

In the year 203 A. D. boy Nagaraj was born in what is now the seaport town of Porto Novo on the eastern coast of India. While still a youth he was kidnapped by a Pathan and taken north to Dacca. He was later released and migrated to Benares where he shone as a Sanskrit scholar of great eminence.

Discontent with this early success and destined for a greater end, he sailed by boat to the powerful shrine of Katarigama on the southern coast of Lanka. For 18 months he plunged into meditation where, with his astute intellect, he analyzed the different philosophical systems threadbare. Drawing inspiration from the great Siddha of Science, Boganathar, he was able to appreciate and understand the full significance of Siddhantha Yoga and Soruba Samadhi and he accepted the challenge of attaining this mystic goal, supreme.

Following the inner call, he wandered throughout South India and was extremely fortunate to be initiated into the mysteries of Kundalini Yoga by the great Tamil Siddha, Agastya Maharishi at Courtrallam.

Now retiring to a lonely Himalayan cave, he remained absorbed in intensive Yogic sadhana for years at a stretch, finally to emerge LAUGHING AT THE LIMITATIONS OF DEATH.

The immortal Babaji made his own contributions to the nucleus given by Sage Agastya, renamed it "Kriya", and has retained his form through the centuries tapping many, speaking to few and materializing to give darshan to his saintly chosen. For centuries he worked behind the scenes as the source of inspiration and guidance to past Kriya Masters like Adi Shankara, Kabir Das, Lahi Mahasaya and many others.

Thus He is the climax of the Eighteen Tamil Yoga Siddhas tradition, which includes Thirumoolar, Ramadevar, Kumbamuni, Konkanavar, Sattamuni, Karoovurar, Sundaranandar, Valmiki, NandiDevar, Paambati, Boganathar, Macchamuni Patanjali, Dhanvanthri, Goraknath, Kudambai, Idaikadar and Kamala Muni.

In the year 1944 Kriya Babaji felt the need for a society in his name through which he could contact his devotees the world over. International Babaji Yoga Sangam came into existence and Yogi S.A.A. Ramaiah, the direct disciple of Sathguru Babaji, has continued to spread the Science of Kriya Yogam to the nooks and corners of the earth, giving initiation and training to sincere seekers of Truth.

Through the Omnipotent Grace and assistance of Kriya Babaji, 50 world-wide branches of this international organization have been established and, as directed by the great Sathguru, development of an International Tamil Kriya Yoga University is being planned.

The university will apply scientific methods and laboratory procedure to ancient formulae embedded in the literary works of the Yoga Siddhas. International Babaji Yoga Sangam has the largest collection of these rare "edus" in the whole world which will be deciphered with the light of Kriya Yoga, and the scientific genius of the Yoga Siddhas will become recognized and appreciated the world over.

International Babaji Yoga Sangam fervently appeals to sympathizers of this divine work to lend their support, financial, manual, and moral, in helping us make this dream of Kriya Babaji a physical reality: Such self sacrifice ensures that the Light of Truth will burn Forever and Anon!

There are two distinct ways of life - materialistic and spiritualistic. The former is mainly physical and followed extensively in the Western hemisphere and the latter is mainly mystic, prevalent in the Eastern hemisphere. Occidental materialism denies the independent existence of spirit and maintains that there is but one substance -MATTER. Oriental spiritualism, on the other hand, emphasizes that the spirit (or soul clothed with the sheaths of the mind) has a real, perhaps the only lasting existence apart from matter. The core of materialism is science, the quest of material TRUTH with the aid of a laboratory, while the core of spiritualism is Mysticism, the scientific art of realizing eternal TRUTH (Creator or Soul, call it what you may) and its message.

These two ways of life, one harping only on the creation and the other the Creator, are incomplete and the pages of history have proved beyond doubt their inadequacy to solve the vital problems of life and usher in the millennium. The scientific West has mastered the forces of the physical plane but is yet not happy, groping in the dark for PEACE, material and mental. On the other hand the mystic East which has produced Buddhas, Christs, Ramakrishnas and Sages has badly neglected the material aspect of existence to be subjugated and exploited by powerful material nations and denied their birthright of freedom which has prevented them for centuries from playing their rightful part in deciding the destiny of the globe.

It is with pleasure we note the change for the better in world thought today. The impact of western materialism on eastern spiritualism is profound and deep. Oriental politics is waking up from its age long slumber and westerners have started sitting meekly at the feet of mystic Masters in quest of eternal peace and bliss. Very slowly but steadily the world is taking to SCIENTIFIC MYSTICISM which is another name for Kriya Yoga.

Kriya Yoga, the most ancient system of Yoga, has been practiced as part of Siva Yoga Siddhantham through the ages, immemorial. It was revived by Kriya Babaji about 1794 years back. Kriya Yoga is a five-fold path of Kriya Hatha Yogum, Kriya Vasi Yogum (pranayam), Kriya Dhyana Yogum (meditation), Kriya Mantra Yogum and Kriya Bhakti Yogum (the Yoga of Love and Devotion). It is, in short, the gospel of Kriya Mulaguru Babaji Nagaraj as practiced and preached by International Babaji Yoga Sangam. There is only one Guru in the Kriya Yoga Order and that is Sathguru Kriya Babaji, and hence it is called the Babaji Yoga Sangam.

Kriya, the Gospel of Scientific Mysticism, is not a creed or cult but an integral WAY OF LIFE, leading to all-round development- mystic, mental, and physical.

Jnana means knowledge, mystic and material, and refers to Kriya philosophy. The proper outlook and mental background are essential for progress, otherwise the precious teachings of the Kriya Yogi will go to waste and fail to sprout like seeds sowed in barren ground. The flower-bed must be tilled and prepared to yield the beautiful blossoms of Kriya. Hence the aspirant must necessarily pass through the none-to-pleasant preliminary stage of being examined, studied, and trained by the Guru before being accepted.

Mantras are sacred formulae meant to be repeated over and over again; that is japa. The sadhak will have to chant these mantras till the end in view is attained to the satisfaction of the master. Mantra Sastra is a vast, scientific art with different-grades or steps.

After one attains mantra siddhi (perfection) one is fit for Dhyana and the aspirant is led step by step into the deeper mysteries of concentration to realize God and attain perfection.

The fourth facet of this soul-stirring Gospel is Kriya Kundalini Pranayam, a form of Raja Yoga which has been in existence for centuries and the technique varies from master to master. Receiving the nucleus from Agasthya Maharishi at Shakti Peetam, Courtrallam, South India, Kriya Babaji has become an adept and made His original contributions to the scientific art during His long sojourn at Badrinath, Himalayas. This Kriya technique should not be published and given recklessly for it is a double edged weapon. If practiced under an able experienced master the benefits are immense, otherwise it is definitely dangerous and harmful, hence it is kept a secret to be received from the Guru in private. Further, to begin with, only a simple preliminary initiation will be given and after the aspirant has been made fit through arduous sadhana he or she will be taught the advanced techniques.

The last phase and climax of the sadhana is Sathguru Dheeksha (initiation and blessing by the Sathguru). A Guru (master) is one who has realized God and can dispel the darkness of ignorance. He can show the path to God whereas a Sathguru like KRIYA BABAJI of the Himalayas can actually show God to a fit disciple with a touch, glance, or mere wish. In the final stages the Kriya sadhak may reach the goal with one leap after receiving Sathguru Dheeksha.

With the blessings of the Kriya Mulaguru, International Babaji Yoga Sangam was founded to propagate this five-fold path of Kriya Yoga. As directed by the Master it was established on October 17, 1952 to spread far and wide the Light of Kriya for the emancipation of suffering humanity.

Irrespective of caste, creed and nationality anybody can become a member who would accept Sathguru Babaji as their ideal and SEEK BABAJI TO BECOME A BABAJI.

All aspirants will be tested thoroughly before being accepted by the great master (patience and self-sacrifice are indispensable for success) but if one manages to win His omnipotent Grace it will be found, through experience, to be one of the greatest blessings human beings can aspire for. Then the Sathguru will chalk out a distinct course of sadhana for the disciple taking into full consideration his past, the previous sadhana, and temperament. The eminence of the Kriya Mulaguru lies in the fact that His Kriya is not a dull, flat path applied with monotonous uniformity to all, but varied from person to person according to their tastes and fitness. Some become mantra sadhaks (that is, the emphasis is more on mantras), some shine as karma yogis and a few are guided along the path of Kriya Hatha Yoga and so on. All are Overcome to share the mystic treasures of Babaji's Kriya Yoga through International Babaji Yoga Sangam.

Kriya Yoga

India is a nation where you will find deep rooted spirituality. In ancient India, there were many methods by which a person can elevate his soul and meet the supreme. One of them is Kriya Yoga, which got lost in modern era. Kriya yoga got the worldwide reorganization after the coming of book Autobiography of a yogi by Paramhansa Yogananda. According to the book and the legend Kriya yoga was reintroduced by baba ji (immortal saint) to Lahiri Mahasaya in 1861. The science of Kriya yoga spread through various disciples by Lahiri Mahasaya all over the world.

Shri Madabusi subramaniam (reiki Grand master) gave Initiations on the path of Kriya Yoga, shaktipat and Reiki to Tarun Chopra (February 2000).

The Tradition represented by Madabusi Subramaniam follows the family link of Yogi Raj Raj Shyama Charan Lahiri, his son Teenkori Lahiri and the grandson Satya Charan Lahiri. The four progressive initiation of Kriya yoga was received by Madabusi Subramaniam from Satya Charan Lahiri (1973)





As Kriya Yoga is a Meditation Technique which has to be done while sitting, we also need Physical Exercise to keep our self's healthy for this, we need Physical Exercise, Tarun Chopra has been practicing Tai Chi Chuan an ancient Chinese Technique for self Defense, Health, and Spiritual Growth.

Kriya Yoga Technique

Since Kriya Yoga is a Powerful technique to uplift the soul and according to the tradition one must pay to the teacher/ Guru/source from where he gets the Kriya Yoga Technique. If you start practicing Kriya Yoga from this source (web page) you must pay a small token amount so that energies get balance. Pay \$ 5 or INR. 250 and start practicing the Kriya Yoga.



Kriya Yoga has many ramifications; the technique is broadly divided into 4 progressive steps.

-  Kriya yoga
-  Omkar Kriya
-  Omkar tokkar kriya
-  Prathichakra Omkar Kriya

Kriya : The actual practice of first stage of Kriya has the following parts:

- ☑ Talabya Kriya.
- ☑ Nabhi Kriya
- ☑ Manishik Pranayam
- ☑ Pranayam (Kriya)
- ☑ Yoni Mudra
- ☑ Mahamudra
- ☑ Talabya Kriya

The practice said above are to be done in this sequence without omitting anyone, two times daily, morning and night. Besides the above Kriya practice there are some auxiliary Kriyas given as under.

- **Hong-saw technique**
- **Manashik Pranayam**
- **Attention at the point between the eyebrows.**

HONG-SAW TECHNIQUE:

This is simple a technique of observing the breath. The incoming and outgoing breath is closely observed throughout the period of inhalation and exhalation. No attempt is made to alter the rate of breathing. The natural rhythm is kept and the breath is seemed to slow by itself. The word Hong is synchronized with incoming breath and word Saw is synchronized with outgoing breath. One should not miss a single breath and synchronizing should be uniformed thought the length of the breath with the corresponding sounds of Hong and saw. You should do this any amount of time.

This Hong - Saw Technique should be Practiced regularly, try to get one separate place and try to practice there only this will help to focus more and results would be fast.

MANASHIK PRANAYAM

This is a technique of visualization. One should visualize the ascending and descending Breath, through the spinal cord from the point of coccyx bone to the medulla point. The medulla point is located at the back of the head exactly opposite to the mid point of the eyebrows while the coccyx point is located where the spinal cord ends. The whole attention is kept on this back point. The mind is directed to ascend upward slowly and to descend downward slowly. There are six spinal centers (Chakras) known as:

1. Muladhar corresponding to coccyx (First Chakra)
2. Swadhisthan corresponding to the sacral (Second Chakra)
3. Manipura corresponding to the point on the spinal cord opposite to the naval (Third Chakra)
4. Anhata: this corresponds to the point of the spinal cord just behind the heart or in between the shoulder blades. (Fourth Chakra)
5. Visudha: This corresponds to C-7 of the vertebrate. (Fifth Chakra)
6. Medulla point: This corresponds to the occipital lobe just behind the point

corresponding to the point between the eyebrows, which is called Agana Chakra. (Sixth Chakra)

These are the six points which vortex of energy where mind is guided to travel up and down the spine. As the mind crosses one of the centers "OM" is mentally chanted. Thus while ascending the spine "OM" is chanted mentally six times once at each chakra or center and similarly on the downward movement of the mind.

This is called mentally Pranayam. The ascent and descent can be as slow as 5 to 10 seconds can or slower still up to 22 seconds for ascent and another 22 second for the descent. This practice can be done in number of times.

KEEPING THE POINT IN BETWEEN EYEBROWS

Without focusing, the eyes anywhere gently place the attention at the mid-point of the eyebrows in the forehead. This is not a concentration but mind is given a seat and one should be aware whether the mind anchored there or not without drying to force. If it waves gently, bring it back to the point.

This practice can also be done in any number of times.

The above through practices are called auxiliary kriya. They are done to enable the devote to practice the actual Kriya Yoga, which follows in a better way. The devotee equips himself by the above practice so as too proficient in Kriya practice, which are to be described now.

The following is the different segments of the first level of Kriya Yoga Practice.

TALABHYA KRIYA

The tongue is pressed against the roof of the mouth to stretch the ferarum and released. A sound like a 'frog jumping into water' will be made in this process. Stretching of ferarum, this way is done 50 times with the accompanying sound. The tongue is the tip of the nose is touched by the tip of stretched out of the mouth to rub the ferarum over the lower front teeth. This stretching out is done 10 times.

The tongue to give pliability to the tongue, this is done 10 times. The above 3 exercises are termed as Talabhya Kriya. Thereafter for all the following practices, the tongue is kept in 'roll back' position in the mouth.

NABHI KRIYA

with the tongue rolled back, mouth closed, press the chin against the chest keeping the attention on the naval and mentally chanting and counting 'OM' is this fashion. 'OM' 1, 'OM'2, 'OM'3, 'OM'75..... described above.

Nabhi Kriya is done 4 times.

MANASIC PRANAYAM

This has been described already in auxiliary Kriyas.

PRANYAM (Kriya)

In this practice the emphasis is on slowing down the rate of breath and keeping the attention

on the spinal cord and chanting 'OM' at the spinal centers. There is an integration of mind, Mantra and Prana in this practice.

This is of vital importance. The Kriya breathing is described as below.

1. Roll back the tongue.
2. Close the mouth. 'Breath in' and 'breath out' will be for equal duration smooth and steady without any stop. There is no forcible retention of breath either at the beginning or at the end of inhalation or exhalation, breathing is continuous.

Mind is synchronized ascending the spine from beginning to end of inhalation.

Mind descending spine from beginning and up to the end of exhalation.

During the 'up and down' visualization in the spine mentally chant 'OM' as in Mansic Pranayam. The slowing the rate of breathing should be over a period.

One can start with six seconds per breath. In addition, gradually slow it down ultimately to an extent of inhaling for duration of 22 seconds and exhaling for some duration resulting in breath rate of 80 per hour.

Once 'breathing in' and 'breathing out' is called one Kriya. One can begin with 12 Kriyas and go up to 144 over a period say one year and achieve 80 breath an hour (or 80 Kriyas per hour) over a period of one year of daily practice. This practice de-carbonates the cells and charges them with extra Oxygen to enable a non-breath state, dawn naturally, as breathing becomes unnecessary through this mystic process. Natural cessation breath is called Kewala Kumbha. The duration of Kewala Kumbha will be prolonged when a devotee practices Kriya regularly and over a period of time he gets, mastery over the breath. This is a technique of realising the soul from the bodily prison.

MAHAMUDRA

This is a combination of performance of Kriya breathing synchronized with specific bodily posture as described below:

Sit with spine erect, cross-legged, breathing as exactly in Kriya Practice. At the end of inhalation, let the mind travel from medulla through the crown to the point behind the eye-brows, simultaneously catching the toes with the finger tips of the both hands the outstretched leg bending the spine and touching the forehead on the knee of the outstretched leg. Return to the spine erect position immediately. Simultaneously, bringing the mind from the forehead point back through the crown to the medulla. Now, exhale as in Kriya. At the end of exhalation before inhaling again fold out stretched-leg and stretch the other leg out. Repeat the same process for this leg. During the third breathing repeat, the same processes with both legs out stretched. This practice is known as Mahamudra.

Four Mahamudras are done.

YONI MUDRA

Yoni mudra to be done once daily at night time before performing Mahamudra. Do regular Kriya breathing. At the end of inhalation held in the breath, bring the attention from medulla through the crown to the point between eye-brows and close the following 9 doors of the body in this fashion. Ear openings are plugged with the thumbs; index finger gently pressures eyeballs permitting them to be still (motionless). Middle fingers block nostrils. Little

and ring fingers close the upper and lower lips. Mentally chant at third eye.. 'OM'1, 'OM'2, 'OM'100... In addition, you can hold the breath for long time simply release the other fingers. Eyelids can be pressed for a duration equivalent to 21 kriyas. Thereafter release the eyeball pressure. After 15 minutes release the thumb from the blocking of ear opening and remove the hand from the face. You will hear the internal sound (creative sound) and see light (Atma Jyoti) this practice cuts down the veils of ignorance and releases the soul from Karmic compulsions.

TALABHYA KRIYA

Talabhya Kriya is done after Mahamudra as it was done in the beginning of Kriya practice. The whole set of first level of Kriya described above should be done morning and night with one exemption, namely, Yoni Mudra is done only in night times and only once.

Kriya practice should be constantly monitored by the Master in order to enable the disciple to receive advanced initiations.

Perfection in Kechari Mudra (the tongue raising above the Uvula and entering the nasal cavity and blocking the inner nostrils from within) is achieved through practice of Talabhya Kriya. Once Kechari Mudra is achieved all Kriya Yoga practice is done in Kechari Mudra. The eyeballs involuntary gaze at the point between the eyebrows and gets anchored there. The mind is deeply withdrawn and ecstasy follows. This is a stage when second level of Kriya initiation is offered.

Kriya Yoga Techniques

1) Cosmic Exercise:

- Close your eyes and focus on your third eye (the place between two eyebrows), open your eyes when you need to balance your body
- Video of Cosmic/Energization Exercise : <http://video.google.com/videoplay?docid=-1967904048506577711&hl=en>
(Note: Use this video only if you have learned this exercise personally from authorized teacher)

After the exercise is over, take a short break for a minute if you need and then get ready for pranayama and meditation

Sitting Posture: Sit down on a mat (insulated from the ground) Facing North or East in Padmasana or Sidhasana, focus on your third eye (place between two eyebrows), your spine is erect in this position. Alternately you can sit on a chair with your spine erect.

(Sidhasana posture: Left leg on the bottom, with right leg on top of it, Left palm on the bottom with Right palm on top of it, facing upwards)

2) Pranayama:

- 12 breathings of equal length, e.g.: Inhale for 5 count, hold for 5 counts and exhale for 5 counts. Increase the count slowly up to 20
- Use the thumb to count on the rest of the 4 fingers (on the 3 sections of each finger * 4 fingers = 12)

After you are done with your 12 breathings, keep your hands on the knees, eye closed. In this posture, double breath in and tense whole body, hold for 2 seconds, double breath-out and relax.

3) Houg Sau Meditation:

- First breath: Inhale deeply, exhale slowly and hold as long as you can comfortably
- Inhale deeply (at the same time chant Houg mentally), exhale slowly (at the same time chant Sau... mentally) (Maximum for 10 minutes)
- Last three breaths: Inhale deeply, exhale slowly and hold as long as you can comfortably

4) Aum Meditation:

- Place your hands on the face with pinky finger on the corner of the eyes applying light pressure as taught by Guruji and the thumb closing the ears
- Inhale deeply (at the same time chant Aum mentally) and exhale slowly (at the same time chant Aum mentally) (Maximum for 10 minutes)

Meditation:

Sit in the same posture and meditate for few minutes, after the meditation is over rub your hands and touch them on your eyes and face. Open your eyes and stand up gently

Kriya Yoga Energization Exercise

First Stage:-

1) Double Breathing

With your arms straight out to your sides at shoulder level, exhale with a double breath, bend your knees slightly and bring your arms to the front until your palms touch. Pause for a second. Now with a double inhalation, bring your arms back out, straighten your legs and tense the entire body in a wave. Pause for a second. Now while relaxing the whole body exhale with a double breath, bend your knees slightly and bring your arms to the front until your palms touch. Repeat this sequence 3 times.

2) Leg Recharging and Ankle Rotation

Place body weight on right leg, raise and extend left leg forward slightly, slowly swing the lower part of the leg forward and backward 3 times. Rotate the ankle of the left leg clockwise and anti clockwise 3 times. Repeat the same sequence after changing the leg

3) Calf + Forearm and Thigh + Upper arm

Part 1: Place your left foot forward, with most of your weight on the right foot, Tense left Calf and Forearm together, hold for 3 sec, relax tensed muscles and at the same time tense left thigh and Upper Arm together, hold for 3 sec, relax tensed muscles. Repeat this sequence for 3 times. Repeat the same sequence 3 times for right arm
Part 2: Repeat above Part 1 for both hands and legs together.

4) Chest and Buttock Recharging

Chest-out, stomach-in, buttocks-in, hold for 3 sec, relax tensed muscles, repeat this sequence for 3 times

5) Back Recharging

Tense left-back muscles and gently stretch left hand little behind, hold for 3 sec, relax tensed muscles, Tense right-back muscles and gently stretch right hand little behind, hold for 3 sec. Repeat this sequence 3 times for each hand

6) Shoulder Rotation

Palms on shoulder joints, rotate both shoulder joints clockwise 3 times and anti-clockwise 3 times.

7) Throat Recharging

Tense whole throat muscles, hold for 3 sec and relax tensed muscles. Repeat this sequence 3 times

8) Neck Recharging

Lower the head so that chin rests on the chest, then while tensing neck and the throat muscle slowly look up, hold for 3 sec, relax tensed muscles, bring back chin on the chest. Repeat this sequence 3 times

9) Neck Rotation

Tense the muscles of throat and neck, keeping them tensed, slowly rotate the neck on head 3 times in each direction. rotate neck once in both the directions without tension

10) Spinal Adjustment

Legs apart, bend the elbows so that forearm becomes parallel to the ground, keeping upper arm closer to body. With a quick jerk twist upper part of the body to the left and then right, repeat this sequence 3 times.

11) Spinal Rotation

Legs apart, hands at waist, rotate torso above the waist 3 times in clockwise direction and then 3 times in anticlockwise direction

12) Spinal stretching (side to side)

Legs apart, hands at waist, sway the torso above the waist first slowly to left and then slowly to right. Repeat this sequence 3 times

13) Spinal Adjustment (forward and backward)

Legs apart, lock the fingers of both the hands on back side and place them at the base of spine, bend the trunk gently backward, at the same time hands goes up, bend the trunk gently in forward direction, at the same time hands goes down. Repeat this sequence for 3 times

14) Spinal Twisting

Legs apart, raise arms forward to shoulder level; slowly swing them first to left and then right by twisting the torso above the waist only
Second Stage:

15) Memory Simulating Exercise

Tap the entire skull with the knuckles

16) Scalp Massaging

Holding the fingers firmly on the scalp so that fingers do not slip on the hair, move the scalp with rotary motion. Do this over the entire scalp

17) Medulla Oblongata Massaging

Place three fingers of each hand on the medulla oblong, at the base of the skull, pressing against medulla move the fingers in small circles 3 times in one direction and 3 times in opposite direction, draw the back backward from the neck and push the head forward with fingers.

18) Bicep Recharging

Place both palms on the top of the head with fingers interlocked, alternatively tense and relax biceps in each hand 3 times

19) Whole Body recharging

Inhale with double breathing while tensing whole body, vibrate with energy for 3 sec, exhale the breath twice (foo... foo...), slowly relax whole body

20) Body recharging - part by part

Part 1: Tense, hold and Relax following parts of the body one by one

1,2 - Left foot, right foot

3,4 - left calf, right calf

5,6 - left thigh, right thigh

7,8 - left buttock, right buttock

9,10- lower abdomen, upper abdomen and stomach

11,12- left forearm, right forearm

13,14- left upper arm, right upper arm

15,16- left chest, right chest

17,18- left side of neck, right side of neck

19,20-front of neck, back of neck

Part 2: Tense each part of the body(listed above) one by one, hold them, after whole body is tensed, hold for 3 sec, slowly relax whole body

Third stage:-

21) Arm recharging (weight lifting)

Place hands hanging downwards by the side of the body and tense shoulder, upper arm, lower arm and clench fists, slowly bend both arms at elbow joints and bring the fists toward the shoulders, relax and bring back both hands hanging downwards. Repeat this sequence 3 times

22) Double Breathing Exercise (Elbow touching)

Bend both arms at elbow joints at 90 degree angle, placing them close to the body in the side with upper arms parallel go ground and forearms parallel to the body and wrists relaxed.

Inhale with double breathing while tensing whole body, pause for a second and exhale twice relaxing whole body and bring both bent arms in front and touching elbows.

Inhale with double breathing while tensing whole body, moving both the bent arms in original position on both the sides with palms facing outwards.

Repeat this sequence 3 times.

23) Arm recharging (arm side to shoulder)

Stretch both arms to both the sides parallel to ground with palms facing upwards. Tense both arms, shoulders and clench fists, bend arms at elbow joints and bring fists towards the shoulders in tensed condition, touch both the shoulders with fingers. Then relax arms and bring them towards the shoulders. Repeat this sequence 3 times

24) Arm Rotation

Stretch arms out to both the sides parallel to the ground with open palms. Rotate arms in small circles clockwise 10 to 15 times in both the directions.

25) Arm Recharging from Forehead

Stretch both arms out to the front, parallel to each other and ground. Make fists with both the hands and tense the upper arms, forearms and fists of both the hands, pause for a second, relax tensed muscles, bend both the arms from elbow and touch the fists on forehead.

Repeat this sequence 3 times.

26) Four-part finger recharging

Recharge the hand by clenching (closing) and stretching (opening) fingers and palms quickly while stretching arms out to 4 positions: downwards, laterally, to the front then upwards.

27) Four-part arm recharging

Arms are relaxed and placed hanging downwards by the sides. Increase pressure from the shoulders towards the fists and bend arms at elbows, bringing the clenched fists towards the chest. In the bent position, relax arms from fists towards the shoulders.

Tense arms again from shoulders towards the fists and stretch arms out laterally (on sides). In stretched out position, relax arms. Then tense arms again from shoulders to fists and bend arms at elbows, bringing fists towards the chest again. In the bent position, relax both arms.

Then tense both arms and while tensed, stretch both arms out to the front. In the front position, relax both arms.

Again tense both arms and fold arms at elbows again, bringing the fists to the chest. Relax both arms in bent position.

Tense both arms and raise tensed arms upwards. In the upward position, relax both arms. Then tense both arms again from shoulders to fists and fold arms again to bring fists to chest. Relax arms from fists to shoulders. Once again tense both arms from shoulders to fists and bring arms to downward position, pushing fists down. Then relax arms from fists towards shoulders.

Repeat this practice 3 times.

28) Arm rising with double breathing

Stand with both arms hanging downwards at the sides. While raising the whole body on the toes of both feet, raise left arm upwards and inhale with double breath through nose, pause for a second, then exhale twice (huh-huh) through the mouth while bringing the left arm down and returning body to original position.

Repeat the same sequence with right hand, while raising the whole body on the toes of both feet, raise right arm upwards and inhale with double breath through nose, pause for a second, and then exhale twice through mouth while bringing the right arm down and returning body to original position.

Repeat this sequence three times.

29) Lateral (Side) Stretching

Keep legs a small distance apart from each other and stretch both arms on sides such that they are parallel to ground. Gently curve body on left hand side, right hand goes up and the left hand goes down, touch left knee with the fingers of the left hand, walk your left fingers on your left leg down towards the left foot as much as you can.

Now gently curve your body on right hand side, left hand goes up and the right hand goes down towards right knee, touch right knee with the fingers of the right hand, walk right fingers on your right leg down towards the right foot as much as you can.

Repeat this sequence three times.

Fourth Stage:-

30) Walking in place (Marching)

Place clenched fists of both the hands on your chest, start walking in the same place such that when you raise your leg the thigh of that leg becomes parallel to ground, hands move naturally. Walk for 1 ~ 2 minutes

31) Running in place

Place clenched fists of both the hands on your chest; start running in the same place such that the heel of your each leg touches the hip of that leg. Run for 1 ~ 2 minutes

32) Fencing Exercise

Part 1 – Stand with legs together. Arms bent at elbows with clenched fists held on the chest. Take a long step forward with the right leg and slightly bend at knee to support the weight of the body. At the same time, stretch outwards and forwards the left arm and exhale twice (huh-huh) through the mouth. Pause for 2-3 seconds then return right leg back to normal position alongside the left leg and inhale through nose.

Take a long step forward with the left leg and slightly bend at knee to support the weight of the body. At the same time, stretch outwards and forwards the right arm and exhale twice (huh-huh) through the mouth. Pause for 2-3 seconds then return left leg back to normal position alongside the right leg and inhale through nose.

Repeat this 3 times.

33) Double breathing with Arm rotation

Stand with both arms hanging downwards at the sides. Now raise both arms upward from front while inhaling with

double breath and lifting whole body on the toes, now exhale with double breath out while bringing both the hands down from top to backside. Repeat this sequence 3 times.
Now raise both the arms upward from back while inhaling with double breath and lifting whole body on the toes, pause for a second and exhale with double breath out while bringing both the hands down from top to front. Repeat this sequence 3 times.

34) Stomach Exercise

Stand with legs a small distance apart. Lean body forwards to place both palms on thighs just above the knees and slightly bend at knees to support the weight of the body. Exhale twice long breath through the mouth and hold breath. Tense stomach by pulling it inwards and upwards, and then relax quickly. Tense and relax as many times (10 to 12) and as quickly as possible before any strain in breath. Relax breath.

Again exhale twice through the mouth and hold breath. Tense stomach by pulling it inwards and upwards, and then relax quickly. Tense and relax as many times (10 to 12) and as quickly as possible before any strain in breath. Relax breath.

Repeat this sequence again.

35) Repeat Exercise One (Double breathing)

With your arms straight out to your sides at shoulder level, exhale with a double breath, bend your knees slightly and bring your arms to the front until your palms touch. With a double inhalation, bring your arms back out, straighten your legs and tense the entire body in a wave. Relax the body down in a wave in reverse order with a double exhalation.

36) Repeat Exercise Two (Leg recharging and ankle rotation)

Place body weight on right leg, raise and extend left leg forward slightly, slowly swing the lower part of the leg forward and backward 3 times. Rotate the ankle of the left leg clockwise and anti clockwise 3 times. Repeat the same sequence after changing the leg

37) Leg rotation

With both hands on your waist, rotate left leg in circle as large as possible in one direction 3 times and then in opposite direction 3 times. Now with right leg, rotate right leg in circle as large as possible in one direction 3 times and then in opposite direction 3 times.

38) Double breathing

Stand with arms bent at elbows with fists placed at chest

Inhale with double breath, hold for count of 5, exhale breath twice (huh-huh) while stretching arms forwards and out, hold for count of 5. Once again inhale through nose and bend arms again bringing fists towards chest.

Repeat this sequence 3 times.

Posted by Pranav Sanghadia at 9:07 AM [Links to this post](#)

Labels: [Cosmic Exercise](#), [Energization Exercise](#)

Pranayama

Human body is physical manifestation of one's consciousness and in that, primarily, Central Nervous System (brain and spinal cord) is densely concentrated with abundant consciousness. So, all the yoga practices always revolve around CNS with an intention being to grow one's awareness towards consciousness. These practices focus on getting the vivid awareness of main three Nadis (Ida, Pingala & Sushumna) and seven Chakras (Mooladhara, Swadhistana, Manipura, Anahata, Vishudhi, Ajna & Sahasrara) and opening them for the free flow of Prana. From practioner to practioner one can find some variations in the techniques. But, all have the same goal "to get the realization of the self".

There are many techniques to the yoga sadhana and Kriya Yoga practice is a small subset of it. One has to practice few techniques at a time for sometime and get mastery in it before moving onto next techniques. Do not attempt to master everything in one day, remember, Rome was not built in a day.

Preparation

Sit in a comfortable position, without having external support for back. Let the spine stay in natural S curve. Take a few slow and deep breaths and relax.

During the entire course of Pranayama, let your breath follow natural rhythm. Do not force to hold the breath or struggle to keep the breath slow.

During the entire course of Pranayama, if for any reason you lost control of your awareness then do not worry or struggle to forcibly bring the awareness back to from where it left from the practice. Instead, let go of the situation, and easily start all over again without worrying that something happened.

Always do abdominal breathing (breath using diaphragm). Abdominal breathing relaxes and calms the mind. This is the natural way of breathing. Observe how baby breaths! Contrary to that, breathing using upper chest will create anxiety and high blood pressure.

Curl up your tongue to form Kechari Mudra (Khechari Mudra). After few thousand hours of practice, tongue will naturally enter the nasal pharynx and into the nasal septum. This is king of mudras. Kechari Mudra will bring mental stillness, mind will naturally calm down. One should be in Kechari Mudra throughout the practice.

1. Mental Pranayama

Mentally move your awareness from Mooladhara Chakra to Sahasrara slowly, **mentally touching** each chakra in the upward path. Stay a while for a comfortable duration at Sahasrara and then slowly move your awareness from Sahasrara to Mooladhara Chakra while **mentally touching** each chakra in the downward path. This completes one mental Pranayama.

Repeat this Pranayama few times daily for some days till you are comfortable in tracing and visualizing the paths up and down. After getting complete mastery over this, move onto the Kriya Pranayama.

Variations to Mental Pranayama

1.1

Visualize a narrow hollow white tube running from Mooladhara to Sahasrara. Visualize all the seven Chakras on it (Mooladhara – Red four petal lotus, Swadhistana – Orange six petal lotus, Manipura – Yellow ten petal lotus, Anahata – Green twelve petal lotus, Vishudhi – Blue sixteen petal lotus, Ajna – Indigo two petal lotus and Sahasrara – Violet & White thousand petal lotus). Do the mental Pranayama along with these visualizations tracing the path up and down the white tube while mentally touching all the Chakras in the path.

1.2

While doing Pranayama, mentally chant OM (AUM) at each Chakra in the path. You can as well use the Bija mantras of the chakras or mantras of deities.

1.3

Visualize the smooth candle flame (about an inch in length) going up and down the white tube while mentally tracing

the path.

1.4

Visualize the smooth & bright Sun (soothing white Sun) going up and down the white tube while mentally tracing the path.

2. Kriya Pranayama

Inhale, and while inhaling move your awareness from Mooladhara Chakra to Sahasrara, **mentally touching** each chakra with mantra in the upward path. Stay a while for a comfortable duration at Sahasrara while chanting the mantra and then exhale slowly. While exhaling, move your awareness from Sahasrara to Mooladhara Chakra **mentally touching** each chakra with mantra in the downward path. Mantra can be OM (AUM), Bija mantra or name of your beloved Deity.

While exhaling, contract the lower throat/glottis so as to create the resistance to the outgoing breath. This will make the duration of exhale lengthier compared to inhale and help in opening the spiritual (third) eye.

This completes one Pranayama.

Do this Pranayama regularly.

Variations to Kriya Pranayama

2.1

Visualize Sushumna nadi as narrow hollow white tube running from Mooladhara to Sahasrara. Visualize all the seven Chakras in Sushumna nadi (Mooladhara – Red four petal lotus, Swadhistana – Orange six petal lotus, Manipura – Yellow ten petal lotus, Anahata – Green twelve petal lotus, Vishudhi – Blue sixteen petal lotus, Ajna – Indigo two petal lotus and Sahasrara – Violet & White thousand petal lotus). Do the Kriya Pranayama along with these visualizations.

2.2

Visualize the smooth candle flame (about an inch in length) going up and down the Sushumna nadi while doing Kriya Pranayama.

2.3

Visualize the smooth white ball (about an inch in diameter). While inhaling and going up the Sushumna, white ball increases its size gradually. While exhaling and coming down the Sushumna, white ball decreases its size gradually.

2.4

While inhaling and going up, trace the dorsal side of the Sushumna nadi. While exhaling and coming down, trace the ventral side of the Sushumna nadi. (Dorsal side is towards the back side of the body and ventral side is towards front).

2.5

Visualize two narrow hollow white tubes running on left and right of the Sushumna nadi. One on the left is Ida nadi and the one on the right is Pingala nadi. Inhale and move awareness from Mooladhara to Sahasrara thru Ida nadi. After reaching Sahasrara, keep awareness there as long as possible to keep comfortably. Exhale and move awareness from Sahasrara to Mooladhara thru Pingala nadi.

2.6

While inhaling, imagine cool air is entering your body, gradually filling your body from Mooladhara to Sahasrara. While exhaling, imagine hot air is going out gradually from Sahasrara to Mooladhara.

2.7

With repeated practice, one will gain mastery over breath and mind. Exhale will take more time than inhale and, each breath will span over a minute. Mind will rest in peace. This is the time to move on to next step.

What is Kriya Yoga?

Kriya Yoga means "Union with divinity by performing certain action (kriya)" or in other words "to expand our consciousness to the infinite"

Kriya Yoga is mentioned in Gita by Lord Sri Krishna in Verse 4.29 : "Offering exhaling breath into inhaling breath and offering inhaling breath into exhaling breath"

Kriya Yoga is divided in two major parts - Kriya Initial and Kriya Diksha.

Kriya Initial:

Kriya Initial involves Cosmic Exercise, Pranayama, Houn Sau Meditation and Aum Meditation techniques described below. Detailed description can be found at <http://kriyayogaofbabaji.blogspot.com>

Note: Information provided here is only for those devotees who are initiated by Guruji.

Cosmic Exercise (Energization Exercise):

A series of exercises developed by ancient yogis of India to prepare the body for meditation. Regular practice promotes mental and physical relaxation and develops dynamic will power. The technique enables one to consciously draw energy into the body, purifying and strengthening it, and making it easier to direct the energy inward in meditation. The set consists of 38 exercises. Its based on the principles of 'Tense with will and relax and feel' and 'Double Breathing'. Various exercises involve tensing various parts of the body gradually with low, medium and finally high tension till the body part or muscle vibrates with energy and then gradually relaxing it. You will notice a perceptible lightness in this part. A lot of others exercises involve tensing/relaxing mentioned above accompanied with double inhalation followed by double exhalation or moving certain parts with double inhalation/exhalation.

Pranayama:

12 Pranayamas with equal duration of inhale, hold and exhale

Houn Sau Meditation:

A simple but highly effective technique that helps to develop one's latent powers of concentration. Through practice of this technique one learns to withdraw thought and energy from outer distractions so that they may be focused on any goal to be achieved or problem to be solved. Or one may direct that concentrated attention toward a deepening perception of the Divine Consciousness within.

Aum Meditation:

A powerful technique of meditation that expands one's awareness beyond the limitations of body and mind, and leads to direct personal experience of that Divine Consciousness which underlies and upholds all life.

Kriya Diksha:

In this stage student learns the actual Kriya Pranayama as described in 26th chapter of the book "Autobiography of a Yogi" by Paramahansa Yogananda. Kriya Pranayama accelerates evolution of human brain or the consciousness.

Why Kriya Yoga?

A man or woman has awareness about him/her self and surrounding by means of five senses which are touch, taste, smell, hear and vision through various organs or parts of our body. However these bodily sensors have many limitations; for example we can see and hear only a limited spectrum of frequency through our eyes and ears respectively. We can not see or hear what has already happened in past or what is going to happen in future. Moreover in different psychological condition we perceive same thing or incident in totally different way. Hence we perceive the world based on the consciousness level of our mind. If we can expand our consciousness to infinite then we can perceive the infinite universe, we can perceive the past and the future.

Kriya Yoga is the fastest (jet speed) way to achieve the infinite consciousness. In a very short time Kriya Yogi starts experiencing spiritual phenomenon. Please contact our Guruji Shri Gyan Swami if

you want to learn Kriya Yoga to achieve an infinite consciousness.

How Kriya Yoga Works?

When a sperm and ovum becomes one to create a body; they first create medulla oblongata. The consciousness enters into human body through medulla oblongata. Life force flows outward from medulla oblongata through spine to the senses. And hence we perceive the world through our five senses and as a result our perception about the world is restricted to the limitations of these five sensors.

Kriya Yoga helps to reverse the flow of life currents; hence it starts flowing upward through the spine. When a Kriya Yogi is able to direct the flow of life current from his or her medulla oblongata to the Christ center between the eyebrows; he or she goes beyond the senses and achieves infinite consciousness.