Next you must dissolve techniques, principles, and rules into simple, one-pointed natural awareness.
- 8) Lastly, realize through experience that all of the answers are already present within your own highest nature. Technique, principle, and rules exist only to guide you inwards.

Mastery of a system is achieved by:

- 1) Becoming familiar with the basic techniques and principles of an art or science
- 2) Practicing a particular technique a little every day until it become effortless and second nature
- 3) Gradually putting together these basic techniques to form more complete, advanced techniques and strategies. We call this "stacking" or "layering" techniques.
- 4) Practicing these "stacked" techniques until they too become effortless and second nature
- 5) Continuing this process until technique dissolves and your control of mind and body become formless and effortless.

So why aren't more people masters of yoga and qi gong?

- 1) "Gurus" have to make a living. Most do it the ancient way, which is to dole out information very slowly so that each student keeps paying the master's rent for a long time, instead of getting what they need in one to three years and leaving.
- 2) Inadequate understanding of principles, because of inadequate (watered-down) basic techniques, or inadequate practice of those techniques.
- 3) Not enough passion and enjoyment for their practice, so not enough practice. Practice is the key!
- 4) Inadequate understanding of the big picture – what are the goals of your path? What is to be practiced, learned, and understood?

So what does "Secrets the Gurus will Never Show You" give you?

- 1) An overview of the first goals toward enlightenment and self-realization, from the practical standpoint. (i.e. safe

arousal of kundalini through steadying the mind, purifying the body, creating the foundation in the body, and raising the energy.

2) An overview of principles (chakra attitudes, uses of the breath, etc..)

3) Basic, powerful techniques to really understand those principles and internalize them.

4) How to layer these basic techniques together to form advanced techniques

5) Safety precautions and guidelines for more efficient, more rewarding practice.

What does Umaa Tantra do differently?

1) We don't water down techniques

2) We show how the techniques fit together as soon as our students learn them (not 20 years later!)

3) We explain why something is done as soon as we teach it.

4) We encourage practice, not pontification. Stop talking, smile, and do the work!

For example: a lot of people doing hatha yoga argue about whether it's better to hold poses for a long time, or to flow rapidly between sequenced poses (called "vinyasa"). Different "styles" of yoga may teach one versus the other to beginners. But they don't tell their students the real reasons why they "hold" or "flow". Vinyasa actually means the order, or sequence of poses, not "flow". Vinyasa is supposed to be used:

1) to increase flexibility and dynamic strength

2) to pull subtle energy through the body's subtle channels in order to remove blockages and achieve freely moving energy.

Sequencing poses in the correct order makes sure that each channel is open before prana or chi is pumped through it by the breath and the motion of the body.

Holding static poses is used

1) to achieve a steady mind,

2) to increase static strength and endurance

3) to pull impurities out of the muscle tissue through increased capillary circulation, and

4) to achieve kundalini arousal and Samadhi.

Both approaches to postures are valid and should be integrated into a practice. If you are uncomfortable in either, your foundations are weak. We teach both short vinyasas known as suksma vayam (the 5 tibetans and charana are two examples showcased in "Guru Secrets") and we teach the prolonged holding of postures with internal emotional attitudes and movement of attention through the body.

Many yoga instructors will parrot the safety rules they have been taught, without ever having pushed those rules themselves.

Therefore, they slow the progress of students who are ready to bend certain rules and therefore progress more rapidly. Being a good teacher means knowing which students need the rules to protect themselves.

Some gurus simply do not have a real means of giving their students the answers. They are phonies. Others have real answers, but slow their students' progress to prolong their income. We and other liberal-minded teachers wish to break this trend.

Before you begin reading: read the reports of this manual in order. The directions for practicing techniques and integrating them are at the end of the binder.

I'd recommend the Tantric Inner Circle™ for continuing practice: [http://www.UmaaTantra.com/tantric\\_inner\\_circle.html](http://www.UmaaTantra.com/tantric_inner_circle.html)

Touchstones to Review Monthly

Along Your Journey to Mastery:

Do the following, in the following order:

- Master the Basics.
- Layer the Basics and learn to put them together effortlessly.
- Advanced Techniques are just the Basics put together like legos!

Real hatha yoga and qi gong is about the experience. Techniques are just tools to help you towards the experience...

Techniques are like keys. If you search for a hundred keys, but never take the time to get to know the lock and open the door, the keys are worthless clutter. You are the lock, the door, and all the secrets behind the door. So keep the keys in perspective!

Internal mastery is about understanding 1) esoteric anatomy, and the 2) the Principle of Resonance (as above, so below). The techniques become self evident once you are familiar with the secrets of your own subtle body, and can learn to make it resonate with any and all subtle aspects of the Macrocosm! That resonance what this book is about!

These are the types of building blocks you are going to play with:

- 1) Breath and its connection between the subtle and the physical
  - 2) Your Subtle Anatomy (it's already there, just use techniques and poses to activate and balance it)
  - 3) Emotional Attitude and Emotional Resonance are stronger than willpower –use them!
  - 4) Focus – focus on what you want to become, until you realize you are the same!
  - 5) Sound and Visual Resonance
  - 6) Connecting with Heaven and Earth
- Once you can use each type of building block, begin to learn how they fit together. Put together sophisticated techniques, and then dissolve them. When you can build or dissolve anything, when you understand the nature of form and formlessness, you are a true master.

1. The postures/ positions (asanas) are the seats of meditation. Each one helps you to open up a particular part of the subtle body.
2. The breath connects the subtle body to the physical one.
3. Internal muscle contractions (Bandhas), coupled with the breath, allow you to move energy within you.
4. Gestures and attitudes (Mudras) allow you to control your endocrine system and reach bliss states and emptiness faster.
5. Auditory tools (Mantra) allow you to focus your attention on a particular subtle or body resonance captured as sound.
6. Visual tools (Yantras) allow you to focus your attention on a particular subtle or body resonance captured as visual geometry.
7. Smell and taste can be used to activate endocrine glands directly through the primitive brain
8. Touch, and movement of mental attention can both be used to activate nerve pathways in the body that are latent and unused by the average person.

Master each of these eight individually, and then add them together, one by one in your practice, and you have established the mental control of the masters.

- 1) Begin at the beginning.
- 2) Picture the end before you practice.
- 3) Picture your goal.
- 4) Then construct a practice to reach that end or goal.
- 5) As you practice, focus on your awareness and attention right now – not on the future.
- 6) When you finish a session, dedicate your practice to the achievement of your goal, and dedicate your work for the benefit of all sentient beings...
- 7) Before you next practice, again recollect and why you are practicing, and briefly formulate what you will practice that day. Smile, breathe right, and keep your tongue up! Tao Semko of www.UmaaTantra.com

And now for Santiago's Keys to Yoga and Qi Gong Mastery: Secrets the Gurus Will never Show You...

#### Special Report #2:

How to get there quickly and safely Kundalini, Internal Power, and Keeping Safe. In this Chapter:

- The Ten Things You Should ALWAYS Do When Practicing Yoga (that masters usually wait years to show you...)
- 10 daily secrets of the great yoga masters: This simple daily routine will improve your practice and turn you into a real YOGI.
- Symptoms of Kundalini Syndrome and Chi Sickness
- 36 Ways to Remedy and Avoid Kundalini Syndrome and Pranvic Congestion
- What is Kundalini? The Mother of Enlightenment...

#### The Ten Things You Should Always Do When Practicing YOGA

(that masters might wait years to show you...)

- 1) Kechari Mudra/ Nabho Mudra – keep the connection!
- 2) Root Yourself – don't be a spaced-out flake!
- 3) Self-Massage – keep your energy circulating, not stagnating
- 4) Center and Integrate Yourself Spiritually – that's what makes it real
- 5) "THE GESTURE OF SHIVA" the secret to focus, intuition, and clairvoyance
- 6) CORRECT BREATHING: Without it, your just going through the motions.
- 7) Focus and Being Aware – it's not about just disconnecting!
- 8) Root and Center Yourself – yes, again!
- 9) Cultivating Energy – the easy way.
- 10) Relaxation in Corpse Pose – how to absorb it all and stay cool! (These ten are explained in full below )

1) KECHARI MUDRA/ NABHO MUDRA – keep the connection!: Always touch your tongue to the roof of your mouth. Kechari Mudra was considered by the ancient yogis as the highest mudra (gesture or seal) – The Basic Variation is Nabho Mudra: Place and

maintain the tongue touching the roof of the mouth throughout your practice. This simple gesture will give you enormous amounts of energy. This helps energy flow freely through your main meridians and assists in keep the body balanced.

Do not forget to keep this simple Mudra, otherwise the body can fry itself by over-heating when blocked energy overloads the meridians (nadis).

#### NABHO MUDRA SECRETS:

To activate Ajna, place tongue on the upper palate close to the front teeth.

To activate both the primal brain and the highest crown centers place tongue all the way back on the soft palate (pointing up and back).

- To activate Anahata place tongue behind lower front teeth on the bottom palate
- Imagine tongue being able to absorb energy.
- To activate Ida Nadi place left side of tongue on upper palate.
- To activate Pingala Nadi place right side of tongue on upper palate.

2) ROOT YOURSELF (That's "Ground Yourself" for you Australians!)- Don't Be a Spaced Out Flake!

Always remember to "root" and "ground" your energy at the beginning and at the end of each yoga session. This is how you avoid becoming a flakey new-age space cadet! Maintain your awareness of your "roots" all the time. Feel that you are always connected to Mother Earth.

A ROOTING TECHNIQUE - Breathing deeply, become aware of your root center (Muladhara Chakra, located at the tailbone) and the soles of your feet (the minor chakras). Visualize and feel that you have roots, like a tree, spreading from the soles of your feet and from your Muladhara Chakra, 15 feet deep into the Earth. Feel the roots spread both wide and deep, and spread into branches like the roots of a big tree. Feel yourself more solid physically. Feel yourself strong. Make your intent clear by saying mentally " I AM ROOTED TO MOTHER EARTH. I AM STRONG, I AM IMMOVABLE. The Tibetans actually bless the Earth; you can try this as well by saying " I bless Mother Earth with Divine Strength and with Divine Healing. I AM ROOTED TO MOTHER EARTH. I AM STRONG AND POWERFUL LIKE THE EARTH. Say this prayer and watch your roots grow into the Earth. Exhale out through your roots. Repeat the technique a few times. Attain the attitude of being rooted. Rooting is a very secret yet simple technique practiced by highly evolved martial artists and Tibetan Monks. It is very common in Tibetan practices of Yoga and in Qi Gong. You should root anytime you feel insecure, sick, dizzy light headed, flakey, weak or mentally disturbed. This technique prevents chi sickness and kundalini Syndrome. It strengthens your Muladhara Chakra and your overall physical body strength. The Chinese and the Tibetans say that if you are rooted to the Earth you are always healthy and prosperous, and are as strong as 10 men. We will talk more about rooting techniques in the Tantric Inner Circle sessions, and in our chi gung and meditation manuals.

3) SELF-MASSAGE - Keep Your Energy Circulating, Not Stagnating!

Always massage the body before and after each practice session. Start by rubbing the palms together until heat is produced. Then follow with the face, ears. Scalp, arms, upper torso, legs, feet, and end by rubbing your belly till it is nice and warm. This helps you to remove stagnant prana / chi, and will assist you in assimilating and distributing energy through out your physical body, chakras, and nadis / meridians. You will find that this simple exercise will produce a strong glow in your aura and will increase the health of your blood, lymphatic system, and the beauty of the skin.

4) CENTER and INTEGRATE YOURSELF SPIRITUALLY

Always begin your sessions with a moment of silence, and the awareness of your inner self and your higher self. This is done by focusing on your Heart Chakra (at the center of the chest) (ANAHATA) and by simultaneously focusing on your Crown Chakra (Sahasrara). Simply smile internally at your self and at your heart and crown centers. Feel yourself immersed in the pure joy of being and Bliss. Let that feeling radiate through out your entire body.

If you have difficulty in feeling this, think of the best orgasm you have ever had, and run that feeling throughout your entire being. This is similar to the Taoist practice of the "secret smile" or "inner smile". It's a simplified version. This simple technique is a big secret in the practices of RAJA and JNANA YOGA. If you are religious, this is a good moment to say a prayer or an invocation. For example "Supreme Being thank you for guiding me through my practice and thank you for your endless energy" This helps you

connect with the Macrocosm, and can develop your personal relationship with something of a higher nature. God is a personal thing, so you have the freedom to discover and practice however you choose.

The universe will always support you in your choices. Continue to smile throughout your practice and have the constant feeling of gratitude towards the energies around you. You will find that practicing these attitudes will help you in developing a pure heart and a clear mind. Always end your sessions with a moment of silence and gratitude.

**EXERCISE FOR CENTERING, AWARENESS, AND BALANCE:** Place your palms on your lower Dantien, i.e. 3 inches below the navel. Slowly perform deep breathing (Reverse or Buddhist Breath). Inhale for 7 seconds hold for 1 second exhale for 7 hold for one. Focus all your awareness and energy in your lower dantien. Feel a burning fire that is calm like a candle flame inside between your navel and your spine. Feel your energy storing itself and balancing through out your entire body. Spread the awareness from the Dantien naturally to your feet then back to the Dantien. Now take the awareness to your head and naturally direct your attention back to your Dantien. Feel everything settle in the Dantien. Feel the energy spiraling inside. Maintain calm and gentle awareness on your dantien for at least 15 minutes everyday. This restores chi levels and balances out all your energy.

5) **SHAMBHAVI MUDRA: "THE GESTURE OF SHIVA"** - the secret to focus, intuition, and clairvoyance. Maintain the eyes focused on the spot between your eyebrows. Focus on your 3rd Eye. Meditate on the nature of self. This will give you large amounts of energy and will help you to sublimate and transmute your sexual energy into your higher centers. It also gives you great mental focus and improves the eyesight. According to the Hatha Yoga Pradipika this give the yogi the internal vision, helps him develop higher clairvoyance, and eventually experience SAMADHI (PURE BLISS). Through steady practice you will acquire the ability to see auras. This technique activates AJNA Chakra. There is much more to this technique -- this is just the simplest version. The full version begins with trataka (simple yogic gazing), and culminates in liberation and advanced tantric practices... For more information, see Tao Semko's Visual Stepping Stones to the Absolute: Yoga Through the Visual Mind, available at:

[http://www.UmaaTantra.com/visual\\_yoga.html](http://www.UmaaTantra.com/visual_yoga.html)

6) **CORRECT BREATHING:** Without it, you're just going through the motions!

During yoga practice keep the breathing simple. Use simple breathing rhythms as you hold any pose. For example, a 7-1-7-1 rhythm: inhale for a 7 count, hold for 1, exhale for 7, hold for 1. As you advance, try using a 6-3-6-3 rhythm. You can also try long deep breaths, in and out, without counting. In the beginning stages of your practice, just relax the body. As you get better and are able to focus more with your breathing begin making certain contractions to assist you in moving and circulating prana through the body. Once you are comfortable in a pose, start the following exercise - As you inhale, balloon your abdomen out to the front, sides, and back, just as if you were filling a water balloon. Push gently downwards as if trying to relieve yourself (both ways). Hold gently, then exhale, and begin gently squeezing the perineum and anus upwards into the body, and gently squeezing the belly back in towards the spine. Hold gently without breath, then inhale again, ballooning the abdomen out and down. Repeat.

This is a very simple version of using Mudras and Bandhas. As you develop it will assist you in powerful breathing techniques and meditations.

**THIS IS A BIG SECRET THAT MANY MASTERS WON'T SHOW YOU UNTIL YOU HAVE SPENT MANY YEARS WITH THEM STRUGGLING TO OPEN YOUR KUNDALINI. AS YOU SUFFER IN SOME PAINFULLY CONTORTED POSE THEY SIT THERE SMILING EXPERIENCING PURE BLISS! IT'S YOUR TURN TO FEEL BLISS, LADIES AND GENTLEMEN!**

7) **FOCUS AND BEING AWARE** – Always keep your mind sharp. When holding a yoga pose focus both on the inside of your body and on the outside. Try to expand your consciousness every time you do yoga. You can do this by focusing on the specific chakra associated with the exercise you are doing (see the chapters on poses). Also, you can stay focused by moving your mind intent methodically through different parts of your body. You can stay focused externally by simple being spatially aware of the room in which you are practicing.

**Awareness Exercise:** Mentally expand your hearing and ears to fill all four corners of the room. Listen closely with your mind. Try to feel the room.

Feel the Space in the room. Be aware of all the tiny sounds, etc. If you do not stay not focused, you can get lost in this exercise. So, at first, spend most of your time focusing inwardly, and only spend a short time checking your spatial awareness. This process can be an entire meditation in itself! It will greatly develop your energy work and your psychic abilities. Another technique is to see the room exactly how it is and see yourself exactly how you, within the room, but with your eyes closed. This simple technique is a great way to develop your AJNA CHAKRA ("third eye" or brow center) and your psychic awareness. It is so effective that it is used in the US Army Special Forces, Marines, Navy SEAL, FBI and CIA training. One time we had a Metro Miami Dade Police officer visiting. After class she told us that the techniques of spatial awareness and visualization we practiced were the same ones now taught in the Police academy. You may be surprised to notice color and energy around people after practicing these techniques. The ability to sense auras will become easier for you. Also, you may notice it is easier to be aware of other, more subtle existences while in meditation. **ALL THE MYSTICAL STUFF COMES WITH HARDCORE PRACTICE! YOU ARE CAPABLE OF MASTERING IT ALL. EVERYONE IS BORN WITH THIS POTENTIAL!**

8) **ROOT AND CENTER YOURSELF.** This is so important that we will mention it again! Whenever you feel spacey or dizzy, open your eyes pick a spot to focus on and breath deeply. Also, again be aware of the soles of your feet and your roots. If you do not feel rooted, no matter how much you focus and do the technique, perform some basic bodyweight squats to loosen up the meridians and the chakras in the legs.

9) **CULTIVATING ENERGY** (the easy way!) The practice of yoga can quickly make you very powerful -- mentally, physically, energetically, and spiritually. So for your safety and for others around you -- it is necessary for you to understand that with all power comes responsibility -- always! In your quest to gain and cultivate energy you should be aware that the best way to receive is to give. This can be done through service ("karma yoga") and through creativity for the benefit of all. The more prana (chi/ qi) you give from your roots and your crown, the more it will flow back to you from the cosmic source.

What is the purpose of cultivating so much energy if you do not share it with those around you, and with the sources that provide you? What good is enlightenment if you do not share it? Never think that by giving energy to someone or something you are being depleted. You are acting exactly the way the universe acts with you. And the Universe is always abundant in energy. A way to give is to give back to the sources of energy that provide for you and sustain your every day life.

This will help you in healing yourself and in healing others. Also, it removes congested and stagnant energy in your system. Rooting is an example of this giving and exchanging of energy. Any time you feel too much energy you should definitely consider spreading some of that energy to those that need it and to the sources that provided you. Here is another simple exercise: **EXERCISE:** Lift both palms up in front of the chest with the palms forward facing away from the body. Place your tongue against the upper palate. Do some deep breathing using the rhythms in #6) above. Focus for a moment on your Heart and Crown center. Visualize the Earth in front of you. Simply state mentally " I bless Mother Earth with Divine Energy, Strength, Prosperity and Divine Healing. May all beings on Earth be blessed. Thank you to the supreme source. Feel energy coming in through your crown center and heart center, and being released by the palms towards the visualized earth. Smile as you do this, and remain grateful. Another great way is to give energy to friends or loved ones by visualizing them in front of you as you perform the same technique of sending energy to the Earth.

Feel them receiving your Divine Energy. You will find that this habit is a good way to develop a healthy Karmic Bank account! Also you will notice in yourself that the more you bless and the more you heal, the more you are healed and taken care of. The universe is very grateful and very generous. You should be too. Make it a habit to do blessings before and after your yoga session, and any time you feel congested energetically or physically. You will feel miraculously better in seconds when you practice this.

10) **RELAXATION IN SHAVASANA ("CORPSE POSE"):** How to absorb it all and stay cool!



Shavasana: Always finish your session by lying in this "corpse pose" for at least 5 minutes. Lie on your back with your legs and arms open comfortably at about 45 degrees, palms facing up. Allow your energy and your body to settle into the ground, and absorb your efforts and your newly cultivated prana and chi. RELAX. Breath deeply and progressively relax your body as follows: Start with focusing on your left foot and move the awareness all the way up the leg to the hip, relaxing all the muscles. Do the same with the right foot up the right leg, then focus on your left hand. Move the awareness up the left arm. Shift the awareness to the right hand and move the awareness up the right arm. Shift the awareness to the pelvic region and move the awareness up the pelvis. Shift the awareness to the abdomen and move the awareness up to the Chest, then the Neck, then the Head: first the facial muscles, then all the way to the top of the head. This is a basic shavasana meditation. It is very simple and very powerful. With practice you can cut down the amount of sleep you need. 5 minutes of this done correctly can equal an hour of good sleep. We will show you more relaxation techniques through this manual and you will learn YOGA NIDRA (Yogic SLEEP and ASTRAL projection) in the Tantric Inner Circle. STAY TUNED!

You will find that practicing Shavasana will give you greater body awareness. It also will distribute energy through out your body evenly, removing any congestion. The more you practice it the more your mind stays clear. Also you will notice your ability to relax will increase no matter what you are doing. Do not fall asleep when practicing: stay awake, and stay focused! SLEEP does not always give you the relaxation you need. SHAVASANA WILL! You can take a nap when you're done!

#### The 10 Daily Secrets of the Great Yoga

Masters: This simple daily routine will improve your practice and turn you into a real yogi.

- 1) Go for light walks or jogs daily: this helps you circulate energy in your body and stay rooted!
- 2) Try to receive massage therapy at least once a week.
- 3) Exercise and do physical yoga or qi gong daily.
- 4) Do not eat immediately before or after your yoga session
- 5) Get 7 to 8 hours of sleep every night.
- 6) Perform NETI KRIYA (saline rinsing of the sinuses) 2 times a day.
- 7) Shower before practice, and try to wait at least an hour after practice to shower.
- 8) Eat Healthy and clean food. Fresh; no preservatives; no pesticides; no dyes
- 9) Smile & Have fun always!
- 10) Maintain good practice habits so as to AVOID KUNDALINI SYNDROME (CHI SICKNESS)!

1. Go for light walks or jogs daily: this helps you circulate energy in your body and stay rooted!  
One or 2 miles a day of light jogging or walking will immensely help your yoga practice. Walk barefoot on clean grass in the morning for at least 10 minutes whenever possible. The dew on the grass contains a lot of healthy pranic energy and gets absorbed through your feet. Root as you walk- it will keep you grounded and less flakey. Many ascetics in India never think twice about grounding themselves. They may have great spiritual energy but can not function in material reality. They eat only what they are given in charity, and their physical bodies tend to deteriorate from lack of grounding. They usually have little physical vitality. This is not the way of the true yogi. We live in the physical world too! Yoga is about balance: as above so below! In their respective lifetimes, Sri Swami Sivananda, Parmahansa Yogananda, most Tibetan Rinpoches, and most internal martial arts masters, including the Taoist Immortal Liu Hung Chieh and Masaki Hatsumi, Living National Treasure of Japan, walk or walked several miles a day, rooting and blessing the earth!

2. Try to receive massage therapy at least once a week. This will help you distribute energy in your body and remove

blockages faster. You will notice an increase in flexibility and suppleness in your yoga practice after receiving massage therapy.

3. Do not eat immediately before or after your yoga session. Wait at least 1 hour before and after.

4. Get 7 to 8 hours of sleep every night. As you wake up, before getting out of bed, wiggle your toes, your fingers, and breathe long deep breaths, visualizing inhaling through your head and exhaling through the feet 3 times, and then inhaling from the feet and exhaling through the head 3 times.

5. Exercise daily. Exercising will help to clean your auric field and will keep your physical body strong. It strengthens your sense of being grounded and your roots. Do at least 50 dands ("hindu push-ups") and 50 beithaks ("hindu squats") every day, even if you have to break them into little sets at first. A yogi's body should be strong and alive. Work your way up to doing 200 pushups and 500 squats. This will increase your wind and will make your asanas very strong. Do simple physical yoga or qi gong practices to keep your qi flowing!

6. Perform NETI KRIYA (saline rinsing of the sinuses) 2 times a day. In our society we breathe air that is usually not so fresh - especially if we work in an office or in a congested city. To help remedy the internal pollution stuck in your nasal cavity and in your lungs, you must learn to clean your sinuses. It is important that you maintain clean sinuses for your yoga practice. You derive most of your strength and sense of well being from breathing, and clean sinuses keep your brain more oxygenated.

Technique: Fill your neti pot (a small teapot that holds 6 to 8 ounces) with warm water mixed with 1/4 teaspoon of Sea Salt. Adjust the salinity so it tastes the same as contact lens saline solution. Insert the spout into your left nostril, and open your mouth. Tilt your head to the right, and gently snort the water into your left nostril and watch it come out the right. Breathe through the mouth. Run an entire 8 ounces of saline through. Repeat on the other side. Do this at least once a day, if not twice. You will breathe better, and feel better.

7. Shower before practice, and try to wait at least an hour after practice to shower. Subtle pranic energy takes a while to be absorbed by the physical body and by your electrical channels ("meridians" or "nadis"). If you shower immediately after a practice session, you could be washing away beneficial chi that you just cultivated. Water acts as a magnet around the human aura. This is not to say you should stay funky.

By all means shower, just wait a little while after doing any kind of yoga or meditation. Also bathing in hot salt baths can help you maintain a healthy auric field and is very helpful in removing sick and negative energy from your entire system. Try to take a long salt bath or swim in the ocean at least once a week. It helps with arthritis too! Be mindful while bathing in salt and intend that the salt water absorbs and processes all your negative energies, stresses, and sick chi.

8. Eat Healthy and clean food.

Lots of green vegetables, organic dairy, eggs, cheese, clean and fresh fish. Go easy on the red meat and fowl. But, if your body needs the heavier nourishment provided by these meats, do not deprive your body, especially if you live in a colder environment. Avoid packaged foods, (cans, wrappers, boxes), preservatives, vegetables covered in pesticides, and artificial food dyes. Eat fresh food. It tastes better and it doesn't take long if you steam or sautee...

9. Smile & Have fun always!

Treat your practice like a chance to get to know yourself better, a chance to empower yourself. Laugh a little. Or a lot!

10. Maintain good practice habits so as to AVOID KUNDALINI SYNDROME (CHI SICKNESS)! - When the electrical system of the body goes out of balance, or cannot yet hold a new amount of current, Chi Sickness, or Kundalini Syndrome results. Kundalini Syndrome symptoms are easy to detect, and usually several will manifest if you are not being smart about safety in your practice. Following is a partial list of symptoms:

Symptoms of Kundalini Syndrome/Qi Sickness

- o Intense negative attitude
- o Insomnia
- o Skin disorders
- o Depression
- o Hypertension
- o Fevers
- o Cold sweats
- o Chronic fatigue
- o Head aches, extreme migraines.
- o Nausea
- o Fainting, Lightheadedness, Dizzy Spells

- o Back Pain similar to pinched nerves and burning sensations. Usually at the base of the neck, lower back and kidney / adrenal areas.
- o Kidney failure
- o Uncontrollable trembling.
- o Previously non-existent facial ticks.
- o Hydrocoele (Congested testicles, "Blue Balls")
- o Tachycardia, especially if you smoke.
- o High Blood Pressure
- o Paranoia
- o Tinnitus
- o Auto erotic fixation
- o Muscle cramping
- o Loss of consciousness o Anger and Irritability o Hot flashes
- o Megalomania

In the past, a few students who refused to listen to our advice about rooting and eating grounding foods after intense practice found themselves with many of these symptoms. If you do not pay attention to your body, you may end up passing out during or after meditation. If you have no base, no strength - physically and mentally - you will not be able to handle the prana. You can become very scattered, and both physically and psychologically unstable - resembling someone high on drugs like LSD or DMT. But if you stay rooted, you can enjoy the natural "High" feeling of the Absolute, while you are also able to function in the day-to-day world. By rooting, you can be simultaneously aware of your inner and outer reality. There is balance. You can still remember where you parked your car. You still have the ability to go to work, talk to people, and cultivate a healthy life and relationships.

People think that to be a yogi you must be really skinny and give up eating meat, forsake your job or family, or do ridiculous, extreme practices like burying yourself up to your neck in dirt or fasting for weeks on a grain of rice a day, etc. No. Be Practical! Eat clean food. Look for a healthy balance of fresh vegetables and proteins. If you need to ground yourself more, eat some nuts, eggs, or fresh fish. If you really have a problem with rooting and have access to healthy and clean meat, eat cow! If your body occasionally needs the strength and the proteins of meat, by all means eat it! Tantrics realize that everything they do, inside and out, is an offering to the Divine. Be mindful of your food as you eat it. Even if you eat other beings, be they plant or animal, you will give karmically in other ways. Remember you must cherish your body and take care of it properly. It is your vehicle for mundane life, and for spirituality!

#### STAY HEALTHY!

Most Tibetan monks and Taoist masters who have enlightenment and have real internal power eat whatever they want, including meat! H.H. the Dalai Lama eats meat! Pork even! Get over it! It is not healthy nor truly spiritual to deprive yourself of things you may truly need. If you are healthy as a vegetarian, eat vegetables. If your body needs meat, eat it! Ironically, prepared vegetarian and "healthy" foods are frequently less valuable to your body than fresh meat.

Whatever your dietary preferences, eat fresh foods that you prepare yourself whenever possible, and eat a well-rounded, varied diet of foods traditionally eaten in season. Sometimes the ascetic, arbitrary diet rules of cultic yoga systems, combined with their imbalanced techniques, actually create Kundalini syndrome in followers. Kundalini Syndrome is an imbalance. People with chi sickness and weak physical bodies tend to have very poor ability to root their energy, and tend to act completely ungrounded. When around people who really have Kundalini open (or have lots of Prana / Chi), unrooted people feel dizzy, light headed, and they easily fall into trances. Throughout history, many so-called masters have abused this to keep a large group of followers "High" off of the prana, addicted to "the juice." These ignoble gurus never teach their students the necessary safety measures to ground themselves and integrate their cosmic experiences with their daily life. So the students stay in an ashram in India, completely closed off and isolated from the outside world, growing green sprouts in a cave, and forking over all their hard earned cash to someone else to guide their spiritual experience. This is not the way! You have the power to discover the truth about your energy and your personal relationship with the Macrocosm!

Kundalini Syndrome can be easily prevented and remedied by following the proper steps in this manual. But just in case you don't follow instructions very well, there are 36 countermeasures at the end of this chapter.

That said, Follow Instructions!

#### What is Kundalini?

Kundalini is the name of the most fundamental energy-force in the human being. The awakening of this fundamental energy, Kundalini is experienced by a large number of yogis and "ordinary" people all over the world. This "force", although poorly known in the Western sciences, is the main vehicle of men towards the revelation of the Supreme Self and the attainment of ultimate spiritual freedom. In most "ordinary" people the fundamental energy Kundalini is dormant. Its location (in the dormant state) is the sacral plexus (MULADHARA CHAKRA/ tailbone), but when it is awakened, it rises from center to center, up the spinal chord (SUSUMNA NADI/ central channel) until it reaches the crown center (SAHASRARA), accompanied by extraordinary emotions and states of consciousness. Kundalini pierces the seven force centers (CHAKRAS) and generates the state of spiritual illumination... but the experience of Kundalini is not without perils. The spontaneous or accidental awakening of Kundalini can cause a great deal of pain and even psychic problems. These sufferings are caused by the energy overcharges in the subtle body. The "impurities" of the subtle body are "burned" by Kundalini and this often is a painful process. Of course, if the awakening of Kundalini comes after attaining a solid training in Hatha Yoga, if the chakras and nadis have been purified with asanas and pranayama (breath control exercises) then Kundalini is no longer a cause for painful experiences - but a source of extraordinary bliss and sublime feelings. Kundalini is the fastest path towards ultimate spiritual freedom and Hatha Yoga is the best way to prepare for its awakening, because both asanas and Kundalini work on the same subtle force centers (chakras) and subtle channels (nadis).

Words on Kundalini by my Qi Gong Master, Dr. Glenn Morris, Grandmaster, HoshinTao Qi Gong System:

Due to the nature of HoshinTao Qi Gong practice, it becomes important to give special attention to the subject of the kundalini and its probable activation and possible rising because of such practice. There is much to say, and since it is such a large and important subject, it cannot be fully detailed here. For more information concerning the Kundalini, please refer to Path Notes of an American Ninja Master, Shadow Strategies of an American Ninja Master, by Dr. Glenn J. Morris, (these books are all available at [http://www.umaatantra.com/yoga\\_tantra\\_books.html](http://www.umaatantra.com/yoga_tantra_books.html) ... A Layman's Introduction to the KUNDALINI Process (condensed version) By Wayne R. Oliver in the Original Hoshin Qi Gong Manual, by Dr. Glenn Morris

Foremost I must state that the Kundalini is not a game. I approached it with this "game" attitude and I would not suggest that anyone follow in my footsteps. I did not heed the safety precautions and warnings (which will be detailed herein), thinking that I knew better than the voice of experience. In doing so I denied myself what could have been a very blissful experience, and I risked permanent damage to myself. The Kundalini can be fun, but it must be taken seriously, for the perils in reaching the rewards are great.

The method which "we" use is loosely termed "HoshinTao Chi Kung", and is a series of meditations developed to build, move, and direct the body's natural energy and ultimately achieve (if desired) the Kundalini. This method was developed by my personal teacher, Dr. Glenn J. Morris. Dr. Morris has pioneered modern methods of safely achieving Kundalini arousal, in the aftermath of his own traumatic experiences. The good doctor, unfortunately, stumbled headlong into a very powerful and very uncontrolled Kundalini, the likes of which nearly crippled him.

When Dr. Morris was finally able to repair the damage to his body and mind (among other things) and safely complete the process, he proceeded to develop the HoshinTao method to keep people from (as he puts it) "screwing up" the way that he did, and as well as providing a means of controlling and healing spontaneous Kundalini rising in unknowing "victims." Since his rising, The Doc has successfully helped over forty people achieve safe Kundalini rising. Doc had no idea what he was tapping into or how to control it, and he had to survive it all on his own, having nothing as a reference point to use to keep his sanity. Fortunately, we have his knowledge, experience, and example from which to draw.

#### WHAT IS THE KUNDALINI?

Let's back up and get an idea of what energy is all about. As living creatures, our body is continuously surrounded by an electrical field, which allows us to function normally. This electricity runs through your nervous system and is what allows your brain to give commands to your body. For the sake of simplicity, I will refer to this energy using the Chinese term "chi", meaning air, vital energy, life force, etc. In other cultures or disciplines it is referred

to as "ki" (Japanese/Zen), "prana" (Hindu/Yoga), "mana" (Native American), etc.

The kundalini is, as I understand it, the process of taking your body's natural energy, amplifying it, and unleashing it from the genitals and having it flow up the spine and into the brain, where it can lead to what is referred to as Enlightenment or Self actualization. When the energy reaches the brain, all sorts of wonderful fun stuff begins to happen. Since this is a biological process, not a mental one, the changes are physical; these physical changes lead to the mental characteristics which are usually associated with Enlightenment (not vice versa). So.... when this energy reaches the brain, certain dormant parts of the brain are re-awakened (These are my theories).

These are parts of the brain which have shut down since we, as a race, became "civilized", no longer having to depend upon these brain functions for survival. Among these are the "Reptile Brain", the hypothalamus, and the corpus collosum.

When these parts of the brain come to life, they command certain glands in our body to begin secreting certain hormones which our bodies do not normally produce after puberty. The release of these energies stimulates the pituitary and pineal glands. (The stimulation of the pineal is believed to prevent the production of the aging hormone that ultimately leads to death. As a result, the effects of aging are greatly reduced. People in their eighties or nineties appear to be two or three decades younger. People in their sixties appear in their mid-forties.)

Therefore, the effects are like introducing a drug into your body for which you have no tolerance. (Example: your adrenals work in a constant flow, rather than in spurts stimulated by emotional conditions.)

Your body now begins to act differently and is governed by a whole new set of rules. You develop all kinds of interesting (both pleasant and not, depending on how one handles it) side effects. In fact, you can say that the Enlightenment is actually a by-product of the Kundalini.

Your long-dead instincts come back to life (Haragei.).

Simultaneously, you become more primitive while evolving forward with increased mental abilities. Morris claims that one's IQ jumps up about twenty points once you undergo the Kundalini. You are more in touch with your body and what is going on in and around it. Your senses become more acute. Your mind works faster and more clearly. You can sense things which surround you. You heal faster and you do not get sick as often. Your endocrine system is rejuvenated. Your reflexes grow faster. (All these, provided you don't "screw up".)

The chi kung method involves controlling this energy through the breath (as well as the more advanced techniques of Nei Kung, which do not involve the breath) and controlling it safely. By using the chi kung to increase the chi in the body, the internal organs are strengthened, self-healing is promoted, the circulatory, lymphatic, and nervous systems with the endocrine glands are activated. Because of this, the blood, spinal fluid, and hormones will flow more easily and the heart will not have to work so hard. After all, the heart is a muscle which never rests, from the moment it starts to beat until the time you die. Therefore, the less stress you place upon it, the healthier you will be. The healthier you are, the gentler your kundalini arousal. The worse shape you are in mentally or physically the rougher the ride when the great snake appears coming up your spine.

Of course, some of these results may be a product of the martial base from which HoshinTao's training comes. We place a great deal of emphasis of feeling the "harming" intent of an opponent. In other words, you feel the danger before it happens. We do not train to read minds, we train to feel emotion and danger. We train to be able to identify a person's character or intent in their aura, or trust the feelings we feel in our gut. Empathy is one result.

Even if you do not want to achieve the kundalini, here are a few thoughts as to why you might want to pursue meditation as a pastime. Research has shown that people who practice relaxation and meditation have the following characteristics: they have faster reaction time; their parasympathetic nervous and immune systems are enhanced by reducing the fight/flight syndrome; they have lower stress levels and fewer stress-related medical symptoms; they score higher on creativity tests as opposed to people who do not practice meditation (in general); they have better motor functions, better memory, and lower blood pressure; and on the average, medical tests show that they are an average of ten years younger biologically than their chronological age.

People who practice the techniques of what is called The Relaxation Response show these characteristics, as opposed to Type A people. They are more calm; they have better muscle tone; their heart rate

is lower; they sleep better; their speech skills are more fluent; they show little or no arthritis and muscle pain; they live a longer and more active life; and finally, their intelligence increases with age. Whereas a Type A person usually dies shortly after retirement, due to their egos and self-respect being linked to their work.

There are many types of Kundalini rising, of which the two most common are the involuntary/spontaneous rising and the controlled/directed/induced rising.

The involuntary rising usually occurs when the person has unintentionally triggered the release of their Kundalini. This can occur in several ways. Uncontrolled/unfocused/unsafe meditations, yoga practice, drug use/abuse, injuries to the spine or tailbone, emotional turmoil, puberty, menopause, or any number of things can trigger a premature or uncontrolled rising. Drug use/abuse is especially dangerous. It is in spontaneous rising where one can get into a lot of trouble. The victims usually end up with a number of physical and/or psychological problems, which are more often than not are misdiagnosed as schizophrenia by physicians. There are several support groups made up of these kundalini "survivors."

The controlled/induced rising are usually much more safe and pleasant, provided that the person is taking care in his/her pursuit of "Enlightenment". Unsafe practices can result in many of the same problems that manifest from a spontaneous rising.

A controlled rising usually deals with becoming much more in tune with your mind and body. This can include, but is by no means required in order to achieve the kundalini, a change in: diet, living conditions, attitude, and education. More often than not, these changes are a natural step which the Tatsujin (Kundalini survivor) chooses to make after s/he has undergone a complete rising and s/he has adjusted to the changes in the body, mind, and environment.

Methods of inducing rising involve practice in gaining voluntary control of your body's natural energy forms (bio-electrical/sexual), and learning to direct them in specific manners (both through physical exercises and meditations) to begin in setting the Kundalini process in motion.

IT IS REAL. IT IS EXPERIENTIAL. IT IS REPRODUCIBLE. ANYONE CAN DO IT (provided they have gone through puberty). Physical changes can be felt, even if the person has not undergone a rising. The chi kung exercises themselves will begin to flow the chi throughout the body quite forcefully.

A directed Kundalini rising is much more safe because it is a much more gentle process than a spontaneous rising. You are preparing the body for the onslaught of these powerful forces, giving it time to adjust, while you slowly "build up the charge". While the voltage in your body increases, you are placing the insulation to keep the wiring safe.

A spontaneous Kundalini rising is like forcing 360 volts of electricity through a socket designed to handle 120v. You end up with melt-down. In a controlled rising, the kundalini comes through when your body is prepared to handle the force; no fry, only ecstasy as the energy enters the brain.

HOW LONG DOES IT TAKE TO ACHIEVE A CONTROLLED RISING?

In yoga practices, there is no telling how long. Many different factors in yoga practice can lead to the kundalini; the body's shock to the asanas (postures and exercises), physical preparedness of the person, the mental level and level of self-actualization which the person has already achieved, the undirected or incorrect use of breathing techniques, etc. can all lead to spontaneous rising. As far as I know, most forms of yoga have no safeties placed in their practices (or at least none that they show in commercial YMCA classes) to control the flow of these energies when they commence. And when they do commence, the instructor usually has no idea what is going on or what to do about them. Thus, the student is left alone and scared, with only a snake of fire dancing in his/her back for company.

The Zen method is a very viable and safe way of achieving Enlightenment.

The drawback (at least for our American fast-food point of view) is that it can take anywhere from eight to twenty or more years. The Zen method is very peaceful, quiet, and gentle. I would recommend this method to those who just want clarity of mind while contemplating their navel. It is good to combine this type of meditation with other forms of kundalini meditations to keep things nice and clean.

The chi kung method is that which Dr. Morris began using. This is probably the safest method there is. (Most chi kung instructors never get beyond what is called "the lesser kan and li", or mini-kundalini. It is as if you were to compare a candle to the sun. In controlled rising you achieve the lesser kan and li before the kundalini, and you can use it as a guide to check your progress. Things really get fun after the lesser kan and li.)



Chi kung places an incredible amount of "safeties" in its energy practices to prevent or alleviate the darker aspects of chi production or kundalini rising (the actual kundalini rising is referred to as "the greater Kan and Li"). I would suggest that anyone who has had an uncontrolled rising seek the help of a very knowledgeable and honest chi kung adept to help them get everything balanced.

The higher levels of Chi kung, such as the Iron Shirt training and the Bone Marrow Washing Nei Kung are disciplines which bring the body and its energy into health and alignment. The Iron Shirt concentrates air into the connective tissues surrounding the vital organs, strengthening them and laying the ground for higher spiritual practices. The Nei Kung cultivates the chi and absorbs it into the bones, to revitalize the bone marrow to replenish the blood and remove excess fat from the body and blood. These rejuvenate the mind as they rejuvenate the body.

Using safer techniques taken from chi kung, his own experiences, his training in ninjutsu and other martial arts, and his education as a psychologist, Dr. Morris developed his Hoshin method. This form of chi kung can usually induce a complete and safe Kundalini within 30-90 days, depending on "how together you've got your shit." It also depends upon whether or not you are a complete blockhead, like I was/am.

THESE ARE A FEW THINGS THAT HAPPEN WHILE YOU ARE TRYING TO GET YOUR KUNDALINI TO RISE.

You might get a channeled "deity" during a vision. We all seem to go through a patterned sequence of visions, using this Hoshin method, which are almost identical and occur at nearly parallel points in our individual progressions. I am keeping a record of every person who has these same visions. We don't tell them, yet they still have them!

(My theory.) When the energy hits the brain and reawakens these sleeping areas, it triggers certain genetic memories which are imbedded within our DNA. As a race, all humans have these "movies" imbedded in our very atoms. (It would explain why all cultures have some sort of religion and most religions has some sort of parallel concepts and/or messiahs. Think on this.) One explanation for these visions is that when the pineal gland (located approximately where you would find your "third eye") is reactivated, it begins to secrete a substance called melatonin into the bloodstream and into the brain. It is said that melatonin can have psychotropic or hallucinogenic effects under certain conditions. Also, once your energy really starts to flow (usually after achieving the lesser kan and li), sometimes you will have a hard time falling asleep at night, due to the explosion of lights which will begin to flash, glow, or pulse behind your eyelids. These lights will come and go, grow and diminish, and sometimes seem to burn into your retinas. This is a good sign. Just learn to relax into it. Watch the lights. You may get interesting things. Let these lights hypnotize you and you may find very interesting things happen, maybe even a rising. These lights will burn brighter while you meditate. Run the Microcosmic Orbit and see what happens.

There are two types of energy that begin to flow when you begin this type of practice. Cold energy and hot energy. Hot energy is the first type that will begin to flow. Your body will get warm during meditations, you will sweat, shake, have muscle spasms, and a variety of other fun things. For safety's sake, as soon as you can manage to do so, learn to transform the energy from hot to cold. The hot energy comes from your lower chakras, and it deals with violent emotions. Not to mention the fact that hot energy burns. Dr. Morris' energy was hot when he went through his Kundalini; that is why he "fried".

Cold energy is full of compassion. The cold energy is soothing and gentle. It makes the transition into the kundalini much more pleasant. The cold energy is associated with the upper chakras. The following is a brief description of what happens when you undergo a kundalini rising, using my own experiences as a guide. The reason that I do this is so that if and when someone reading this has their rising, they will be able to identify it as such. (When it happens, there is no mistaking it.)

The energy will literally be felt more strongly than ever before. It will be an actual solid feeling, like a rod, a stone, a serpent, etc. moving up at great speed within your spine. You may experience a time shift/distortion, as if a minute is a day, or three hours passed in a second. You will see the light grow behind your eyes. You may even see a visual representation of the kundalini as it rises, as I did. It is a very odd experience, looking down inside yourself, like double vision.

You may be paralyzed as this happens. You may hear a voice inside your head as it happens. I heard a roaring noise. Your conscious and your sub-conscious minds may meld together into one, as they did with Morris. Remember, this energy is most

closely associated with a female snake dancing its way up. Also, as the energy rises, it may throw you around violently, as it corrects any problems in your spine. Do not fear; enjoy it.

OK. Now my warnings. These are things, which in my opinion, are the most important things to do when following this path.

1. Keep your spine and neck very healthy and flexible. If the energy hits a blockage in the spine, it burns. It hurts. Energy passes through the path of least resistance. The smoother the ride, the better the kundalini. Keep the pipe clean so that the flow is unimpaired.

2. Keep your tongue on the roof of your mouth. At least while you meditate. But try to make this a permanent habit throughout your day. Just trust me on this. If you don't, you'll be very sorry. This is probably the most important rule. Keep the tongue up!

3. Don't try to do too much too soon. That's where I "screwed up". And if you learn to absorb energy from other people, for God's sake, don't take it from someone who is better at using energy (stronger) than you are (at least not without their permission). Some vampires will punish you for being presumptuous and greedy.

4. Do not let fear creep into your meditations, visions, or experiences at all. Fear will hold you back and hurt you. Take it all in stride. If you see something that scares the living hell out of you, either ignore it until it goes away or take its energy and make a meal out of it, recycling the energy. Fear, after love, is the most powerful of emotions. Fear is the worst thing that can hurt you in this process, second only to ignorance.

A couple of other things:

Stay healthy. Exercise and stretch regularly.

Make deeeeeeeep diaphragmatic breathing your everyday breathing.

Stay happy and keep a good attitude. Have a sense of humor about the whole thing. Don't expect anything.

Don't force anything; let it happen naturally. Don't try too hard.

Remember, that for some people who experience a successful kundalini rising, profound realizations do not occur until months or years after the signs and symptoms begin, or their actual rising took place. Practices in Zen or Taoism can push the mind in that direction and speed up the Enlightenment.

To some, their experience may seem to be some sort of mental and/or physical disorder. As long as these people realize that they are not sick or crazy; everything will be fine. This is very beautiful, even though it can be very scary in the beginning.

"Ride the snake." Just enjoy the physical side and work on your wonderful new personality. It's great fun to touch someone from across the room, or to heal. (So I've heard.)

When your life starts getting weird, step back and realize that it is a result of things changing around and within you. And back off when your temper starts to flare. Eat yogurt and rice when your stomach gets upset.

Drink plenty of water and juices. Avoid alcohol during the process.

After it's over your vices may amuse you. So take care. I hope that this was informative and not more confusing. KEEP THE HUMOR!! Be happy. Happy training, and PLEASE, for the love of God, keep your tongue up!!!!

<End Wayne Oliver excerpt!>

### 36 Ways to Remedy and Avoid Kundalini Syndrome and Congestion of Prana

1 ROOT. Be mindful of rooting all the time. You will find yourself with more security and more self-control.

2 HYDRATE. DRINK LOTS OF WATER.

3 Rub your belly till warm. This distributes your prana and allows the body to store energy in your Dan Tien, "HARA"

4 Do Asanas that distribute the energy (Shavasana, Talasana, JivaBalasana, Dand & Beithak)

5 Exercise regularly

6 Jogging or long walks, while being aware of your roots.

7 Take Salt Baths with 20 drops of Lavender essential oil

8 Eat Grounding foods

9 Chill out for a bit on your practice. Sometimes taking a break is part of the PATH.

10 Long, relaxed Ocean Swims. If you do not live close to the sea, long swims in any water.

11 Relax with a cloth-wrapped ice pack on your head, or on your genital area. Or both!

12 Freezing cold ice water buckets dumped over the head, twice a day. This will give you immense amounts of energy but will also ground you. It is a technique done by military specialists.

13 Eat Blue Berries, Celery, Parsley, Water Cress, Fresh basil, Peppermint

- 14 Smell Coffee Grounds. The pungent earthiness will help ground you.
- 15 Regular bathing in the red rays of the rising and setting sun (sun bathe at dawn and dusk hours only, not at noon) and Moon bathing in the late hours of the night.
- 16 Alternate Nostril breathing ("Nadi Shodana")
- 17 Mud baths
- 18 Sip Green tea
- 19 Listen to Bob Marley, Classical music – anything mellow with melody. You might want to ease up on the 'Thugs, gangster rap, or Death Metal for a while. Once you are balanced and able to handle the energy like a GOD, a little hard rock and hip-hop won't hurt anybody.
- 20 Be like Water
- 21 Lay off the coffee. Inhale the smell (very grounding) but don't drink it. Acup every once in a while is ok...
- 22 Do not smoke, or drink alcohol excessively.
- 23 Hang from gravity boots while performing slow, deep breathing.
- 24 Wear loose-fitting clothing that breathes.
- 25 Put on some sandals and breathe with your toes.
- 26 Walk on grass barefoot
- 27 Massage yourself frequently and get massage therapy from a real therapist.
- 28 "Brush out" your Major Chakras, Nadis and Meridians
- 29 Share energy by blessing objects, people, the Earth, The Universe, Your personal take on GOD.
- 30 Learn Martial Arts from emotionally mature individuals. Consider hitting things and people to de-stress while in a healthy environment.
- 31 Learn to Dance
- 32 Hug a tree
- 33 Practice the inner smile
- 34 Learn to Laugh. Watch funny movies
- 35 Support your local Lamas and Tibetan monks
- 36 Spend time with your family and loved ones
- \* Relax and buy more of our manuals!

WARNING: SOME OF THE EXERCISES IN THIS MANUAL WILL OPEN YOUR KUNDALINI WHEN PRACTICED REGULARLY. FOLLOW OUR STEPS CAREFULLY AND USE COMMON SENSE. IF YOU DON'T, YOU WILL "LOSE IT." IF YOU DON'T, YOU WILL FIND YOURSELF CHECKED OUT OF THIS REALITY -- AND NOT IN A GOOD WAY. FOLLOW INSTRUCTIONS AND PRACTICE CORRECTLY!

Special Report #3:

#### UNDERSTANDING YOUR SUBTLE BODY Nadis and Chakras – Keys to Internal Power

"The Subtle Body connects this universe to the subtle ones. No object or doctrine equals in importance the teaching of the Subtle Body - a door opened towards Ultimate Freedom."  
Kaula Tantra

The subtle Body connects people to cosmic elements, a bridge between this world and the one beyond. This diagram below shows the 7 major chakras, Ida nadi (your left, lunar channel), Pingala nadi (your right, solar Channel), and Sushumna nadi – The (center Channel together with the chakras, the nadis - variously translated as "conduits", "nerves", "veins", "vessels," "channels," or "arteries" – make up the structure of the subtle or yogic body in Tantra. Like the Chinese meridians, the nadis are the channels of flow of subtle vital force (prana, chi, or qi). They are not physical structures. But electrical current (an EEG machine, for instance) moves more smoothly (lower resistance) along their subtle lines. Sushumna Nadi (the "central" channel, or thrusting vessel in Chinese terminology) starts from the Kanda-mula, lying just below the Muladhara chakra, and goes upward centrally within the vertebral column and through the crown of the head. All of the major Chakras are pierced by Sushumna. Ida Nadi (the "left" channel) starts from the left testicle or ovary, and ends at the left nostril. Pingala Nadi (the "right" channel) starts at the right testicle or ovary, and ends at the right nostril

Tibetan Model of Subtle Structure  
As in most aspects of the Tibetan teachings there are three bodies related to each individual:

- The Dharmakaya is the fundamental formless energy of the individual, the Body of Truth, or of Reality as it is.
- The Sambhogakaya is the Body of Wealth, the myriad non-material forms apparent to the visionary mind, at the level of the essence of the elements (light). A realized being can manifest this level of body, but it is not active as is a being in a body of Light (although they are both made up of elemental essences).
- The Nirmankaya is the Manifestation Body of apparently substantial material forms. The manifested individual, separated by the illusion of duality and shaped by the individual's samskaras, is considered in three aspects.
  - The Body. The material dimension of the five elements. Physical manifestation.
  - The Voice or Speech. The vital energy (lung), which is like prana or chi. All levels of speech, from mental (thought) to spoken and written are included, Thought manifestation.
  - The Mind. The fundamental, primordial nature of the mind, which is beyond the intellect. Inside the physical body there is a subtle body called the Vajra body, also referred to as the Inner Mandala. This is comprised of the subtle energy of the body, lung (prana), the currents of prana (i.e. the nadis), and the essence of this energy, Tigel, or (Kundalini).

#### THE SUBTLE BODY

The correct practice of Hatha Yoga produces a safe and gradual awakening of the seven chakras. Activation of the first center (muladhara, at the tailbone), gives the yogi strength, vitality, confidence, security and stability. With the activation of swadhistana chakra (at the pelvis), the yogi is able to achieve harmonious social interactions and a healthy sexual life. By activating manipura chakra (just below the navel, lower lumbar region), we amplify our will power and drive.

By opening anahata chakra (the heart chakra, at the center of the chest), the yogi gains the capacity to love infinitely - a divine state of pure love, without object. The yogi develops true empathy and compassion. Vishuddha chakra (the throat and inner ears) induces a state of great purity and deep spiritual intuition.

Ajna chakra (the brow center or third eye) gives the yogi perfect control over the subtle body and offers clairvoyance. Sahasrara is responsible for the state of union of the human being with the Absolute or the higher self. This produces the most elevated states of consciousness. Hatha Yoga, properly practiced, produces an incredible transformation of our inner being. Our consciousness is expanded to the infinite the heart is filled with bliss.

#### SEVEN MAJOR CHAKRAS

<b>MULADHARA</b>	
Color	RED
Mantra	LAM
Petals	4
Element	Earth
Location	Base of the Spine

Functions, Corresponding organs and attributes – Bones, Muscles, Blood, Vitality, Body Heat, Overall vitality of body, Adrenals and sex organs, Physical power and energy, Skeletal Structure, Spinal cord, Muscles and tendon Strength, Security, Grounding, Rooted, Stability both physically and mentally, the Base which supports all your chakras and your physical existence. It is the center of survival and self preservation, "No Fear", Strength and raw power. "I am strong" "Earth supports me, always"

#### SWADISTHANA

Color	Orange
Mantra	VAM
Petals	6
Element	Water
Location	Behind the pubic bone

Functions, Corresponding organs and attributes – All fluids in the physical body, Sexual Organs, Bladder, Legs, Sexual energy and vitality, creativity, Charm and beauty, Strong and healthy sex drive, Intuitive knowledge, strong feminine sensitivity, Control over the Astral plane, reactivity, flow, lower emotions, ability to change

## MANIPURA

Color	Yellow
Mantra	RAM
Petals	10
Element	Fire
Location	Navel

Functions, Corresponding organs and attributes – Small Intestines, Large Intestines, Liver, Stomach, Appendix, Vitality well being, Knowledge and the instinct of knowing “Gut Feelings”, This area is connected to “HARA” or Dantien. Driving power. Martial Power, Self-Control. Liking what you do – the “spark” of enjoyment, or spirituality...

## ANAHATA

Color	Green
Mantra	YAM
Petals	12
Element	AIR
Location	Between the nipples in the center of the chest

Functions, Corresponding organs and attributes – Control over the heart, Thymus gland, Circulatory system, Lungs, Immune system, Center of higher emotions, Compassion, Empathy, Expansion of consciousness, When open the Yogi may experience the feeling of movement, Flying in the air in dream and in meditations, an overall sense of balanced compassion and Love towards all. Emotional Maturity.

## VISHUDDHA

Color	Blue
Mantra	HAM
Petals	16
Element	Ether
Location	Center of throat

Functions, Corresponding organs and attributes – Throat, vocal chords, Trachea, Thyroid gland, Parathyroid gland, Lymphatic System, Body odor, Mental creativity, Intellect, Clairaudience, Knowledge of past /present / future. Concrete mind, communication, Ability to Plan and Set Goals, Overall creativity. Clairaudience, “channeling” and vocal “possession”

## AJNA

Color	Indigo
Mantra	OM
Petals	96
Element	Cosmic consciousness
Location	Center between the eyebrows, forehead.

Functions, Corresponding organs and attributes –Pituitary gland, Mental vitality, Clairvoyance, Nervous system, Controls all chakras and endocrine glands, Medulla Oblongata, Cerebral spinal system, Sixth sense, “mind’s eye,” intuition, clairvoyance

## SAHASHRARA

Color	White, Gold, Dark Purple
Mantra	AUM
Petals	972
Element	DIVINE CONSCIOUSNESS
Location	Top of the head.

Functions, Corresponding organs and attributes – Energizes the brain, Pineal gland, It is the chief of all centers. The entry point for Divine cosmic energy. Knowledge, Perception, Full access to Divine energy, When open and when the kundalini energy has reached this point, the Yogi will experience Samadhi “Pure Bliss”.

Note: the 7 major chakras control the functions of the 12 minor chakras.

CHAKRAS - (meaning “wheels” in Sanskrit) act as regulators and coordinators of the different subtle energies, both inside and outside the human system. They are antennas for the energy

exchange between man and the Universe, between people, or between people and other living things.

1. MULADHARA, at the lowest tip of the spine, and in the area of the perineum; connected with the lowest, and most dense (or “heavy”, gross, slow-vibrating) forms of energy, symbolically called the Earth-energy. Related with the vitality of the being, the energy-battery. Here is where the KUNDALINI Shakti energy is stored. Muladhara or Root Chakra

This chakra is located at the base of the spine or the coccyx area. Muladhara chakra controls, energizes and strengthens the whole visible physical body. It controls and energizes the muscular and skeletal systems, the spine, the production and the quality of the blood produced, the adrenal glands, the tissues of the body and of the internal organs. It also affects and energizes the sexual organs.

Muladhara chakra affects the body heat, the general vitality, and the growth of infants and children. Malfunctioning of this chakra manifests as arthritis, spinal ailments, blood ailments, cancer, bone cancer, leukemia, allergy, growth problem, low vitality, and slow healing of wounds and broken bones. Persons with highly activated basic chakra tend to be robust and healthy, while persons with less active basic chakra tend to be fragile and weak. Old people usually have depleted or very depleted Muladhara chakra. This is why their body is weak and becomes smaller, their spine tends to curve, and they tend to develop arthritis.

Muladhara chakra is like the root of a tree. If the root is weak, the tree is weak. If this chakra is weak, the body is also weak.

2. SVADHISHTHANA, Pubic bone above the root of the penis for men, and clitoris for women; connected with the Water and Moon energies. This chakra is located on the pubic area. It controls and energizes the sexual organs and the bladder. Malfunctioning of this chakra manifests as sex-related problems.

3. MANIPURA, at the level of the navel, connected with the Fire, and solar energies, and dynamism, ambition, ego, expansion, will. This chakra is located on the navel. It controls and energizes the small intestine, large intestine, and appendix. It affects the general vitality of a person. Malfunctioning of the navel chakra manifests as constipation, appendicitis, difficulty in giving birth, low vitality and other diseases related to the intestines.

4. ANAHATA, in the middle of the chest between the nipples, corresponding to the Air energies, Love, Compassion Empathy, Sensitivity for healing, Sense of touch. It energizes and controls the heart, lungs, the thymus gland and the circulatory system. Malfunctioning of the heart chakra manifests as heart and circulatory illnesses or as lung problems such as asthma, tuberculosis and others.

5. VISHUDDHA, in the area of the neck, connected with the energy of the Ether (or AKASHA TATTVA), and with the intellectual intuition, and purity. This chakra is located at the center of the throat. It controls and energizes the throat, the thyroid glands, parathyroid glands and the lymphatic system. To a certain degree it also influences the sex chakra. Malfunctioning of the throat chakra manifests as throat-related illnesses like goiter, sore throat, loss of voice, asthma, etc. and vital organs.

6. AJNA, in the middle of the forehead, also called the “third eye”; connected with the Macrocosmic mental energies, and the extraordinary capacities of the mind: telepathy, clairvoyance, hypnosis, etc. Ajna Chakra is located at the area between the eyebrows. It controls and energizes the pituitary gland, the endocrine glands, and energizes the brain to a certain extent. It is also called the command center because it directs and controls the other major chakras and their corresponding endocrine glands

7. SAHASRARA, over the top of the head, allowing the opening towards the Supreme Absolute, and granting the condition of wisdom, and Enlightenment. This is the Divine center the connection to all divine and healing cosmic energies. Sahashrara is located at the crown of the head. It controls and energizes the pineal gland, the brain and the entire body. It is one of the major entry points of prana. Energizing the crown chakra has the effect of energizing the whole body. It is similar to pouring water on a funnel causing the whole body to be flooded with prana. Malfunctioning of the crown chakra may manifest as diseases

related to the pineal gland and brain. These may manifest as physical or psychological illnesses. Also severe depression and suicidal tendencies are usually caused by a malfunction of the crown center.

#### Minor Chakras:

(Information on the solar plexus and meng mein is excerpted from the excellent works of Choa Kok Sui on Pranic Healing, available on Amazon.com)

**Solar Plexus Chakra:** The energy center located at the solar plexus area or the hollow area below the sternum is called the front solar plexus chakra, and the one at the back is called the back solar plexus chakra. The term 'solar plexus chakra' means both the front and back. This energy center controls and energizes the diaphragm, pancreas, liver, stomach, and to a certain degree energizes the large and small intestines, appendix, lungs, heart and other parts of the body. This chakra also affects the quality of the blood because it controls and energizes the liver, which detoxifies the blood.

The solar plexus chakra is the energy clearinghouse center. Subtle energies from the lower chakras and from the higher chakras pass through it. The solar plexus chakra controls the heating and cooling system of the body. Malfunctioning of this chakra may manifest as diabetes, ulcer, hepatitis, heart ailments and other illnesses related to the organs mentioned.

**Meng Mein:** This point is located at the back of the navel. It serves as a 'pumping station' in the spine that is responsible for the upward flow of subtle pranic energies coming from the basic chakra. It controls and energizes the kidneys, and adrenal glands. It also controls the blood pressure. Malfunctioning of this chakra manifests as kidney problems, low vitality, and high blood pressure and back problems.

**Palm Chakras:** These chakras transmit healing energy and receive energetic information from the universe. The palm chakras are used to channel healing energies to yourself and others and to receive impressions of the energy of a room, person, situation, etc. They are directly connected to Anahata Chakra.

**Foot Chakras:** Located at the center of the top inset or arch of the foot.

Help to maintain our connections to the Earth energy and provides the maintenance of the earthly and cosmic energy which are pulled in by the seventh or Root Chakra. A vague, "spaced-out" feeling, or cold feet, could indicate a closed foot chakra.

These chakras help to keep you grounded and to develop physical strength. They are directly connected to Muladhara.

1. Muladhara chakra: the element of earth
2. Svadhishtana chakra: the element of water
3. Manipura chakra: the element of fire
4. Anahata chakra: the element of air
5. Vishuddha chakra: the element of ether
6. Ajna chakra: the element of consciousness
7. Sahasrara chakra; the divine element.

a.Chakra/b.Location /c.Seed Syllable/d.Prana/e.Organ/f.Element

1.a.Muladhara/b.Base of the spine/c.Lam/d.apana/e.vayu smell/ f.earth

2.a.Svadhishthana/ b.Below Navel /c. Vam / d.vyana vayu / e.taste/ f. water

3.a.anipura/b.Above Navel/c. Ram /d.samana vayu/e.seing / f.fire

4.a.Anahata /b.Heart /c.Yam /d.prana vayu /e.feeling /f.air

5.a.Vishuddha/ b.Throat /c.Ham/d.udana vayu/ e.hearing/speech / f.ether (akasha)

6.a.Ajna /b.Third Eye /c.Aum/Ksham / d.visual / e.intuition / f.consciousness

7. a.Sahasrara / b.Crown / c.Ah / d. higher / e.intuition/f.the divine

When working with the chakras, understand that its easier to open them if you simply assume the proper attitude of each one. Make it simple. You can spend years intellectualizing about the chakras, and how many petals each one has, and how many resonances or states they produce, and never begin to

experience them opening. Many so-called yogis and metaphysical seekers delude themselves with book knowledge but don't practice enough to experience what they're reading about.

K>I>S>S!

KEEP IT SIMPLE, STUPID!

Assume the attitudes below when working with the chakras. Make your whole body feel them. Understand them on all levels.

#### ATTITUDES AND ATTRIBUTES OF THE 7 MAJOR CHAKRAS

a.Chakra b.Element c.Color d.Attribute

1.a.Muladhara / b.Earth / c. Red / d.Confidence, Stability, Grounded, Rooted, Strong, Raw, Connected to this plane of reality

2.a.Swadisthana / b.Water / c.Orange /d.Intuition, Emotion, Feeling, Passion, Charming, Charisma, Magnetism, Sexy

3. a.Manipura / b.Fire / c.Yellow / d.Will Power, Drive, Ambition, Problem Solving, Gut Feelings, Passion

4.a.Anahata / b.Air / c.Green/Blue / d.Compassion, Empathy, Joy, Lightness of heart, Warmth, Endearment

5.a.Vishudda / b.Void / c. Indigo / d.Higher Intellect, Communication Skills, Listening, Resonance, Spatial awareness, Trusting your Perception

6.a.Ajna / b.Void / c.Violet / d.Perception, Inner Vision, Being able to see through anything, Commanding, Higher Will force, Clairvoyant

7.a.Sahasrara / b. Void / c.White / d.Divinity, the pure state of being, Blissful, Samadhi, Lightning Bolt (Vajra), The Eternal Flame

#### Special Report #4:

The Big Plug-ins: Breathing, Focus, and Emotional Content

Raja Yoga, Buddhist, and Taoist Meditation Skills

The Secret or Inner Smile

The Core of Energy Yoga: Asana, Bandha, Pranayama

#### RAJA YOGA, BUDDHIST & TAOIST MEDITATION SKILLS

Some Tantric traditions say it takes many incarnations to achieve the highest state of enlightenment. In my honest opinion, I think they say this to only to maintain the spiritual power structure and to misuse the teacher-student relationship. Some buddhist and Qi Gong Masters have openly admitted that it only takes 30 – 60 days of proper training to achieve "Kundalini Awakening" and bodily, physical enlightenment. Of course, one must still realize one's own nature (Realization of the Nature of the Mind). But the bright halo around the head, some of the "Paranormal chi powers," rapid emotional development, and healing of others can be easily learned and achieved within 30 days if you have the right guide (Guru) and the right attitude and willingness to learn and to drive forward. Here is the honest truth: You are as beautiful, spiritual, powerful, blissful and as enlightened as you give yourself permission to be! We are all Buddhas. Now with this said you must remember The Law of Cause and Effect, and that with great power comes great responsibility. Here are a few simple, powerful internal techniques that speed up your process towards self-realization and towards always maintaining your enlightenment (always recalling what you really are).

#### The Inner Smile

Smile through your entire being (Hands, feet etc). Start the smiling feeling with a real emotion brought on by a real memory or mental image – a smiling loved one, funny movie, favorite pet, good joke, etc. Then keep the smiling feeling and let go of the memory or image. Smile out through your chakras, through your pores, Smile down to all your internal organs, Smile to all that is inside and outside of you.

Lama Lopon Tenzin Namdak Smiling in Pure Bliss

## 5 Confident Mind States

This is Doctor Glenn Morris's version of the Secret Smile: Smile big and real. A Sh\*t-eating grin is preferable. Move the following five feelings throughout your entire being. Recall anything that gives you the feeling, feel and expand the feeling, dissolve the memory, and keep the feeling.

Move the feeling through your body. Actually feel the sensations through your body from head to toe. And then from your toes all the way back up towards your head. Your body is intelligent and can feel many things on many levels. Tap into that NOW!

- 1) I am Relaxed and Calm
- 2) I am Confident. I can do this.
- 3) I am Happy. I feel Happiness and Laughter right now
- 4) Love. I know what it is love and to be loved.
- 5) Ecstasy: starts within! orgasm, sensual, sexual, and/or spiritual bliss... use what you know...

## THE CORE OF ENERGY YOGA ASANAS, BANDHAS, PRANAYAMA

### ASANA

Asana is defined as "posture;" its literal meaning is "seat." Originally, the asanas served as stable postures for prolonged meditation. More than just stretching, asanas open the energy channels, chakras and psychic centers of the body. Asanas purify and strengthen the body and control and focus the mind. Asana is one of the eight limbs of classical Yoga, which states that asana should be steady and comfortable, firm yet relaxed. When holding a yoga posture, make sure you can breathe slowly and deeply. Usually to make the body more Yang energized and awake use REVERSE BREATHING or (OX Breath). To make the body Yin to nourish the body and produce healing use BUDDHIST breath. Check Pranayama section for details on the two breathing modalities. It is the gradual layering of the other techniques while holding the asanas that brings about dramatic change in the practitioner. Within the asanas, you will first add breathing techniques, then the mental and emotional attitudes, mental intent, focus and awareness, then the muscle locks described below, and then use of sound and visualization.

This sounds like a lot. But when you learn to add just one new aspect every week or two, everything combines effortlessly. This is the path to mastery! The path to mastery is gradual, but sure.

And when you know the efficient ways to do everything, the path to mastery is surprisingly fast.

First learn the breath. Then learn the posture and the breath. Then learn to add focus. Then learn to add emotional content. Then learn to add the muscle locks. Then learn visualization and the use of inner sound. Then learn more complicated versions of all of the above. One thing at a time!

Here is a list of simple rules that are of great help when practicing asanas :

- Choose a certain time of day and practice asanas at the same time every day
- The place for practice should be private and away from agitation; you need a quiet place for retreat place that will give you privacy for the duration of your exercises
- It is recommended that you practice on a blanket that can cushion you from the cold or hard floor. Cold floor is bad for your chi or prana. In the long run it can cause rheumatism.
- Before starting the sequence of asanas, you need to do the warm-up exercises; do not avoid them because otherwise you may harm yourself while stretching in asanas
- Remember that asana practice is a form of meditation.
- After the execution of each asana take a minute to fully assimilate into your consciousness the specific effects of the asana; this consciousness-awareness phase can be executed in a comfortable position and is a key to success in Hatha Yoga. Also maintain hands on belly to keep prana centered and stable.
- do not force your way through asanas; the asana should be stable and comfortable
- before starting to practice any asana you should read the counter-indications and avoid any health hazards; many asanas have specific counter-indications and you should never ignore them.

Do not forget to perform the corpse pose relaxation or meditation after each Hatha yoga session

### BANDHAS

Bandhas are "locks" in which the physical body, along with the energy is "locked" into place. They are used during Kundalini

Arousal or circulation and harnessing energy. They are very powerful ways for you to enhance your energy levels. Usually they are used during intense breathing and meditation work.

- Mula bandha: the Root lock, is done with muscles near the anus.
- Uddiyana bandha: the Abdominal lock, draws the upper abdomen upwards, into the chest cavity.
- Jalandara bandha: the Throat lock, is done, as the name implies, with the throat.
- Maha bandha: the combination of the above three locks, done in unison, along with breath retention

### PRANAYAMA

Pranayama (literally, "vital breath control") is the key to linking the mind with the body. Prana is the fuel or the life force energy. This very secret science is the way for the yogi to mix prana or chi from the outside environment with the prana and chi within the body. Very quickly the yogi can become a tremendous source of healing energy and vital force.

The lungs are to the body what the bellows are to the fires of the forge.

The more regularly and vigorously that the air is forced through the bellows and through the lungs, the livelier burns the flame in the furnace and the fires of life in the body. Practice deep regular breathing systematically for one week and you will be surprised at the results. You will feel like a different person and your working capacity, both physically and mentally, will be increased immensely.

– Henry Lindlahr, MD, Natural Cure, Chicago, 1913

A vital scientific and therapeutic aspect of yoga is Pranayama. Pranayama is the breathing process or the control of the motion of inhalation, exhalation and the retention of vital energy. By controlling Prana (life force), one can control all the forces of the universe, namely, gravity, magnetism, electricity and nerve currents.

During Pranayama inhalation (puraka) stimulates the system and fills the lungs with fresh air; retention (kumbhaka) raises the internal temperature and plays an important part in increasing the absorption of oxygen; exhalation (rechak) causes the diaphragm to return to the original position and air full of toxins and impurities is forced out by the contraction of inter-costal muscles. These are the main components of Pranayama which massage the abdominal muscles and tone up the working of various organs of the body. Due to the proper functions of these organs, vital energy flows to all the systems. The success of Pranayama depends on proper ratios being maintained between inhalation, exhalation and retention.

There are many forms of Pranayama. The best Pranayama, however, is to breathe naturally and completely like a baby. To do this you must master the 2 breathing modalities of ENERGY YOGA. These methods of breathing are the key for your development and the key for your enlightenment. Without them you will have no fuel, or as Dr. Morris calls it, "Juice" for your Energy Work (Qi Gong)

REVERSE BREATHING - Inhale slowly into the lower abdomen, tightening the glutes, contracting abs and bringing them back towards the spine. The chest always remains relaxed. Exhale, relaxing all contractions and the belly.

BUDDHIST BREATH – Inhale slowly, expanding the belly, sides, and back of the abdomen, and expanding the pelvic floor downwards (like pushing when you evacuate your bowels...). Gently fill the genitals and perineum with breath. Then exhale while contracting the glutes, contracting the abs and retracting the abs towards spine.

### TANTRIC PRANAYAMA

#### NADHI SHODANA (ALTERNATE NOSTRIL CLEARING, Bön Variation)

To be done before other practices. Place the tip of thumb in the second joint of corresponding ring finger. Use the left ring finger to block the left nostril, or the right to block the right nostril. Begin by blocking the right nostril. Inhale through your flared left nostril, all the way to the lower dan'tein. Block left nostril, release right, and exhale through the right (flared) nostril. Now inhale through the right (flared) nostril, to the lower dan'tien, block the right, exhale through the left (flared).

Repeat this process 3 times, then do three long breaths, breathing simultaneously through both flared nostrils.

### KAPALABHATI

Also called the "Shining Skull" this practice emphasizes the exhalation in a very quick, thrusting motion at the base of the abdomen. The abdomen is then allowed to release naturally into inhalation. Unless there are pre-existing health problems, most people can do this practice. The chest and throat must be kept relaxed at all times, and should barely move while the lower abdomen does all the work of breathing... To do a few of these thrusting exhalations before meditation, such as 10-20 or so, can have a centering, calming, and quieting effect. Do this while relaxed in upright, seated postures only!

## BHASTRIKA

Also called the Bellows, Bhastrika is a middle section breath, from the diaphragm. If one does a few of them, say about 10-20, it can have a calming, balancing effect. If more are done, such as in the 100's or more, it is best that one first have a solid foundation of good health and stabilized mind. Bhastrika purifies and energizes the solar plexus, heart, throat and third eye centers... Too much energy in these centers with an inadequate foundation in the root, sex, and navel centers will result in disconnected airiness and/ or emotional imbalance...The intercostal muscles of the chest and the muscles of the throat must be kept relaxed, or cardiac congestion will result. Do bhastrika while relaxed in upright, seated postures only!

## THE COMPLETE BREATH

The most fundamental and complete of all pranayama. Though not performed in a vigorous way, the Complete Breath is quite invigorating. The Complete Breath involves the abdomen, diaphragm and chest muscles. You inhale sequentially in three ways, and then reverse the process to exhale.

- First, inhale completely at the abdomen.
- Second, continue to inhale by filling in the mid-section, the area of the diaphragm.
- Third, continue to inhale by filling the chest, allowing the upper chest and the shoulders to rise.
- Then systematically release and empty from the upper portion, then the mid- section, and finally empty completely at the abdomen.

The Complete Breath is good to do whenever you meditate or exercise. Even 2-3 breaths will have a useful effect. Complete Breath may be used safely in virtually any posture.

## Special Report #5:

If you do nothing else in this manual, do this everyday:  
Opening Up Your Energetic Body:

The Eight Purifying and Energizing Actions For Body and Mind Charana is the Sanskrit name given to these particular purifying, warming exercises. It is very important to unblock and invigorate the internal and external system of the human being before doing any type of yogic exercise. These warm-ups are designed to clear the nadis and open the chakras up to prepare them to harness huge amounts of pranic energy. These exercises should be done religiously every morning and after anytime you sleep. You will notice that your system will be a lot clearer and you will have more fluidity in your energetic and physical body. Don't be surprised if a lot of your blockages are removed, almost miraculously, after performing these specific movements.

CHARANA (warming kriyas): The eight basic warm-ups used in ENERGY YOGA:

Note: Focus on deep, rhythmic breathing throughout! It's the most important thing!

- One: Skeletal Shaking: Connecting to the Earth and Moving the Bone Marrow – the Energetic Foundation
- Two: Opening the Throat Center
- Three: Opening the Crown Center
- Four: Opening the Third Eye
- Five: Internal Organ Massage – opening the side channels (Ida and Pingala)
- Six: Spinal Stretch – opening the center channel (Sushumna Nadi)
- Seven: Solar Plexus Massage (wiping away emotional tension and blockages)
- Eight: Tibetan Spinal Twists – opening and cleaning the energy body, releasing the spine

## One: SKELETAL SHAKING

Connecting to the Earth and Moving the Bone Marrow  
Laying your body's Energetic Foundation

(Say goodbye to low vitality, anemia, and osteoporosis... Say hello to boundless strength and energy!)



1. First stand in a wide horse stance.
2. Focus on Your Sahashrara Chakra (Crown Center) and as you breathe fully and deeply, visualize yourself absorbing huge amounts of Bright White energy through this center and into the rest of your body.
3. Breathe the energy in and move it down the whole skeletal structure you can imagine you are taking a shower in this white energy.
4. Feel that the energy extends and down to your roots.
5. You can imagine yourself rooted 30 ft in to the earth.
6. As it starts to pour in, you want to bounce your sacrum down and bring it back up. Shake from Muladhara Chakra, which is your tailbone or "root" center.
7. Don't shake from your chest. Shake from your tailbone, up and down. Try to keep your knees from moving forward and backward. Instead, the butt and pelvis should do most of the moving!
8. Feel that by shaking from the sacrum, you shake your entire body loose. Breathe the white energy through each bone and through each vertebrae.
9. Feel that you are cleaning your bone marrow.
10. Forget about the muscle and tissue, and feel that you are only a heavy, connected skeleton that shakes up and down.
11. Let your arms shake. Spread your fingers out and let them breath.
12. Feel the shake occur from head to toe and from toes to head and then back down.
13. Feel that all your joints open up naturally.
14. Fill them up with Prana as you breath
15. Once you build a steady rhythmic shaking, begin to localize your pranic breathing.
16. Breathe in through the left arm, and out through the right arm.
17. Breathe in through the left leg, and out through the right leg.
18. Then reverse it (In through the right out through the left).
19. You want to open up all the channels and clean the gunk out.
20. Breathe in through Sahashrara chakra (the crown center); breath out through Muladhara chakra (the base center/ tailbone), and root more through your tailbone and through the soles of the feet.
21. This exercise will also improve your rooting.
22. Then breathe in through Muladhara (tailbone), and in through the soles of the feet, and exhale out through the crown.
23. Imagine you are simultaneously rooting upwards with your Sahashrara, as high as you can.
24. Remember the basic law "AS ABOVE, SO BELOW". Keep it simple and move awareness through your body, through the limbs, through the entire skeletal structure.
25. Once you feel everything is bright white and clean, you can either continue or stop.
26. When you do come to a full stop. Relax and become aware of your roots. Keep breathing deeply, slowly, and fully
27. Absorb clean prana from all around you and from your roots, and spend a few minutes to orbit this energy around your system, at least 3 times.
28. Notice everything: your spine, your chakras, and your internal organs. Make sure it feels like the energy is distributed evenly.
29. If you feel you have too much energy, root more and give some back to the Earth.

30. This whole exercise should be done for at least 7 minutes to get the blood and the lymphatic system moving.
31. You will notice it will tone your leg muscles and give you a very strong base for martial arts or dance.
32. Don't be surprised if your kicks become effortless and more powerful.
33. If you have any pain anywhere, focus more on white energy coming in from the crown and into the specific area of injury or sickness, and flush the pain out through your roots into the Earth.
34. What is waste for we humans is food for other beings.
35. Don't think you are polluting Mother Earth. Just visualize the energy as white energy.
36. Transmute the energy into its pure essence. See what happens when you give to the Earth. Enjoy it!
37. To conclude the shaking exercise, place both hands on your lower abdomen and relax. Allow all the energy and heat to collect in your Dan Tien (see glossary) for at least 3 minutes.
38. This in itself can be an entire Yogic work out if done for 1 hour. It is a very powerful tool used by QI GONG and TIBETAN RULKHOR masters.

Recent western scientific studies correlate this specific Qi Gong exercise with regeneration of bone density in practitioners with osteoporosis, as well as strengthening blood regeneration in the bone marrow in all practitioners. The studies show that this exercise outperforms weightlifting, calisthenics, and other weight-bearing exercise for bone regeneration. As anecdotal evidence, one of my own students had lost over 30% of her bone density to osteoporosis prior to starting my classes. Six months later, x-rays taken by her same physician showed normal bone density... Hmmm. Start Shaking!

#### Two: Opening the throat center

(neck rotations as the yogic masters do them)

1. Stand still, feet shoulder width apart.
2. Bring your awareness into your Vishuddha Chakra (the throat center).
3. Slowly lower the head, gently stretching the back of the neck and bringing the chin toward the chest, and keeping the neck relaxed and long, begin rotating the head and neck 360 degrees: up towards your right shoulder, around the back, down toward the left shoulder and back down to the chest.
4. As the head moves up and back, inhale through the nose all the way down to your tailbone.
5. As it moves down and forward, exhale all the way back up. Slow the motion to match the breath.
6. Rotate 18 times, slowly. Keep your focus the throat and its sensations.
7. After 18 repetitions, stop and stand straight, head upright, focus on Vishuddha Chakra (the throat center, nerves, and endocrine glands) and breathe in deeply.
8. Imagine the prana coming in directly into your throat center.
9. Also feel that you exhale from the throat center. Feel that you are cleansing and opening the throat chakra.
10. Notice the intense arousal within your throat.
11. With your eyes closed, be aware of the space between you and everything around you. Listen with your Astral ears! Notice the receptive side of your Vishuddha.
12. This awareness phase should last you about 60 sec.
13. Once complete, move on to the opposite rotation.
14. Slowly rotate up towards your left shoulder and around, 18 times.
15. Follow the same instructions as the previous rotation. Then stop after 18 reps.

16. Pay close attention to your throat center.

17. Breathe in and out slowly through Vishuddha Chakra.

18. Feel the balance between receptivity (yin energy) and Projection (Yang energy). Your throat center should feel better.

19. Whenever you have a sore throat you can do this simple exercise to remove the sick prana.

20. Pay close attention to the inner space within your throat center.

#### Three: Activating the Crown Center – and the pineal gland, hypothalamus, and amygdala – your bliss centers!

1. Keeping the line of the eyes parallel to the ground and your neck long, relaxed, and tall, gently shake the head 2 times to the left, 2 times to the right, 2 times to the back left, 2 times to the back right, and 2 times to the back.
2. Repeat this whole session about 18 times. Breathe deeply but in a normal rhythm and focus on the movements.
3. Feel that you are stretching your neck muscles, releasing trapped energy from the vertebrae in your neck.
4. Feel that you are energizing your medulla oblongata; absorb the breath from your crown center. See it as pure white energy.
5. After 18 reps, relax and focus on your crown. Breathe in and out through your Sahashrara (crown center).

6. Feel it energize all your upper chakras (sahashrara, ajna, vishuddha) with pure white energy. Be aware of the crown for about 1 or 2 minutes.
7. Try to feel and be aware of your higher self. This exercise will remove all blockages from your upper three chakras.
8. Also it will widen the nadis within the neck allowing more prana to move through your upper system.
9. Remember: try to root upwards through your crown as well as downwards through your tailbone.

#### Four: Activating your Pituitary Gland: the Third Eye

1. Cross your eyes on the brow center (ajna chakra), eyes closed, and begin to gently swing the head left and right like a pendulum, bringing the right ear toward the right shoulder, then bringing the left ear toward the left shoulder, keeping the neck elongated and relaxed, and keeping the eyes and nose pointed forwards at all times, with the jaw in.
2. Move the head back and forth at least 18 times. You can do 36 reps and typically see the colored phosphenes on the backs of your eyelids.
3. Feel the neck loosen up. Focus intensely on ajna chakra. Bring your awareness to the spot between your eyebrows.
4. Feel that you breath in and out through the spot between the eyebrows.
5. Watch the prana come in (visualize) and feel it absorb into your pituitary gland. When complete, relax and stand still focusing on ajna chakra (brow center) for a minute or two.
6. Continue to breath through the brow center. In the daoist tradition this is "breathing through the upper dantien."
7. With your eyes closed, allow yourself to feel the room you are in with your brow center. Pay attention to the phosphenes (colored lights) behind the eyes.

#### Five: Shoulder and internal organ massage (opening the side channels)

1. With the arms relaxed to the sides, move the shoulders up and down in opposition. Feel your skeletal structure move.
2. As one shoulder moves up towards your ear, the other one relaxes down toward the hip.
3. Keep the arms relaxed and loose, and keep your hips and head motionless, relaxed but steady.
4. Continue this up and down alternating shoulder motion for an internal count of 100.
5. As you do so: Feel your ribcage and shoulder blades loosen up.
6. Feel the warmth rising from your belly up into your chest.
7. Breathe in and out deeply. Feel that you fill the body with white prana, coming down from the crown center and flowing all the way down through each internal organ.
8. Feel it flush down through your roots deeply into the earth.
9. When you finish, relax and perform the inner smile. Feel it permeate each internal organ.
10. Feel your Anahata Chakra and the lower centers.
11. Notice the pranic level of each one (how "full" or "activated" they feel). Smile into them.

#### Six: Opening the Center Channel: The Spinal Stretch



1. Stand in a wide horse stance.
2. Place your hands on your thighs, with the heels of your palms touching your hips. Your fingers should be pointing down towards your knees.

3. Exhale all your air out as you bend your knees, do a half squat, and drop your upper body forward. RELAX.
4. Relax your head and neck and let them hang. Stay without breath for a moment.
5. Feel yourself cleansing the spine, exhaling the negative energy out through your crown center, and feeling it go in to the earth.
6. Visualize your Sushumna nadi (center channel, what the Chinese call the "thrusting vessel") as a hollow tube of pure white energy or pure cosmic energy.
7. Slowly breath in DEEPLY through Sahashrara (the Crown) and come back to the starting position.
8. Hold the breath, bend the knees and push your hands against your legs.
9. Keep the spine straight and your upper torso angled slightly so that you can get the maximum stretch out of your spine.
10. Shrug your shoulders upwards and push down hard with the arms.
11. Hold your breath as long as is comfortable and feel that you activate every Chakra, feel that you fill each vertebra up with pure white energy.
12. Let some of the energy pour down into your roots, cleansing the Earth.
13. When you can no longer gently hold your breath, repeat the process and bend forward again.
14. Exhale through your crown and through your roots.
15. Repeat this exercise 12 times.
16. When you finish, be aware of all 7 major chakras, and be aware of Sushumna nadi (the center channel running up inside the spine).
17. Feel that you have removed all the blockages from your spine. Wiggle the shoulders, back, and hips to loosen up, and rotate the wrists if they are stiff.
18. You can also do this stretch just once or twice after sitting for long periods at the office, or when you get out of a car ride. We have older students who have literally gained back two inches of height, not to mention vitality and flexibility, by doing this stretch for ten minutes a day! We all shrink with age, poor posture, or shouldering heavy loads for a living, as gravity takes its toll. This exercise is the remedy!

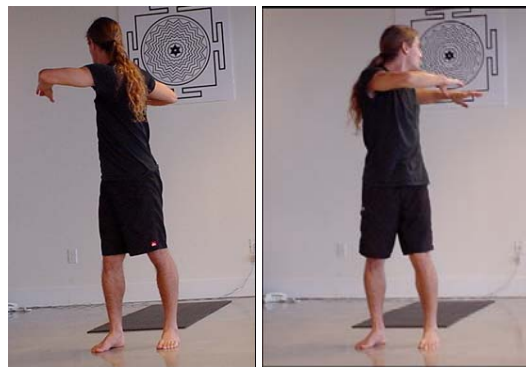
It decompresses the vertebrae of your spine and allows the "discs" to fill back up with fluid so that you regain your original adult height.

#### Seven: Solar plexus massage – wiping away emotional tension

1. Massage your solar plexus with small circular motions using the tip of your right thumb.
2. Start 1 inch below the sternum, and move the thumb in a circle towards your left shoulder, down, and around.
3. Feel that you release all the kinks and toxic energy in the solar plexus, which stores emotional tension.
4. Breathe deeply in a relaxed manner using the Buddhist breath.
5. If you feel nauseous or like vomiting, this is a warning sign that the nerves in the solar plexus and the muscles of your thoracic diaphragm (the ones you breathe with) are holding a lot of emotional tension (STRESS!).
6. This tension restricts the motion of the diaphragm during breathing, resulting in the same shallow, short breaths that have been scientifically correlated with incidence of cardiac disease and increased incidence of panic attacks.
7. Continue the massage, starting gently: breathe deeply and you will remove the "stuck" energy (cramping) through the massage.
8. Breathe the blockage out.
9. After 100 circles of the thumb, relax and shake the energy out of your hand and into the earth.
10. Breathe in deeply through the solar plexus, and back out, releasing all your tensions.
11. Feel your solar plexus warm and relaxed. Smile down at it!

#### Eight: Tibetan Spinal Twists

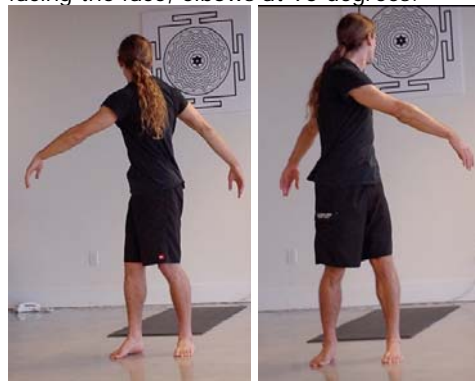
Breathing: in (through your nose) as you are turned to the right side, and exhaling (out through your mouth) as you are turned to the left side. Inhale all the way down to the base of the spine; exhale all the way out. Keep your abdomen gently flattened and stay rooted.



Step 1. Twist your torso smoothly from side to side with arms at shoulder height, elbows bent at 90 degrees, hands pointing forward. Knees are slightly bent, feet are parallel at hip width or wider. Gradually increase momentum as the body warms up.



Step 2. Twist the torso with palms at head level with palms facing the face, elbows at 90 degrees.



Step 3. Twist with palms at thigh/ hip/ pelvic region, elbows almost straight.

Repeat each motion 7 to 21 times

Special Report #6:  
How to Keep Yourself Young, Vital, and Happy at Any Age:

THE 5 TIBETAN RITES OF REJUVENATION  
("THE FIVE TIBETANS")

Followed by...  
"How to send some of that fresh vitality up to nourish your brain and spiritual centers:"

The "flying-up lock" and abdominal churning.

THE 5 TIBETAN RITES OF REJUVENATION  
("THE FIVE TIBETANS")

The 5 Tibetans represent a great way to keep your body in shape when you have limited time for a physical workout or limited space for a complete yoga routine. The 5 Tibetans open and distribute energy through out the body evenly. They are designed to open your KUNDALINI energy. Also they help in opening Chakras and Nadis. All the main Chakras and Nadis are stimulated through this practice. Keep the



routine simple. Do 21 reps per each exercise. Upon completion of each exercise, take a few moments (1-2min) to focus the accumulated energies in the Lower abdominal region (Dantien). When storing and collecting Prana, Females can place right hand over left, with the palms centered 4 finger widths below the navel, Males can place left over right, again palms centered 4 fingers below the navel.

The basic, powerful exercises are demonstrated below. The secret inner kriya orbits, visualizations, and awarenesses for each of the 5 exercises are explained in depth on the Audio CD accompanying Tantric Inner Circle Practice Session 2. This information is not available in any other book or video about the "5 Tibetans." Go to <http://www.UmaaTantra.com> to become a member or pick up a copy.

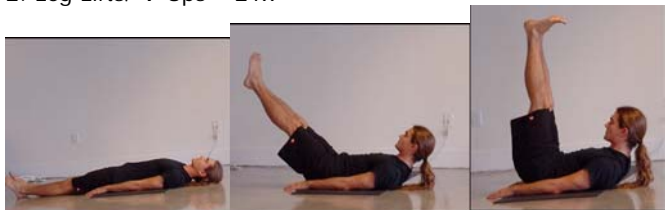
### 1. Spine Twists, Twirl



#### Traditional Version:

Spin clockwise facing your outstretched right hand 21x - Inhale and exhale naturally. Modified Version – Tibetan Spinal Twists (as in Ch 5, exercise 8)

### 2. Leg Lifts/ V-Ups – 21x



Inhale on way up

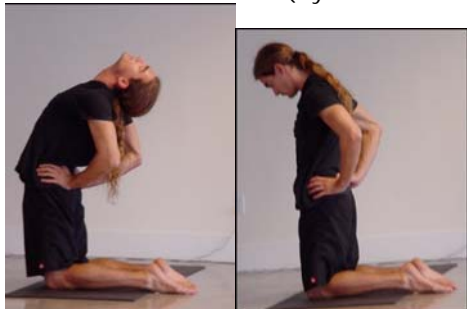
Exhale on way down

Breathe deeply into and out of the pelvis and abdomen. In particular, pull the lower abdomen (beneath the navel) in towards the spine at all times.

Flatten your belly on both inhale and exhale, and keep your chest relaxed.

Note: If you have hypertension (high blood pressure) do not do hard abdominal contractions without your physician's permission. Always consult your doctor before learning or practicing new breathing exercises or internal muscle contractions!

### 3. Dandasana/ Ustrasana (Dynamic Camel Pose) – 21x



Inhale as head goes back and hips go forward Exhale as head comes down. Keep the spine long and suspended. Be careful with your balance! Note - Keep Gluteus and Abs tight During Inhalation

### 4. Table Makers – 21x

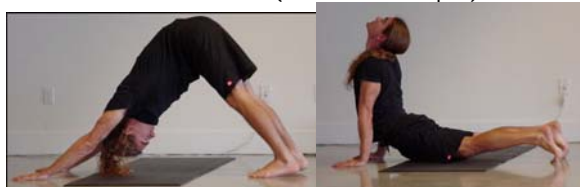


Exhale on way up

Inhale on way down

(this non-tradition breathing pattern distributes the prana) Or, inhale all the way to your heels on the way up, Exhale on the way down (this traditional pattern builds prana in the lower dan'tien)

### 5. Cat Stretches/ Dands ("Hindu Push Ups") – 21x



Exhale on Upward Facing Dog (head up, hips down) Inhale on Downward Facing Dog (head down, hips up)

After the 5 Tibetan rites of rejuvenation are practiced, perform 3 to 21 Uddiyana Bandhas (explained below) to help sublimate and distribute the accumulated energy evenly through out the body: "How to send some of that fresh vitality up to nourish your brain and spiritual centers:" The Flying-up Lock and Abdominal Churning (Uddiyana Bandha and Nauli Kriya)



Uddiyana Bandha (the abdominal Lift, also known as the "Flying-up Lock")

- Step 1. Do a half squat, hands on the thighs, or sit. Lean forward and exhale fully. Release all your tension as you exhale.
- Step 2. Relax your abdomen and retract it back towards your spine. Do not breath as you retract your abdomen. Gently hold the breath.
- Step 3. While holding the breath, squeeze the abdomen tight and back towards the spine. Gently use the vacuum in your lungs to pull the solar plexus inward and upward.
- Step 4. Squeeze your stomach tight like squeezing out a sponge, hold, and then slowly push your abdomen back forward, without inhaling
- Step 5. Relax the Abdomen and then breathe in slowly, filling the abdomen with Prana. Hold the breath comfortably. Do not force anything. Then breathe naturally.

Note: If you have hypertension (high blood pressure) do not do hard abdominal contractions without your physicians permission. Always consult your doctor before learning new breathing exercises or internal muscle contractions!

Benefits of Uddiyana Bandha:

- Transmutates negative energy and emotions into higher and more refined prana
- Reduces sexual tension and frustration
- Improves circulation of cerebral spinal fluid
- Applying it regularly (at least 30 times a day) remedies premature ejaculation.
- Improves core strength
- Improves and tones abdomen
- Massages all internal organs and the viscera
- Improves circulation of the heart and over all blood flow
- Removes constipation
- Stimulates and activates the chakras, particularly the Solar Plexus, Navel and the Dan'tien

To start off your routine and to prepare your body for KUNDALINI AWAKENING spend at least 3 weeks doing 5 Tibetans 2 times a day. You will be surprised with the power such simple exercises will give you.

On NAULI KRIYA, excerpted from the works of SRI SWAMI SIVANANDA: This technique is difficult to learn from a book. To learn Nauli properly go to:

[http://www.umaatantra.com/abdominal\\_isolation.html](http://www.umaatantra.com/abdominal_isolation.html) and get yourself a copy of "Secrets of Abdominal Isolation and Manipulation"!

SRI SWAMI SIVANANDA on Nauli & Uddiyana Bandha:  
Nauli Kriya is intended for regenerating, invigorating and stimulating the abdominal viscera and the gastro-intestinal or alimentary system. For the practice of Nauli you should know the Uddiyana Bandha. Uddiyana can be done even in a sitting posture; but Nauli is generally done while standing.

#### Stage I

Do a strong and forcible expiration through the mouth and keep the lungs completely empty. Contract and forcibly draw the abdominal muscles towards the back. This is Uddiyana Bandha. This is the first stage of Nauli. Uddiyana Bandha terminates in Nauli.

For practicing Nauli, stand up. Keep the right leg a foot apart from the left leg. If you keep up the feet close together, at times you may lose the balance and stumble down. Rest your hands on the thighs, thus making a slight curve of the back. Then do Uddiyana Bandha. Do this for one week before proceeding to the next stage.

#### Stage II

Now allow the center of the abdomen free by contracting the left and right side of the abdomen. You will have all the muscles in the centre in a vertical line. This is called Madhyama Nauli. Keep it as long as you can with comfort. Do only this much for a few days.

#### Stage III

Here you should contract the right side of the abdomen and allow the left side free. You will have the muscles on the left side only. This is called Vama Nauli. Again contract the left side muscles and allow the right side free. This is Dakshina Nauli. By having such gradual practices, you will understand how to contract the muscles of the central, left and right sides of the abdomen. You will also notice how they move from side to side. In this stage you will see the abdominal muscles only in the central, right or the left side. Practice this stage for a week

#### Stage IV

Keep the muscles in the centre. Slowly bring to the right side and then to left side in a circular way. Do this several times from the right to left side and then do it in a reverse way from the left to right side. You should turn the muscles always with a circular motion slowly. When you advance in the practice you can do it quickly; but you can derive full benefits of this Kriya when you do it very slowly and gradually. This last stage of Nauli will appear like 'churning' when the abdominal muscles are isolated and rotated from side to side.

Beginners will feel slight pain of abdomen in the first two or three attempts. They need not fear and stop the practice. The pain will vanish away in 2 or 3 days. When Nauli is demonstrated by the advanced Yogic student, the onlookers will be extremely surprised to look at the movements of the abdominal muscles. They will feel as if an engine is working in the abdominal factory.

When beginners want to do the churning variation of Dakshina Nauli, they should slightly bend towards the left side and contract the left muscles.

When they want to do Vama Nauli, let them bend a little to the right side. In Madhyama Nauli, push the entire muscles forward by contracting the two sides.

This exercise is not at all possible for those who have a barrel-like belly. When they find it difficult to carry their own belly, they cannot at all dream of getting success in this Kriya. They can also try by gradual slow practice. For getting success, they must exert hard and have rigorous practice for a long time. Those who have a tender body can very easily learn and perform this Kriya in a beautiful and efficient manner.

Nauli Kriya eradicates chronic constipation, dyspepsia and all other diseases of the gastro-intestinal system. Nauli helps Sang Pachar and Basti Kriya also. The liver and pancreas are toned. The kidneys and other organs of the abdomen function properly. Nauli is a blessing to humanity. It is a sovereign specific 'uni-all' or an ideal 'pick-me-up.' -By SRI SWAMI SIVANANDA

#### BENEFICIAL EFFECTS:

- NAULI is an unprecedented abdominal massage. While performing this technique, the abdominal muscle is massaging the organs. NAULI represents the best modality of fortifying the abdominal muscle.

- At the same time, NAULI constitutes an excellent exercise of improving your control on certain muscles that you hardly ever use individually, and of which very few people are aware. The movement of the abdominal muscle will determine healthier viscera, generating an increased flow of blood in the area, fact

which has as result the activation of the nervous plexus and of their fine endings. This will lead to a better co-ordination of the autonomous function characteristic/specific to the abdominal activity.

- The practice of NAULI leads to the acceleration of the gastric secretions. The solar plexus is rapidly decongested and the anxiety accumulated daily is removed naturally.

- However, the effects of this technique are not limited to the digestive duct, as NAULI guarantees an excellent health of the kidneys.

- The liver, one of the most important organs of the body will benefit of a stronger internal circulation and its functioning will be better.

- The bile is quite well massaged during the practice of this technique. The practice of NAULI may also make the eventual stones move, generating their expulsion in quite a number of cases.

- The pancreas will benefit by the practice of NAULI as well. Even if this technique cannot cure diabetes, it may nevertheless ensure a correct function of this gland

- Owing to the profound inhalations and exhalations, as well as to the void created in the thoraces while retaining your breath, NAULI contributes to regaining or maintaining the elasticity of your lungs.

- Through air pressure during the practice of this technique, the heart is also profoundly massaged. NAULI is one of the best protections against heart attack.

- NAULI makes the practitioner immune to diseases such as: hernia, appendicitis, ulcer, indigestion, constipation, etc.

#### Section 2:

Postures: Their secret attitudes and energetic visualizations  
ASANAS – the "seats of meditation"

When performing ASANAS make sure to stay relaxed. Allow your self to go deep within your body and feel it from the inside out. Pay attention to what the position does to your body. How it makes you feel. How your mind feels in each pose. Also be aware of the specific Chakra the asana activates. Just simply be aware - do not force your attention nor force the postures. They should be done relaxed. There are thousands of yoga poses. We will introduce you to the most practical and the most beneficial to your well being. Yoga is not about being a FAKIR who can place his leg around his head or eat glass.

It's about balance. Anyone at any age can do these postures. It is safe and it is easy. **START NOW!**

One simple and systematic way of arranging poses is to do the Charana (Chapter 5, 15 to 20 minutes) and then simply choose one pose for each center (one pose each from Chapters 7 – 14)), in order, and hold each while focusing on your breathing and the structure of the pose. Work on holding each pose a little longer every day, until you can hold each for 3 minutes (a 35 minute workout) then 5 minutes (a 50 minute workout), then 10 minutes (a 90 minute workout). Or you use the Generator (Final Insert) to find the workout that fits your schedule. Or sign up for the Tantric Inner Circle and get monthly workouts on dvd video!

#### Special Report #7:

Poses for Grounding Yourself and feeling more confident, vital, and secure!

Muladhara Chakra – the Root Center

MULADHARA – EARTH Element – Root center/ tailbone/ perineum/ prostate / cervix

Doing Muladhara Poses with proper breathing, visualization, and focus will increase your: Confidence, Stability, Groundedness, Rootedness, Strength, Raw Power, Health, Vitality, Awareness of Material Reality

Run in your mind and in your body attitudes and attributes related to root chakra Muladhara. You can use affirmations based on these attitudes. (i.e. "I am connected to the earth")

1. TADASANA (mountain pose variation)
2. PADAHASTASANA (hand to foot pose)
3. VAYUNISHKASANA (wind releasing pose)
4. PADANGHUSTASANA
5. VKRSASANA (Tree Pose)
6. PASCHIMOTTANASANA ("western"/ dorsal side extension pose)
7. BHADRASANA (throne pose, also called butterfly pose)
8. JANUSHIRSHASANA (head to knee posture)
9. VIRASANA (hero pose)

TADASANA – Mountain Pose

- Step1. Stand comfortably in a wide stance.

- Step 2. Focus on your feet and perineum. Draw energy from your crown center and exhale out through the palms and the feet.

Note: Try visualizing your self like a mountain. Also feel you have roots like a tree spreading from your feet deep into the ground.

#### PADAHASTASANA – STANDING FORWARD BEND



- Step 1. Stand with feet palm distance apart. Slowly lower yourself to touch your toes. Keep your back straight and relax your breathing.
- Step 2. Gently stretch to the left foot then the right and then down the middle. Repeat 3x
- Step 3. Hold on to your big toes with your first, middle fingers and thumb. Keep your back and chest flat.
- Step 4. Focus your awareness on your tail bone and Perineum concentrating on your Base Chakra MULADHARA. Also be aware of your Sole Chakras on the bottoms of your feet.
- Step 5. Feel the energy accumulating in your base charka and in your roots as you inhale and exhale. Use REVERSE BREATH to draw energy up from earth in to the spine and exhale it out through the spine, head, and arms to clean the body with Earth Energy.
- Step 6. Relax in the starting position for 30 sec. Become fully aware of your base center and roots. Place hands on belly to collect the energy (Men- right hand on belly, left on top)(Ladies- Left on belly, right on top)

Notes: Hold for one minute gradually work your way up to 10 minutes or more. The longer you hold the Asana the more you will become aware of the subtle energy. As your flexibility improves, bring your palms flat to the floor.

#### VAYU NISHKASANA – Gas releasing pose.

- Step 1. Get into low squatting position.
- Step 2. Grasp the feet with the hands, keeping the arms inside the legs.
- Step 3. Inhale drawing energy into your base chakra (MULADHARA) keep the head straight with your trucked chin back.
- Step 4. Exhale, contract all your lower pelvic muscles and straighten the legs. Point the top of the head towards the ground as you lift your legs straight.
- Step 5. Hold the void for as long as possible squeezing the stomach and all the lower pelvic muscles. Feel the energy rising from your feet all the way into your Crown Chakra (SAHASHRARA).
- Step 6. Inhale and bend the knees returning to the squatting position. Notes: Repeat at least 10 times. Work your way up to 100 repetitions. This Asana will make you extremely supple. Also it will improve your ability to sublimate sexual energy.

#### PADANGHUSTASANA, variation



- Step 1. Stand with feet palm distance apart. Slowly lower yourself to touch your toes. Keep your back straight and relax your breathing.
- Step 2. Make a fist with the thumbs inside your fingers and place fists against your calf muscles. Tuck your forehead towards your shins.
- Step 3. Keep your butt tight and squeeze your abdomen in towards your spine.
- Step 4. Focus your awareness on your roots, base chakra, and crown chakra. As you inhale feel that you draw energy up through your legs into your base center. As you Exhale feel the energy moving through the spine into your crown center.

Step 5. Relax all contractions and slowly return to the starting position.

Step 6. Relax in the starting position for 30 sec. Become fully aware of your Crown center, base center and roots.

Contraindications: Hypertension

#### VRKSASANA



- Step 1. Stand in Tadasana (Mountain Pose, previous) and be fully aware of your roots.
- Step 2. Bend the right leg at the knee and place your heel up against your perineum and left thigh. Your toes should be pointing downward towards the earth. Squeeze the perineum tight and maintain the contraction.
- Step 3. Slowly raise the head and press the palms together firmly. Keep the upper body extending as high as you can. Your abs should be tightened and flattened.
- Step 4. Breathe deeply and focus eyes on a fixed spot. Try not to blink. Focus on energizing your hands and crown center while remaining completely rooted on one leg. Energetically think of your self like a tree. With deep roots, a tall trunk, and thick branches.
- Step 5. Lower the leg and return to the starting position. Be aware of your Base Chakra, Palm chakras, and Crown chakra.
- Repeat Exercise on right leg.

Note: This pose tones the leg muscles, arms and back muscles. It also lengthens the spine.

#### Paschimottanasana (Sitting Forward Bend)



#### Paschimottanasana (Sitting Forward Bend)

- Step 1. Sit upright, stretch arms and spine upward and then forward and try to touch your toes.
- Step 2. Focus and be fully aware of the Earth, your roots, your Muladhara Chakra and your tail bone.
- Step 3. Breathe in energy directly into your Muladhara Chakra (directly into your tailbone).
- Step 4. Hold your breath gently, and tightly squeeze your buttocks and abdomen. Feel the energy moving from your feet all the way to your belly.
- Step 5. Exhale some of the energy up your spine out through your arms and head into the ground.
- Step 6. Catch some of the energy and orbit it back into your legs and repeat the whole process.
- Step 7. Relax, slowly sit up straight, place your palms by your side, and lean up against your elbows. Focus on the Kundalini energy rising from your base center up through your spine and into your Crown center. Be fully aware of both your base and your

crown center. Enjoy the blissful feelings and tingles for about 1 minute.

- Step 8. Rub your belly in circles 36 times and store the energy in your lower Dantien. Feel your intestines absorb the energy.

#### BHADRASANA (Throne Pose/ Butterfly pose)



- Step 1. Press your heels tightly together and hold on to your feet with your hands. Keep your spine Straight.
- Step 2. Keep your eyes fixed on the tip of your nose. Do not blink.
- Step 3. Contract every muscle in your body with only 70% of your power (DO NOT EXCEED 70%, IT CAN BE VERY DANGEROUS).
- Step 4. Breathe in energy directly into your Muladhara Chakra through your tailbone.
- Step 5. Feel the energy packing into Muladhara Chakra. Feel yourself absorbing the Earth's energy into your muscles and tendons.
- Step 6. Relax and close your eyes. Fix the attention on the third eye.

- Step 8. Slowly sit up straight and place your palms behind your hips, by your sides, and lean up against your arms. Focus on the Kundalini energy rising from you base center up through your spine into your Crown center. Be fully aware of both your base and your crown center.

Enjoy the blissful feelings and tingles for about 1 minute.

Notes: hold as long as possible.

#### Janushirshasana



- Step 1. Place your left heel up against your perineum and your sole against your right inner thigh.
- Step 2. Hold on to your right foot. Stretch your body by twisting slightly and tilting you left shoulder up and back. Elongate the torso. Place your right temple on your right knee.
- Step 3. Be aware of your Muladhara Chakra. Breathe in energy directly into your Muladhara Chakra (root center) through your tailbone and your right foot.
- Step 4. As you gently hold your breath, contract the buttocks and all the muscles in the pelvic area.
- Step 5. Exhale the energy up your spine out through the arms and skull.
- Step 6. Feel your physical body nourished. Repeat for at least 8 minutes
- Step 7. Slowly sit up straight legs stretched out, place your palms by your side and lean up against your elbows. Focus on the Kundalini energy rising from you base center up through your spine into your Crown center. Be fully aware of both your base and your crown center. Enjoy the blissful feelings and tingles for about 1 minute

Note: Hold each side minimum 90 sec.

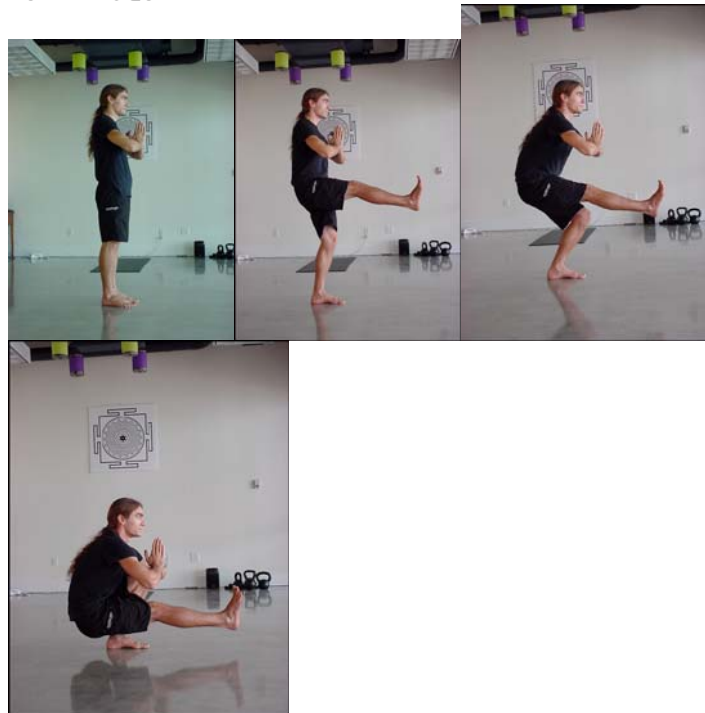
#### VIRASANA



- Step 1. Sit crosslegged, tucking the bottom heel under the opposite buttock, and cross the other leg on top and over that thigh, as in the picture.
- Step 2. Try to align the heels are on the same line as the hips - Parallel to your shoulders. Place the hands in the Mudra (gesture) of GANESHA (see picture: knuckles facing forward, last two fingers tucked in towards palms, and the tips of the middle finger, forefinger, and thumb all touching the ground).
- Step 3. Focus on your Base center Muladhara Chakra.
- Step 4. Relax legs in a straight position.

Note this pose eliminates hip imbalances, sciatic nerve damage, impotency. Warning: if you have had hip replacement surgery, do not do this pose! Your body might be strong enough, but the "replacement parts" are not!

#### BUDDHA SQUAT



- Step 1. Stand Erect with hands in Prayer (Namaskara) Mudra.
- Step 2. Raise one leg up horizontally pointing the toes back towards you.
- Step 3. Slowly lower your body towards the floor and exhale.
- Step 4. Raise your body up to the starting position while inhaling.

Start with partial motion and work up to getting all the way to the floor and back

Repeat as many times as possible and perform exercise using both legs.

#### Special Report #8:

Postures for increasing your fluidity, creativity, smoothness, charm, and reproductive health

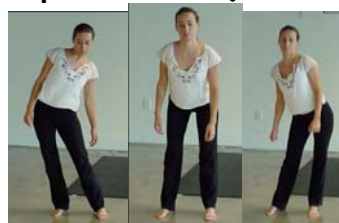
#### Activating the water center:

Swadisthana Chakra Poses

SWADISTHANA – WATER (Pelvic/ Reproductive center) Intuition, Emotion, Feeling, Passion, Charming, Charisma, Magnetism, Sexiness, Emotional Reactivity / Absorption, Adaptability

1. Hip rotations
2. Easy Pose - SUKHASANA
3. Half Bow Pose - ARDHA DHANURASANA
4. Half Moon Pose - ARDHACHANDRASANA
5. Locust Pose - SHALABASANA

#### Hip Rotations (warm-up for the pelvis)



- Step One: Stand erect and relaxed with feet at hip width, arms relaxed at sides.
- Step Two: Rotate your hips like you are hula hopping in slow motion.
- Step Three: Breathe white energy in and out through your hips, pelvis, and sacrum.
- Use long slow deep breaths. Feel your ribs massage your internal organs.
- Do at least 18 rotations in each direction.
- Rest at the end and focus on the hips, pelvis, upper sacrum, and reproductive glands. Smile down to them.

#### SUKHASANA – EASY POSE



- Step 1. Sit on the floor Crosslegged (“Indian style”).
- Step 2. Be fully Aware of your Reproductive area. (Swadisthana Chakra).
- Step 3. Immerse yourself in the attitude of the water Element.
- Step 4. During inhalation and exhalation open and close the P.C. Muscle (the perineum/ muscles of the pelvic floor) in a pumping rhythm.
- Step 5. Slowly sit up straight legs stretched out, place your palms by your side and lean up against your elbows.
- Focus on the energy surrounding the pelvic area and the reproductive area from

#### ARDHA DANURASANA (Half Bow)



- Step 1. Place your left forearm flat on the floor, palm facing down, aligned perfectly with your collar bones.
- Step 2. Grab hold of your left leg with your right hand. Kick the leg as high as you can. Stretch your right shoulder as far as you can.
- Step 3. Look up stretch your neck and with your eyes stare at your Ajna Chakra.
- Step 4. Focus your attention on Swadisthana Chakra (pelvis) and Ajna Chakra (brow center). Sublimate the sexual energy in the lower pelvic region to your third eye.
- Step 5. Breathe deeply, feel the gentle activation of the Kidneys, feel the healing of the spine and back muscles.
- Step 6. Relax in child pose. Be fully aware of your Ajna Chakra and Swadisthana chakra. Enjoy the subtle sensations in your body.
- Step 7. Repeat the process on the other side.

#### ARDHACHANDRASANA



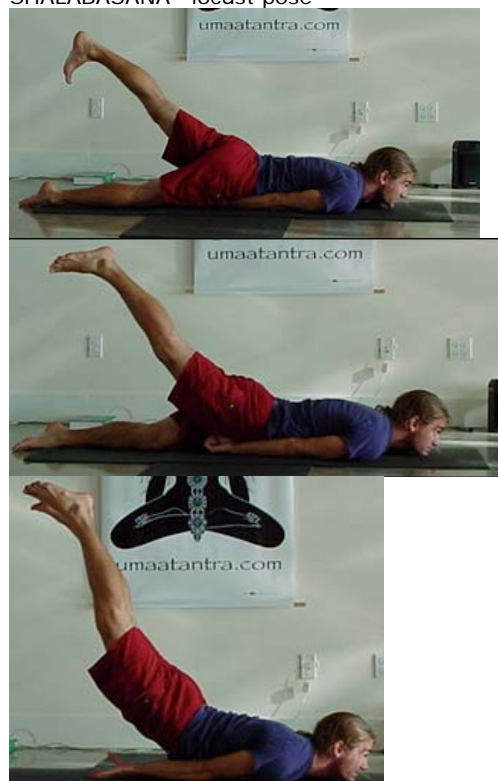
The picture above is the advanced version. The basic version is much simpler:

- Step 1. Stand with feet shoulder width apart.
  - Step 2. Make your hands into fists and slowly rub your kidneys until they are warm.
  - Step 3. With fists pressed behind your hips slowly stretch your hip forward as you arch your back. Tilt your head as far back as possible.
- Think of the body as one muscle.
- Step 4. Contract your Glutes (big muscles of your butt) and your abdomen as tightly as possible.
  - Step 5. Breathe and move your energy up from your feet all the way up your spine and then around your body to your belly. Exhale, feel that you move your sexual energy up from the back of the spine from the lower 3 chakras to your upper centers and then back around the front of the body.
  - Step 6. Come back slowly focus on the fluidity of the spine. Feel the release of tension from the lower and upper back.
  - Repeat at least 3 times. Work on holding it longer each time breathing deep and slowly.

#### ARDHACHANDRASANA II

- Step 1. Stand with feet shoulder width apart.
- Step 2. Extend your arms past your head as high as you can. Keep your palms facing forward. Stretch as high as you can.
- Step 3. Tighten your glutes, perineum and abdomen as tight as possible.
- Step 4. Tilt your hip forward. Slowly arch your back lowering your hands behind you. Tilt your head back as far as possible. Try to emulate a crescent moon with your body.
- Step 5. Inhale and exhale slowly and deep. Focus on exhaling and moving energy up the spine and on breathing energy in to the front of the body.
- Step 6. return to starting position, repeat exercise at least 3 times.

#### SHALABASANA– locust pose



#### SHALABASANA – locust pose

- Step 1. Lay flat on your stomach. Place the forearms underneath the abs and hips.
  - Step 2. Contract your stomach and pull it back towards your spine. Also contract your glutes.
  - Step 3. Slowly lift your left leg up as high as you can. As you hold the asana, breathe in and out as slow and as deep as possible.
- Focus on holding the position as long as you can and on the deep breathing. Feel that you move your sexual energy up your spine.
- Step 4. Repeat the entire process with the right leg.
  - Step 5. Lift both legs as high as you can.
  - Step 6. Return to the starting position. Focus on your Swadisthana Chakra. Notice the fluidity in the spine.
  - Repeat as many times as possible.

Purvottanasana - Table Makers I & II  
Purvottanasana I



- Step 1. Sit on your butt and slowly lift your hips up towards the sky. Maintain the arms and legs straight. Flex the legs and tense the quadriceps to lift the kneecaps towards the torso. Make sure your soles are flat against the floor.
- Step 2. Breathe in and out as deeply as you can and feel that you breathe through all your chakras.

Purvottanasana - Table Makers I & II  
Purvottanasana II.



Same as 5 Tibetans "table maker" – balloon the breath into the belly and lower back. Note: This position improves the sex center and the throat chakra. Also it is a great way to strengthen the hamstrings and improve circulation in the entire body.

Special Report #9:

Poses for Building Willpower, Drive, Ambition, and Overcoming Obstacles

MANIPURA CHAKRA poses

MANIPURA – FIRE Element – Navel/ Abdominal Center  
Will Power, Drive, Ambition, Problem Solving, Gut Feelings, Passion

POSES:

1. Abdominal "Flying-up" Lock: UDDIYANA BANDHA
2. Abdominal/ Lumbar Twist: JARTHARA PARIVARTANASANA
3. Wind Liberating Pose: PAVANAMUKTASANA
4. Triangle Pose: TRIKONASANA

- 1) "The pose of Shiva Nataraj": NATARAJASANA
- 2) V- Ups
- 3) Navel Pose: NABHI ASANA
- 4) VIRABHADRASANA
- 5) Supine Thunderbolt Pose: SUPTA VAJRASANA
- 6) LOHAN SANTOLASANA
- 7) Peacock Pose: MAYURASANA

Uddiyana Bandha (stomach lift/ abdominal "flying-up" lock)

As described further under Chapter Six: the Five Tibetans

- Step 1. Lean forward and exhale fully. Release all your tension as you exhale. Sit back up.
- Step 2. Relax your abdomen and retract it back towards your spine. Do not breathe as you retract your abdomen. Stay with out breathing.
- Step 3. While holding the breath, gently squeeze the abdomen tight and back owards the spine.
- Step 4. Squeeze your stomach tight like a sponge and slowly push your abdomen forward
- Step 5. Relax the Abdomen and breathe in slowly fill the abdomen with Prana (chi).
- Step 6. Hold gently with breath. Release. Repeat. Breathe naturally or take a break when necessary.

PAVANMUKTASANA



- Step 1. Lie flat on your back. Bring your knees up against your chest and abdomen.
  - Step 2. Contract the abdomen tightly. Keep all other muscles relaxed. Breathe using the abdomen and chest. Focus on your abdominal area.
  - Step 3. Focus on releasing tension from the lower back.
  - Step 4. Feel you have a fire in your belly let the heat energize your abdomen.
  - Step 5. Return to the starting position.
- Note: Relax in this position. Maintain a straight spine. This position alleviates lower back pain and should be used to counter any asana that produces tension in the lower back. Also if you find yourself constipated or bloated with gas practice this pose for a minimum of 10 minutes with deep abdominal breathing.

JARTHARA PARIVARTANASANA



Version I.

- Step 1. Lie flat on your back with your arms to your side.
- Step 2. Lift your legs up straight, and slowly lower them towards your right side without lifting your back off the ground.
- Step 3. Raise them back up straight and lower them towards your left side.



Repeat as many times as possible.

Note - Another variation is to maintain the knees bent at 90degree angles. This position strengthens your back along with your abdomen, and is preferable for those with bad backs.



#### Version II.

- Step 1. Lie flat on your back.
  - Step 2. Lift your right leg up and bring it towards your left side.
  - Step 3. Maintain the leg on your left side and breath in and out through your sacrum and lower back to release tension.
  - Step 4. Go back to the starting position and switch sides.
- Maintain stretch as long as possible. Breathe deep using reverse breathing.

#### Trikonasana – Triangle Pose



- Step 1. Stand in a 5 gate posture or 5 pointed star pose.



- Step 2. Lean your upper body and shoulders in a straight line towards your right side. Stretch as much as possible. Keep your shoulders, hips, and heels all in the same plane. Imagine touching the wall to your right side. Feel all your muscles loosen up. Maintain your lower base steady. Do not curl your hips or twist or tilt them. Keep them straight!

#### Trikonasana – Triangle Pose



- Step 3. Lean your upper body all the way down towards your leg. Allow your right palm to rest gently against your right leg. Maintain the left palm facing away from the body with the fingers reaching up towards the sky.
  - Step 4. As you inhale suck your abs back towards your spine and tighten your glutes. As you exhale relax abs and all contractions.
- Focus your energy coming up through your feet all the way to your side of the body that is being stretched. Also feel that you breath in pure energy through your palm that is extended towards the sky.
- Maintain your awareness on your solar plexus and Navel Chakra. Feel your entire being energized and strengthened. This poses activates the internal organs and improves your protective Yang energy.
- Repeat on other side.

#### Natarajasana



- Step 1. Stand with feet shoulder width apart. Slowly arch right leg behind you and grab hold of the foot with your right hand.
  - Step 2. Kick your foot up and pull it with your hand. Try to make your foot reach the sky.
  - Step 3. Spread your opposite arm straight and align it with your 3rd EYE. Point your fingers towards an object of focus. Maintain awareness and focus. Do not Blink. This builds immense focus and mental strength.
  - Step 4. Repeat on opposite side.
- Note Use Reverse Breathing. As you maintain posture focus on your lower diaphragm. Be aware of your Dantien. This pose stimulates the Navel, Solar Plexus, and Ajna Chakra. It strengthens the kidneys, spine, Abs, and Legs.

#### V – Ups



- Step 1. Lie down on your back with your legs straight and arms extended above your head.
  - Step 2. Raise your arms and legs in the air above your mid section.
  - Step 3. Touch your hands to your feet.
  - Step 4. Lower your arms and legs back to the floor. Do not let your feet touch the ground.
- Inhale Up, Exhale down.  
Repeat until you are not able to do any more.  
This position strengthens your core. Both the upper and lower abs are stimulated. It improves the strength of your body. It activates and energizes your Navel, Solar plexus and Dan Tien Centers.

#### Nabhi Asana



- Step 1. Lie flat on your back.
  - Step 2. Slowly raise your arms straight and point the fingers towards your feet.
  - Step 3. Lift the head and shoulders off of the ground to look with your eyes at your toes.
  - Step 4. Tighten the abs and the glutes. Bring the abs back towards the spine as much as possible.
  - Step 5. Lift the Legs up off the ground at least 6 inches high.
  - Step 6. To rest, lower your legs and place your palms on your lower dantien to collect an excess of energy.
- If your back hurts lift the legs up to a 45-degree angle. This position activates your inner heat. You can focus your awareness 3 inches below the navel at the area of the dantien. When the heat begins to arise move the heat up your pine and bring it around the head and back down towards your dantien. Bring it towards your feet and then back up towards the head again to loop back towards the Dan Tien (Macro Cosmic Orbit)

#### Virabhadrasana



- Step 1. Stand with feet shoulder width apart.
  - Step 2. Slowly lift your right leg and point the toes towards the wall behind you.
  - Step 3. Bring your upper body to a 90 degree angle to your base. And focus your attention to the wall in front of you.
  - Step 4. Clasp the hands together with the index fingers extended. (ShivaMudra)
  - Step 5. Repeat on opposite side.
- Focus on stability, balance, and rooting. This poses activates the channels in your legs and strengthens your 3rd and 6th chakra.

#### Supta Vajrasana – Supine Thunderbolt



- Step 1. Sit in Vajrasana. Place heels 2 inches outside your hips. Sit on a cushion if necessary.
  - Step 2. Slowly lower your upper body towards the floor using your hands.
  - Step 3. Gently allow the upper and mid back to rest on the floor.
  - Step 4. Extend the arms past your head.
- Note: go only as far as your knees can comfortably handle. Focus on your dantien as you breathe in and out slowly. This pose opens Manipura Chakra.  
It helps strengthen your ability to transmute sexual energy.

#### Lohan Santolanasana



- Step 1. Maintain your body in Downward dog.
  - Step 2. Place your body weight on your left palm. Shift your feet so that the body weight is distributed on to the edges of your feet.
  - Step 3. Maintain posture breathing in through your right palm and exhaling out through the right palm. Use reverse breathing.
  - Step 4. Alternate your palms on the floor. You can also use your knuckles and fingers to support yourself.
- This posture opens the heart center and the palm chakras. It improves the strength of the upper body and core. This position is used by Martial artists to develop healing palms and Iron Palm.

#### Mayurasana



This pose both requires and develops strength, focus and balance. It also amplifies the digestive process.

- Step 1. Place your palms and pinkies together. Bring your elbows together and insert them into your solar plexus.
  - Step 2. Bring the palms against the floor, legs stretched out behind you. Support your body weight against your elbow and palms.
  - Step 3. Balance carefully, adjusting the front-to-back lean of the forearms to adjust the balance point. Find the balance with your toes still touching the floor, and then carefully, slowly, lift your feet off the ground – just an inch at first, then work up to bringing the body flat and level. Caution: Don't lean so far forward that you do a faceplant!
  - Step 4. Bring your feet and head down to the floor. Sit in Vajrasana with palms over your Dantien.
- Maintain balance and focus. Use your 3rd eye to pick a focal point. Circulate the energy from the feet all the way to the head and back down to the feet.  
This position stimulates the inner heat. Circulate it through your body and allow it to settle in your Dan tien.

#### Special Report #10:

Poses to increase compassion, joy, and improve heart and lung health.

#### ANAHATA Poses

ANAHATA – AIR Element – Center of Chest, Between Shoulder Blades

Compassion, Empathy, Joy, Lightness of heart, Warmth, Endearment

- Physical Alignment Visualization for Anahata Chakra
- Hyperextensions (Bujangasana Warmup)
- BHUJANGASANA (Cobra Pose)
- VAJRASANA (thunderbolt, diamond, or adamantine pose)
- Yoga Mudra (Gesture of Union, also called Child Pose)
- Dhanurasana (Bow Pose)

#### Physical Alignment Visualization for Anahata Chakra:

Do this quick visualization to open your heart, many times a day, everyday!

Step 1: Stand upright, rooted, and breathing deeply with both your abdomen and chest. Visualize a string pulling the crown of your head upwards, jaw in, facing forwards. Then think of a second string, attached to your sternum (breastbone), suspended from above.

Step 2: Raise the imaginary string connected to your sternum so that the entire front of your ribcage and breastbone rise upwards, increasing your lung capacity, without any increase in tension.

Step 3: Next be aware of your collarbones.

Step 4: Visualize them lengthening out to the sides like huge outswep wings, light as a feather.

Step 5: Next be aware of your shoulder blades.

Step 6: Visualize them also as wings, opening and unfurling to the sides

Step 7: Smile from the base of your breastbone. Then do the Inner Smile from Chapter 4!

This is the proper alignment for your chest!

#### Hyperextensions (Bujangasana Warmup)







With the hands and shoulders off the ground, contract the glutes, lengthen the spine, and arch up, contracting the lower back muscles, ballooning air into the belly as you inhale up, lifting the body with the belly, and exhaling, releasing the belly back down. Repeat with hands in each position as above. Always lengthen the spine! This exercise strengthens and lengthens the back, and strengthens the transverse abdominus.

#### BHUJANGASANA (Cobra Pose)



- Step 1. Lie flat on your stomach and place your hands underneath your shoulders.
  - Step 2. Contract the glutes and the abdomen as tight as you can.
  - Step 3. Slowly lift your upper body 6 inches off the ground so that you are using 20% of your arm muscles and 80% of your back muscles. As you hold yourself up, contract your chest and your triceps. Also lightly grip the earth with your fingers.
  - Step 4. Relax all contractions and lift your upper body as high as you can. Stick your chest out as much as possible and push your shoulders back. Imagine you are a cobra spreading its hood.
  - Step 5. Breathe slowly and deeply focusing on your Heart Center ANAHATA CHAKRA.
  - Step 6. Return to starting position very slowly and continue contemplating your Anahata.
- Note: Breathing green mist through Vishuddha Chakra (throat center) accelerates any healing needed in the body.

#### VAJRASANA



- Step 1. Sit with your heels underneath your glutes.
- Step 2. Place the hands on your thighs with your thumbs behind your hipbone.
- Step 3. Stick your chest out and spread your shoulders back.
- Step 4. Breathe as deep and as slow as possible. Focus on your Anahata and Ajna Chakra

#### YOGA MUDRA



- Step 1. Start in Vajrasana.
  - Step 2. Lower your upper body and your forehead down to the floor.
  - Step 3. Spread your arms past your head and stretch your shoulders.
  - Step 4. Remain in the pose and breathe slow and deep. Contemplate your heart center.
- Note: Keep the abdomen tight and the glutes tight at the end of the inhalation and the end of the exhalation process. Focus on your Anahata.

#### DHANURASANA

Bow Pose – abdominal and heart massage!  
(pose in motion)



- Step 1. Lie flat on your stomach. Focus on your MANIPURA and ANAHATA CHAKRA.
  - Step 2. Grab a hold of your legs above the ankles.
  - Step 3. Inhale. Kick your legs back and arch your back. Stretch your neck as far back as possible. Breathe in and out normally. Stretch in the asana for at least 7 deep breaths.
  - Step 4. Rock forward on to your chest and back on to your pubic bone. Move back and forth. As you rock back Inhale as you rock forward exhale. Keep the stomach and glutes tight. Squeeze your perineum.
- Note This asana strengthens the spine and tones the body. It also strengthens the internal organs. Energetically it activates Anahata and Manipura Chakra. It clears and strengthens the conception vessel.

#### AGNISARA DHAUTI (Anahata Pranayama)

(Warning: Do not practice this exercise if you have high blood pressure! Always consult your physician first before combining abdominal contractions with deep breathing.)

- Step 1. Stand with feet shoulder width apart. Hands on your waist.
- Step 2. Inhale and exhale deeply 3 times to clear the lungs.
- Step 4. Squeeze your abs. Push your stomach back as you exhale powerfully through the mouth. The abs should be squeezed tight and held back towards the spine.

Step 5. Continue to squeeze the abs and inhale powerfully filling up the clavicular area, chest and lungs, which should remain relaxed. As you breathe in, flatten the abs and lift your shoulders up slightly as if shrugging the shoulders. Breathe in as much as you can.

Step 6. Focus on your ANAHATA CHAKRA, especially its rear (dorsal) aspect. Continue to hold the contractions and now squeeze your finger tips against your abs to create resistance so that the abs can not move forward or out. As you squeeze with your finger tips and you contract your abdomen, use the thoracic diaphragm (the one you breathe with) to push down towards the base of your spine. Push the belly and lower back outwards against the resistance of your fingers. Keep the chest relaxed the whole time, but. KEEP THE FINGERS TIGHT, and KEEP THE ABS TIGHT as you push outwards. SQUEEZE HARD. When you can no longer comfortably hold the contractions, slowly relax everything and exhale the prana in to the belly. Feel a nice warmth emerge in you MANIPURA CHAKRA.

Step 7. Place the hands on the belly below the navel. (Men: right hand on the belly, left on top. Women: Left hand on the belly, right on top). Focus on the heat in the belly and on the warmth in your entire body. Also be aware of the activation of the Heart Chakra and Navel Chakra.

Note: This exercise develops the core midsection. It also strengthens your breathing and lung power. Energetically it removes a lot of blockages in Manipura Chakra & anahata. It can lead to the opening of Kundalini. It is a type of kriya that purifies the body and prepares it to handle The full Kundalini experience. This exercise also improves and removes premature ejaculation, and menstrual disorders.

While practicing Agnisara Dhauti focus on the shining attitude of purification by fire and the attitude of love, compassion, empathy.

Burning impurities, offer your impurities to the inner fire.

#### Special Report #11:

Poses to increase Awareness of Time, Space, Sound, and Communication

#### Vishuddha Chakra Poses

VISHUDDA – Ether – the Sky or Space

Higher Intellect, Communication Skills, Listening, Resonance, Spatial Awareness, Trusting your Perception, Concrete Planning and Goal Setting, Hypnosis and Autohypnosis...

#### Sarvangasana: Shoulderstand SARVANGASANA Shoulder Stand



Step 1. Slowly raise the legs. Lift the trunk, hips, and legs vertically. Support the back with the two hands, one on either side. Rest the elbows on the ground.

Step 2. Press the chin against the chest (Jalandhara Bandha). Allow the back- shoulder portion and neck to touch the ground. Maintain the legs straight.

Step 3. Breathe in and out very deep using the nose. Keep the tongue pressed against the roof of the mouth. Focus on pranic energy flowing from the feet all the way to the throat center Vishuddha Chakra.

Step 4. Bring the legs down very, very slowly and gracefully.

Step 5. Lie flat on your back and rest with the palms facing up. Energy Flow – Absorb Prana from the feet and bring it all the way down towards the throat chakra. As you Inhale pull the stomach in tight and contract glutes (Mula Bandha) as you exhale relax the stomach and Glutes. Feel the Prana flow towards throat center.

Notes: In this Asana the whole weight of the body is thrown on the shoulders. You really stand on the shoulders with the help and support of the elbows. Concentrate on the Thyroid gland, which lies on the front lower part of the neck. Retain the breath as long as you can do with comfort, and slowly

exhale through the nose. Perform at least twice a day. Stand on the Asana for two minutes and gradually increase to half an hour. Variation 1. Open your legs wide as you exhale. Close them as you inhale. Variation 2 Press the right foot against the inner left thigh. After 3 mins. Return legs to straight position for a few deep breaths. Follow with pressing the left foot against the inner right thigh. Return to starting position with the legs straight in the air.

#### Advanced

Variation 3 Garuda Mudra

Variation 4 PADMASARVANGASANA

#### BENEFICIAL EFFECTS RESULTING FROM THE PRACTICE OF SARVANGASANA:

This is a panacea, a cure-all for all diseases and ailments. It enhances and awakens psychic potential and awakens Kundalini Sakti, removes all sorts of diseases of intestine and stomach, and increases mental power.

It supplies a large quantity of blood to the roots of spinal nerves. This Asana centralizes the blood in the spinal column and nourishes it. It keeps the spine supple and elastic. This keeps you young. It prevents the spine from early ossification (hardening). So you will preserve and retain your youth for a long time. It helps a lot in maintaining Brahmacharya (control over sexual energy and Kundalini). It removes wet-dreams. It rejuvenates those who have lost their potency. It acts as a powerful blood-tonic and purifier. It tones the nerves and awakens Kundalini. Spinal column is rendered very soft and elastic. The muscles of the back are alternately contracted, relaxed and then pulled and stretched as you breath. This causes the muscles of the back to draw a good supply of blood by these various subtle movements. Various sorts of myalgia (muscular rheumatism), lumbago, sprain, neuralgia, etc., are cured by this Asana. The muscles of the abdomen, the rectic muscles and the muscles of the thigh are also toned and nourished well. Obesity or corpulence and habitual chronic constipation, Gulma, congestion and enlargement of the liver and spleen are cured by this Asana.

#### Special Report #12:

Poses to Increase Inner Vision, Clairvoyance, Clarity of Perception, Goal Setting – the “6th Sense”

#### AJNA – VOID/ Mind

Perception, Inner Vision, Being able to see through anything, Commanding, Higher will force, Clairvoyant.

#### Poses:

Halasana – Plow Pose

Karnapidasana – “Pressure around the Ear Pose”

Garudasana – the pose of Garuda (Eagle Steed of Vishnu)

#### HALASANA – Plow Pose



Step 1. Lie flat on your back.

Step 2. Slowly lift and raise the legs up from the hips, and straighten the knees as you raise your hips/ buttocks off the floor with your hands. Stretch and bring the toes to the floor past the head, gradually working the hands up the back toward the shoulder blades as the legs counterbalance.

Step 3. Place palms on your back to support yourself. Maintain spine straight.

Step 4. Place hands, palms facing up, on the floor to stretch shoulders.

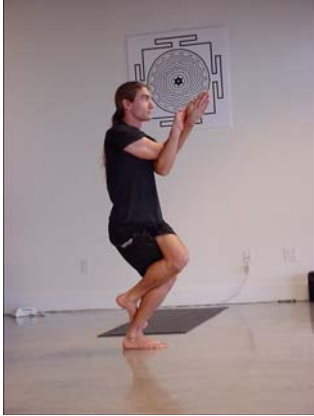
Note: Maintain the asana as long as you can. Focus the energy running up from the toes all the way up the spine towards the head. Feel the arousal of Ajna chakra. To come out, again support the hips, and slowly uncurl the spine down to the floor, starting at the shoulder blades, and working your way down to the sacrum. For lower back safety, legs should either be completely straight or completely folded at the knee as you come out.

**KARNAPIDASANA – “Pressure on the Ear” Pose**



- Step 1. Lie flat on your back.
  - Step 2. Slowly lift and raise the legs up and bring the toes to the floor past the head as in Halasana, (previous page).
  - Step 3. Place palms on your back to support yourself. Maintain spine straight.
  - Step 4. Bend the knees and place them by your ears.
  - Step 5. Wrap hands around the back of the knees as if hugging yourself.
- Note: This position heals the spine and keeps it supple. It stimulates Ajna Chakra and the pineal gland. It is very meditative and helps the yogi achieve a better control over the senses (Pratyahara)

**GARUDASANA – Pose of Garuda**



- Step 1. Stand up straight with feet shoulder width apart. Wrap the left arm under the right, bend the elbows and bring the palms together by intertwining the arms. Gently pull the elbows down, working on bringing the fingertips below the level of the nose.
  - Step 2. Bend both knees and squat down. Shift your weight to the right foot.
  - Step 3. Lift the left leg up, crossing it over the right knee and wrapping it around the right leg. Bring the left toes behind the right ankle.
  - Step 4. Stare at one point on the floor or on the wall in front of you for balance.
  - Step 5. Uncross the arms and legs, return to standing position.
- Repeat on other side, arms and legs reversed.
- This position strengthens and stretches the ankles and calves, the thighs, hips, shoulders, and upper back. Also improves concentration and sense of balance.

**Special Report #13:**

**Poses to open the Divine Mind and Spiritual Bliss  
Sahasrara Asanas**

**SAHASHRARA – VOID – the crown center**  
Divinity, Pure state of being, Blissful, Samadhi, Lightning Bolt (the Vajra/ Dorje / Vidyut) VOID, Divine Mind, Universal Intuition, Crown Center  
Shirshasana (half headstand) Shirshasana (headstand)  
**SHIRSHASANA Head Stand**



**Shirshasana with Mandukha Mudra & Oli Mudra**

Step 1. Make a triangle base with elbows and hands. Interlace fingers and place top of head into hands. Place the hairline on the floor.



Step 2. Lift your body up by walking the feet close to head. With the legs straightened (above rt.), you are in ardhha shirshasana – half headstand!



Step 3. Lift one leg bent close to chest. Then lift the support leg.



Step 4. Straighten the body and maintain balance.



Step 5. Breathe deep using nose. During inhalation tighten abs and glutes during exhalation relax.

Step 6. Repeat steps 4, 3, 2, 1 to return to starting position. Maintain child pose (yoga mudra – chap. 10) to allow blood to irrigate naturally through your body. Then either sit in meditation or lie down for at least 5 minutes. Focus on SAHASHRARA chakra

**Energy Flow**

Maintain tongue against roof of the mouth and roll the eyes slightly back. Breathe through your feet and lead the pranic energy through your bone structure all the way to your crown center. As you inhale contract anus and abs and pull it back towards spine. As you exhale relax all muscles. Focus on Crown center.

**Benefits**

The seminal energy is transmuted into spiritual energy, Ojas-Shakti. Improves sexual energy sublimation. According to Taoists practitioners, headstand converts Chi into Shen. You will not have wet-dreams, Spermatorrhea. The seminal and female sexual energy will flow upwards into the brain and be used as spiritual force which enhances meditation (Dhyana).

When you do this Asana, imagine that the seminal energy is being converted into Ojas and is passing along the spinal column into the brain for storage.

Sirshasana is the best yoga pose to practice. It opens and awakens all chakras and clears the blockages in Sushumna Nadi. Words will fail to adequately describe its beneficial results and effects. In this Asana alone, the brain can draw plenty of Prana and blood. Memory increases. Eyesight improves. Miraculously most common ailments begin to disappear. The asana alone will lead the practitioner to a natural Pranayama and Samadhi state by itself. No effort is necessary. If you watch the breath, you will notice it becoming finer and finer. In the beginning of practice there will be a slight difficulty in breathing. As you advance in practice, all respiratory problems disappear. You will find real pleasure and spiritual bliss in this Asana.

After this asana the yogi should take a few minutes to do a meditation. At this point all his or her channels will be free of blockages and the energy will flow freely through the Sushumna Nadi.

#### Special Report #14:

Poses that Activate and Balance your entire person (if you're still breathing properly!): These Poses work all centers and meridians in the body:

Talasila (Tree Pose)(follows)

Shirshasana (Headstand, from Report #13) Shavasana (Corpse Pose, from Report #2) Handstand – Adho Mukha Vrksasana (follows)

#### TALASANA (all centers!)



- Step 1. Stand with feet shoulder width apart. Be aware of your roots.
- Step 2. Press the palms together firmly in front of the chest. Flex all the muscles in your entire body about 70%. Remain in this position for 3 to 7 breaths.
- Step 3. Slowly raise the hands above the head. Press firmly with the palms. Stretch as high as possible. Keep the body straight. Once the hands are over the head, separate the palms, palms facing each other.
- Step 4. Keep the abdomen tight and back towards the spine. Also keep Glutes (the big muscles of your butt) contracted.
- Step 5. Be aware of the energy moving up from the feet all the way towards the crown center and palm chakras.
- Step 6. Slowly open the arms by your side. Remain focused and aware of all your chakras specifically your crown and your palms. Hold this Asana for at least 3 minutes. Work up to 10 min. or more.

#### Talasila II.

- Step 1. Stand with feet shoulder width apart. Be aware of your roots.
- Step 2. Press the palms together firmly in front of the chest. Flex all the muscles in your entire body about 70%. Remain in this position for 3 to 7 breaths.
- Step 3. Slowly raise the hands above the head. Press firmly with the palms. Stretch as high as possible. Keep the body straight. Once the hands are over the head, separate the palms.
- Step 4. Keep the abdomen tight and back towards the spine. Also keep your Gluteal Muscles (the big muscles of your butt) contracted.
- Step 5. Slowly bend your upper torso forward to a 90degree angle with your legs. Maintain the torso and spine flat like a table top.
- Step 6. Be aware of the energy moving up from the feet all the way towards the crown center and palm chakras. Feel

your breath and energy in your spine. Feel your alignment and bone structure.

Step 7. Return to TALASANA I variation.

Step 8. Slowly open the arms by your side. Remain focused and aware of all your chakras. Be aware of your spine and alignment. Feel your spine straight.

#### ADHO MUKHA VRKASANA (Handstand, literally, downward facing tree pose)

- Step 1. Place palms close to wall.
- Step 2. Gently kick one leg then the 2nd leg up to wall.
- Step 3. Straighten yourself as much as possible.
- Step 4. Shrug your shoulders extending further.
- Step 5. Maintain posture and breath in and out slowly through nose. Focus on breathing energy in through feet and exhaling out through crown, 3rd eye, and palms.
- Step 6. Slowly bring one leg at a time down.
- Step 7. Rest in Vajrasana with palms in belly to collect energy.



Benefits – Increase physical power and strength. Activates all Chakras.Helps you to sublimate massive amounts of sexual energy. Strengthens ability to project prana through palms.

#### Special Report #15:

Instantly focus your mind with sound and add resonance to your practice: Mantra Yoga (Secrets of sound, breath, and self-realization)

#### MANTRA YOGA

Mantra yoga involves chanting a word or phrase with a focused and heartfelt intent until the mind and emotions are transcended and the super consciousness revealed and experienced. The yogi needs to harness the ever-jumping monkey mind and put it to productive use. The chanting of mantras rescues the mind and brings it back to a central object of meditation. It eventually bridges the gap between your perception and you. Mantra may be chanted aloud or internally, as if emanating from the chakras (subtle centers) and nadis (subtle channels) themselves.

Both the resonance and the meaning of a Mantra combine to guide the mind safely back to the point of meditation — the higher consciousness or the specific spiritual focus. Mantras can be used to heal, activate nadis or Chakras, for Psychic protection, and to achieve a sublime enlightened mind. Each of the 5 elements has a BIJA or a "seed" sound which is resonating in the center of its corresponding Chakra. Its unstruck "ringing" or "sounding" produces a healing effect on each chakra and an awakening. Here are the BIJAS for all 5 elements. The Bijas awaken the chakras because they are the sound or resonance found deep within each center. The sounds correspond to the 5 elements (or forms of manifestation) found in the universe or macrocosm.

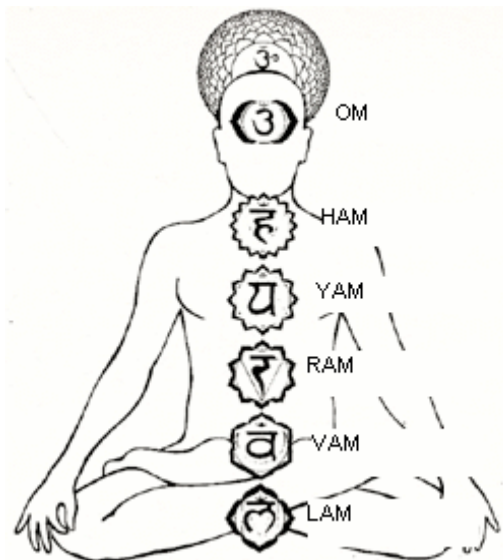
Bijas for the 5 Elements: HINDU TANTRIC VERSION VOID HAM (HAAAAAANNG) AIR YAM (YAAAAAANNG) FIRE RAM (RAAAAAANNG) WATER VAM (VAAAAAANNG) EARTH LAM (LAAAAAANNG)  
TIBETAN TANTRIC VERSION VOID A (AAAAAHH) AIR YAM (YAAAAANNG) FIRE RAM (RAAAAAANNG) WATER MAM (MAAAAAANNG) EARTH KHAM (KHAAAAANNG)

#### CHANTS FOR ALL 5 ELEMENTS

A YAM RAM MAM KHAM (Tibetan)  
HAM YAM RAM VAM LAM (Hindu)

#### CHAKRA BIJAS

MEDITATIONS WITH BIJAS  
5 ELEMENTS



1) Imagine your Sushumna nadi as a clear hollow tube and chant the mantras flowing downward from the crown (Sahasrara) to the base chakra (Muladhara) Use either version :  
 A YAM RAM MAM KHAM  
 HAM YAM RAM VAM LAM

How to Further Open Each Chakra:

1. Pick a chakra to focus your attention on.
  2. Chant the specific Bija mantra for that particular chakra (see illustration, previous page).
  3. Pay as much attention to the silence after the bija mantra as to the sound of the bija itself.
  4. Feel as if the Bija is being chanted in the location of the chakra in your body.
  5. The advanced level: feel the sound is coming from the center point of the chakra. You can imagine the sound be sung by a choir or an orchestra, rung on a bell, whispered by the wind, etc... Use your intuitive imagination!
- Mentally project the bija sound, radiating out from the center of its chakra!

Repeat chant 3 to 108 times

How to Use Mantra for Self-Realization:

SOHAM-HAMSA MANTRA

SO – SHAKTI - Yin

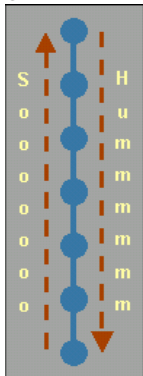
HAM – SHIVA – Yang

Universal mantra: The soham mantra has been called the universal mantra because of the fact that its vibration is already a part of the breath, and everybody breathes. The mantra is also designated by hamsa, hansa, hongsa, sohum, or sohum.

Hamsa mantra: The soham mantra is also called the hamsa mantra. Hamsa (or hansa) poses the question, "Who am I?" Soham provides the answer, "I am that."

I am that: While the English translation is not nearly as important as the quality of the sound vibration, soham translates as I am that. When remembered repeatedly, it declares I am that I am that I am that I am....

#### SELF REALIZATION MEDITATIONS



1. During inhalation Chant and move the HUM down the front channel of the spine (Conception Vessel). During Exhalation chant and move the SO mantra up the back channel (Governing Vessel)
2. During Inhalation Chant and move the SO mantra up the back channel. During Exhalation Chant and move the HUM mantra down the front Channel.
3. Inhale Hum Through the Crown Down to Anahata Chakra. Exhale SO from Anahata Out through Crown.

Use REVERSE ("Taoist" or "Ox") BREATHING OR Use The BUDDHIST BREATH with this exercise...

Integrate each mantra in this chapter, one at a time, into your practice of the asanas! Use the diagrams to help you in your visualizations.

#### Special Report #16:

How to use Specialized Breathing Techniques to change your physiological state – for focus, energy distribution, healing, and more...

- Tibetan Healing Breathing
- Methods of Breathing For Energy Activation
  - o Pranic Breathing with Your Endocrine Glands
  - o Pranic Breathing with Your Feet
  - o Tibetan Vase Breathing For Kundalini Activation & For centering one self:
- Taoist and Buddhist Method of Enhancing Qi Power:
  - o Qi Gong Breath for Men
  - o Qi Gong Breath for Women
- Brain Waves and their significance to the meditator

#### Tibetan Healing Breathing

Tibetan Breathing is self-help healing technique that expands your lungs and increases oxygen in your blood. All your organs (and your brain) benefit from more oxygen and work better. Daily practice of this breathing program has been shown to calm the nervous system, regulate heart activity, relax muscles and spasms, oxygenate the blood, reduce blood pressure, stimulate digestion and help to clean the body of toxins.

How to perform Tibetan Breathing

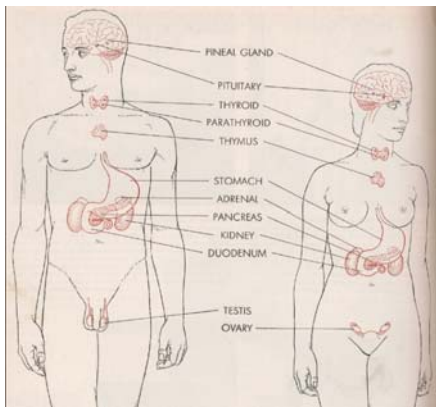
1. Sit comfortably on a chair with your spine straight and your feet apart and flat on the floor.
  2. Close your eyes.
  3. Turn your left hand palm upwards on your left knee, connect your thumb and index finger to form a circle, keep your other 3 fingers extended and straight.
  4. Place your right hand, palm flat, directly below your belly button.
  5. Inhale through your nose. Follow your breath up your front from your nose and over your head. Continue down your spine until you reach your tailbone.
  6. Contract your butt muscles and clench your sphincter.
  7. Pursing your lips together (like whistling), exhale from your mouth, release your butt muscles and sphincter, push your breath up the front of your body with your belly muscles.
  8. Perform a second breath.
  9. Now, move your right hand to your heart or anywhere else where you have pain or discomfort.
  10. Perform two more breathes, for a total of 4 inhale/exhales.
- This simple breathing exercise establishes an equilibrium between positive and negative currents throughout the body. Start by performing these 4 breathes twice per day. Early morning after waking and nighttime before bed are best. You can perform Tibetan Breathing while sitting, laying down or even while walking (keep your hands in your pockets). Any time you feel you need more energy, perform Tibetan Healing Breathing.
- Note: this Tibetan Breathing Technique is a very powerful energizer which should not be overdone. If this is your first time to work with breathing, start slowly. If you feel dizzy or light headed, open your eyes and perform smaller/shallower breathes. Work you way up to full lung capacity at your own pace. If you have a dry throat, drink water before performing the exercise and/or reduce the breathing to once or twice a day.

#### METHODS OF BREATHING FOR ENERGY ACTIVATION

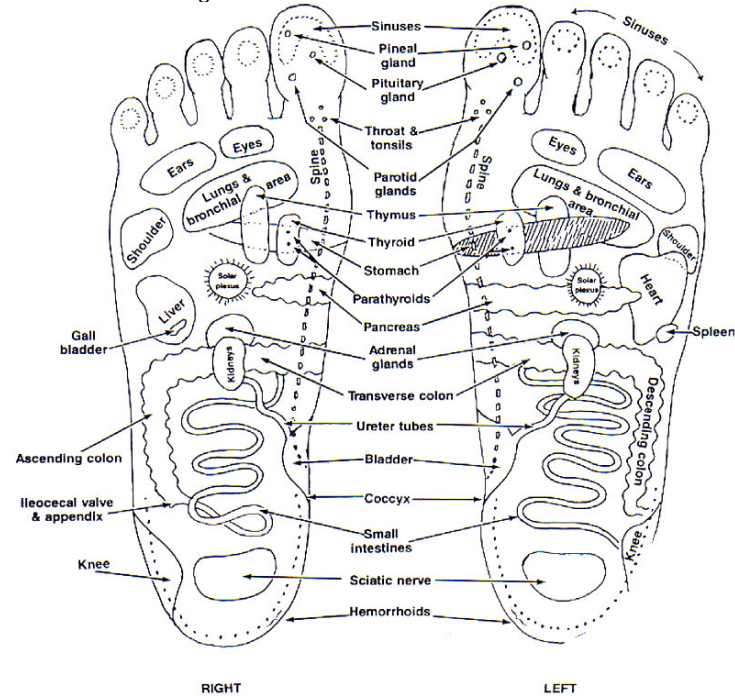
REVERSE ("Ox") BREATHING – Inhale to the pelvic floor, slowly tightening the glutes, contracting abs and bringing them back towards the spine. Exhale, relaxing belly and pelvic floor (relax all contractions).

BUDDHIST BREATH – Inhale slowly, expanding belly, sides, and lower back. Open the pelvic floor (perineum and genitals) downwards. To exhale, Contract glutes, contract abs and squeeze them towards spine.

Pranic Breathing With Your Endocrine Glands

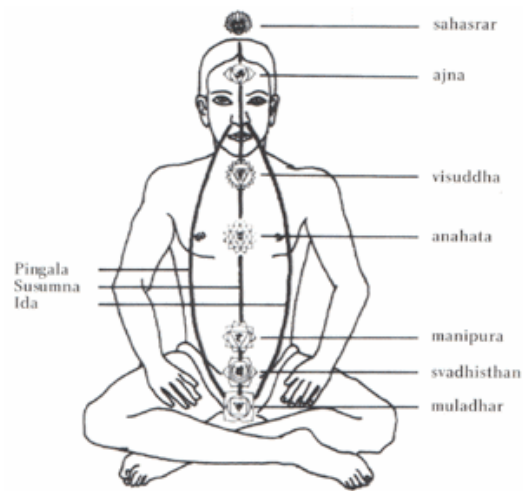


- Step 1. Pick a gland to focus on, relax and draw your attention to the area of the gland within your body.
  - Step 2. Slowly inhale pure energy from the universe directly in to the specific gland you are focusing on. Breathe in for at least 7 seconds. Hold comfortable the breath and feel the energy nourish your internal organ.
  - Step 3. Exhale all the impurities of the organ out dissolving the energy in to the universe. You can feel that the energy leaves the body and transmutes as a blessing or food for other beings.
- Repeat as many times as you feel needed to heal or cure any gland. This is a great technique for internal maintenance.
2. Pranic Breathing with Your Feet

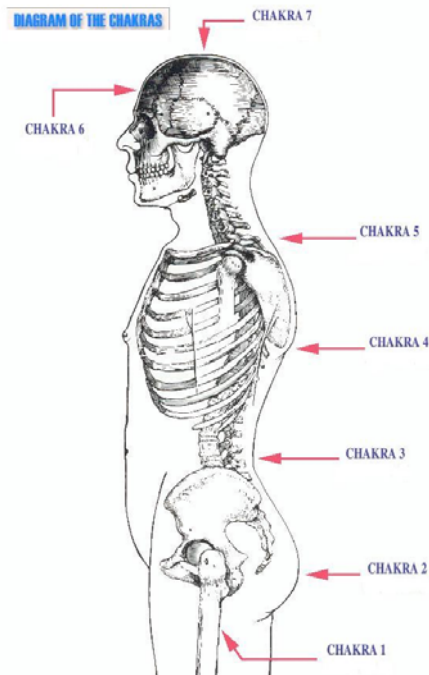


(Reflexology Breathing)  
 Method – Look at the chart and focus on the bottoms of your feet. Imagine as you inhale, energy being absorbed into the to the designated reflexology areas. Exhale energy out of the soles of feet from the corresponding reflexology areas. On an advanced level simultaneously try to feel and be aware of the corresponding body parts. Practice at least for 5 minutes daily. After a while you will know the chart by memory. The areas you can not feel or visualize well are areas that are blocked energetically or are deficient in prana. Work on attaining more sensitivity.

**TIBETAN VASE BREATHING**



- For Kundalini Activation & for Centering Yourself: Step 1. Do Nadhi Shodana (Alternate Nostril Clearing), in Special Report #4, first. Then, keeping stomach flat and lightly tensed, and lifting the pelvic floor (mula bandha), breathe in slowly through both nostrils, all the way to the pelvic floor. Keep chest and head relaxed, only using pressure in the lower belly. Visualize that the air is filling the two side channels and dan'tien. Breath should be slow and gentle.
- Step 2. Feeling the warmth in the dan'tien, slowly and progressively release the tension in the abdomen, as if the warmth is brimming over into the surrounding region. Then gently take extra puffs of air in through the nose to fill the remaining space left by the relaxation of contractions. Swallow a little saliva.
- Step 3. Feel the new chi pressure rising gently up the central channel to the crown like a thermometer. Don't take it past the crown.
- Step 4. When it reaches the crown, exhale all of your internal toxins out and downwards like a cloud of a thousand tiny arrows or darts... Repeat. Do not use too much force in this technique. Improperly performed, it could cause high blood pressure.



**TAOIST & BUDDHIST METHOD OF ENHANCING CHI POWER  
 QI GONG BREATH FOR MEN**

1. Calm the mind with naturally breathing for several minutes, partially close the eyes, put the tongue against the palate, focus the mind on the forehead between the eyebrows.
2. Inhale air through the nose stepwise, expand the abdomen, as termed "pumping and holding", in an interval of 2 - 5 seconds, for 8 to 20 times up to the maximum capacity of the lung, and move the mind to down to the navel.
3. Hold the breath, start to move the expanded abdomen downward by contracting the upper abdomen, as the pressure gradually builds up against the bladder and prostate gland, and move the mind to the prostate gland area.
4. Contract the anus and exhale air through the mouth slowly, while moving the mind slowly from the prostate gland area, along the spinal cord, up to the forehead.

5. Repeat 2-4 several times.

**NOTE:**

In Step 4, a man should experience a hot energy flow, called Chi, rising up from the prostate gland area, along the spinal cord, to the head. During intercourse, Step 3 is the most important one; he should hold the breath as long as he can and apply pressure to the bladder and prostate gland area with the maximum contraction of the upper abdomen (the thorax, or chest, remains relaxed) and the maximum expansion of the lower abdomen. It will knock down the sensitivity of the penis and eventually numb it as if ready for surgery.

This requires practice for 2 - 10 weeks to notice its effects on the sexual performance.

**QI GONG BREATH For Women**

1. Calm the mind by naturally breathing for several minutes, partially close the eyes, put the tongue against the palate, focus the mind on the navel area.
2. Exhale air slowly through the mouth while expanding the abdomen and emptying the lungs completely, and move the mind up to the forehead between two eyebrows.
3. Inhale air through the nose stepwise, also termed as pumping and holding, contract the upper abdomen and vagina/anus at the same time, in an interval of 2 - 5 seconds, for 5 to 15 times up to the maximum capacity of the lung, move the mind from the forehead along the spinal cord down to the vagina area.
4. Hold the maximum contraction of the vagina/anus for 10 - 100 seconds.
5. Repeat 2-4 several times.

**NOTE:**

1. In Step 3 you will feel an energy flow go downward along the spinal cord to the vagina area.
2. During intercourse, Step 4 is the most important one to bring the sensitivity of the vagina to a maximum and you will experience a hot energy flow moves upward through the chest to the forehead.
3. It requires practice for 2 - 10 weeks to notice its effects on the sexual orgasm.

**Brain Waves and Meditation**

There are several frequency ranges found in the electro-magnetic waves generated by the brain (EEG).

- **Gamma Waves.** Frequency range of 20 - 100 Hz. These waves represent the synchronized firing of masses of brain cells. It is suspected that this plays a role in the perception of sensory inputs and the planning of actions.

- **Beta Waves.** Frequency range of 13 - Hz. These are the waves measured during normal waking consciousness. They are of higher frequency but lower amplitude than the waves associated with other states, as the brain is handling a larger number of tasks.

- **Alpha Waves.** Frequency range of 8 - 13 Hz. This signals a relaxed state, with less business of perceptions and thoughts or memories. The waves are generally more coherent and somewhat stronger.

- **Theta Waves.** Frequency range of 4 - 8 Hz. A dream-like, semi-trance, state in which imagery dominates. The production of this state using bio-feedback can lead to self-integrative experiences, resulting in a calmer, less egoistic state of being.

This state is experienced by advanced Zen and yoga meditators during deep meditation. This is also the level of dream sleep.

- **Delta Waves.** Frequency range of 0 - 4 Hz. This is experienced in deep dreamless sleep, and advanced meditation which approaches samadhi. Accomplished meditators can move at will from one state to another (at least beta through theta).

The ancients knew and understood that the science of Yoga improves the functions of the Endocrine system. The Chakras are a direct connection to the endocrine glands. Meditation, visualization, and music or resonance (MANTRA) can speed up the process of awakening Kundalini and activating different moods and hormonal secretions. These moods are experienced on the subtle level as various different energies or altered states of consciousness.

Work Hard on developing yourself.

Now that you are more advanced, practice at least one hour daily, and always have fun with it!

**Special Report #17:**

**How to Put Everything in this Manual Together! The progression to mastery...**

By Tao Semko

Practice at least 15 minutes a day, every day. For fast improvement, kundalini arousal, and the development of paranormal faculties, practice an hour to an hour and a half at least three times a week, along with 15 to 30 minutes on the other days... See the next page for timed workouts. But first – the secret to development in real hatha yoga:

**Beginners:** do the exercises, focusing on having good form and always breathing slowly, comfortably, and deeply through the nose in 7-1-7-1 rhythm (see chapter 2 for breathing instructions), unless you are directed to breathe differently in the exercise description. Work up to breathing in a 6-3-6-3 rhythm throughout. Mentally, slowly, count the seconds as you breathe. This counting will focus and relax your mind. Inhale down to the heels, then to the pelvis, then the abdomen, then the chest, then exhale fully from the chest, abdomen, pelvis, and heels. The first video of the Tantric Inner Circle™ Silver level demonstrates proper breathing to perfection! Try to do the inner smile (Report #4) throughout!

**Intermediate Practice 1:** after 12 sessions, or earlier, if you feel up to it, add the emotional attitude of each exercise as you perform it. Keep the inner smile, but add the attitude (see Report #3 or the beginning of each asana chapter). Keep holding proper form and keep counting the breath. Do this for a month of your practice.

**Intermediate Practice 2:** Once you can keep this attitude, while breathing in the pose, add a visualization of the chakra (subtle center) or nadi (subtle channel) corresponding to the asana you are working on. Visualize the corresponding chakra or nadi within your own body, during each exercise, until you can visualize all 7 major chakras and the three main nadis at once. The chakra of each pose is listed at the beginning of its chapter. For pictures of the chakras and nadis, see Report #3. Do these visualizations for a month or so, or until they become crystal clear. You will notice rapid development in your ability to think clearly, "intuit" things about other people, achieve goals, and more...

**Advanced Practice 1:** to proper structure, breathing, attitude, and visualization, add the corresponding mantra of the centers or channels (Report #15). Mentally chant the mantra of the chakra you are working with, as if the sound were emanating from the chakra or nadi. Hold correct form, maintain the breathing rhythm, and visualize the chakras and nadis. See Reports #3 and #15. Keep adding layers to your practice... More layers are added in the Tantric Inner Circle, including Advanced Practice 2 and 3!

Basic yogic practice workouts based on your time schedule:

By Tao Semko

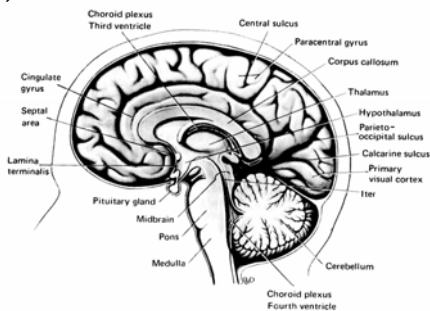
Practice at least 15 minutes a day, every day. For fast improvement, kundalini arousal, and the development of paranormal faculties, practice an hour to an hour and a half a day. 15 minutes

Do Charana, with 7 full minutes of skeletal shaking and rooting, as found in Chapter 5

- |       |                           |
|-------|---------------------------|
| One   | Skeletal Shaking          |
| Two   | Opening the Throat Center |
| Three | Opening the Crown Center  |
| Four  | Opening the Third Eye     |
| Five  | Internal Organ Massage    |
| Six   | Spinal Stretch            |
| Seven | Solar Plexus Massage      |
| Eight | Tibetan Spinal Twists     |

Then relax in corpse pose, and do the self massage (see chapter 2, under, The TEN things you should always do when practicing yoga) OR

Do The 5 tibetans dynamically, seven to twenty-one times for each exercise, followed by Uddiyana Bandha, as found in Chapter 6



Meditative states and magnified states of consciousness are now accepted by science as a simple biological process. IF THE GURUS CAN DO IT, YOU CAN TOO!

1. Twirling/ Spinal Twists
2. Leg Lifts
3. Camel Pose
4. Tablemakers
5. Dands / Cat stretches
6. Uddiyana Bandha three to seven times,
7. Then relax in corpse pose, and do the self massage (see chapter 2, under, The TEN things you should always do when practicing yoga)

30 minutes: Do all of charana, and 2 minutes of each of the rest:

1. Charana
2. Tadasana (Report #7)
3. Hip rotations with deep breathing(Report #8)
4. Uddiyana Bandha (Report #9)
5. Anahata Visualization and Vajrasana (thunderbolt pose)( Report #10)
6. Sarvangasana (shoulderstand) (Report #11)
7. Halasana (plow pose) (Report #12)
8. Half Headstand (the preliminary practice described in (Report #13)
9. Relaxation in corpse pose and self massage (see Report #2)

45 minutes

1. Charana (Report #5)
2. Five Tibetans (Report #6)
3. Tadasana (Report #7)
4. Hip rotations (Report #8)
5. Uddiyana Bandha (Report #9)
6. Anahata Visualization and Vajrasana (thunderbolt pose)( Report #10)
7. Sarvangasana (shoulderstand) (Report #11)
8. Halasana (plow pose) (Report #12)
9. Half Headstand (the preliminary practice described in Report #13)
10. Relaxation in corpse pose and self massage (see Report #2)

45 minutes to an hour:

1. Charana (Report #5)
2. 5 Tibetans (Report #6)
3. Then the following 1-3 minutes each, with long deep breaths:
4. Padahasthasana (Report #7)
5. Shalabasana (Report #8)
6. Nabhi Asana (Report #9)
7. Bujangasana (Report #10)
8. Yoga Mudra (Report #10)
9. Pawanmuktasana (Report #9)
10. Sarvangasana (Report #11)
11. Plough Pose(Report #12)
12. Half Headstand (Report #13) or headstand
13. Relaxation in corpse pose and self massage (see Report # 2)

1.5 hours:

- Do charana,
- Then pick one or two poses from each chapter
- and work on each one (straight through if you can, or coming in and out of the pose to rest as necessary) for 5 to 10 minutes.
- In general, try to balance a forward bending pose with a backward bending pose.
- There is much more on the art and of sequencing poses (vinyasa) in the Tantric Inner Circle, along with monthly yoga workouts in which you learn all the techniques in this book until they are muscle memory, internalize all of the yogic principles, and learn many more techniques for specific ailments and attribute development.

For more information, check [www.UmaaTantra.com](http://www.UmaaTantra.com)

Special Report # 18:

A Brief Glossary

Asana: (Sanskrit) literally, "seat of meditation". A posture or pose conveying specific benefits on the mind and body.

Bandha: (Sanskrit) Literally, knot, or lock. An internal muscle contraction used to hold or move energy within the body.

Charana: warm-ups or warming kriyas

Chi: (also qi) vital energy (Chinese term)

Dantien: (also Tan 'Tien) (Mandarin Chinese) literally "fields of the elixer" or "Cinnabar fields" – energetic voids within the body which may be used to collect energy cultivated doing yoga or qi gong. There are three. The lower (largest, in the lower abdomen), the middle (medium, behind the base of the breastbone), and the upper (small, at the third eye/ center of the brain).

Kundalini: the primal energy normally residing at the base of the spine, which through yoga or qi gong may be activated and

joined with the higher Mind to create fusion, Samadhi, and eventually, Liberation.

Mantra: a particular sound or sound vibration used as a tool of focus, resonance, or an object of meditation

Mudra: a gesture or attitude, made with the hands, body, or mind.

Mukti: (Sanskrit) Spiritual Liberation, the ultimate goal in yoga – complete absorption of the yogi in the Absolute

Prana: (Sanskrit) Vital breath, chi (qi)

Pranayama: (Sanskrit) an exercise of breath control

Qi: (mandarin Chinese) Vital breath, or subtle energy

Qi Gong: (literally, "breath work") Chinese practices for cultivating and balancing the vital energy, for health, martial development, and spirituality

Samadhi: (Sanskrit) Spiritual one-ness, or non-conceptual union or one-ness of the meditator with the object of meditation. This is where yoga (literally, "union" begins. The beginning of the gradual process of enlightenment, self realization, and liberation.

Tantra : The spiritual path of transformation. It exists both separate from religion, and as a part of many religious faiths.

Vyayam: (Sanskrit) literally, "exercise." Special calisthenics rhythmically integrating breath, pranic movement, and bodily exercise. Includes dand (pushups from downward-facing to upward-facing dog), beithak (bodyweight squats with reversed breathing), long holds of headstand, front and back head, neck, and hand bridging, slow isometric imitation of various sports, isometric holding of horse stances; muscle, sinew, and bone marrow training; twisting and rotary exercises, weighted clubs, and more...

Yoga: (Sanskrit): literally, union, or "yoking" (of the microcosm to the macrocosm). Means the union itself, which begins with the state of Samadhi, but also the practices that result in this union. This includes hatha yoga (solar/lunar, or physical yoga) and many different mental and emotional yogas, including jnana, raja, bhakti, and more. More about those in the Tantric Inner Circle!