

Rama Kant Dawar's

Yoga Book Guide



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Special Thanks to...

My family, who have always supported me in doing good deeds, and including putting this book together.

My wife has been a great support to me in writing this book, she never complained if I was working late on the projects.

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I am very thankful to my parents Mr. Krishan Chander Dawar and Mrs. Radha Rani Dawar, who have always supported my good works and deeds; they have taught me to do the good. I have great respect for my Parents in my heart, they have provided me with education and have always led me on the divine path. My Parents have taught me the goodness in the honor of mankind.

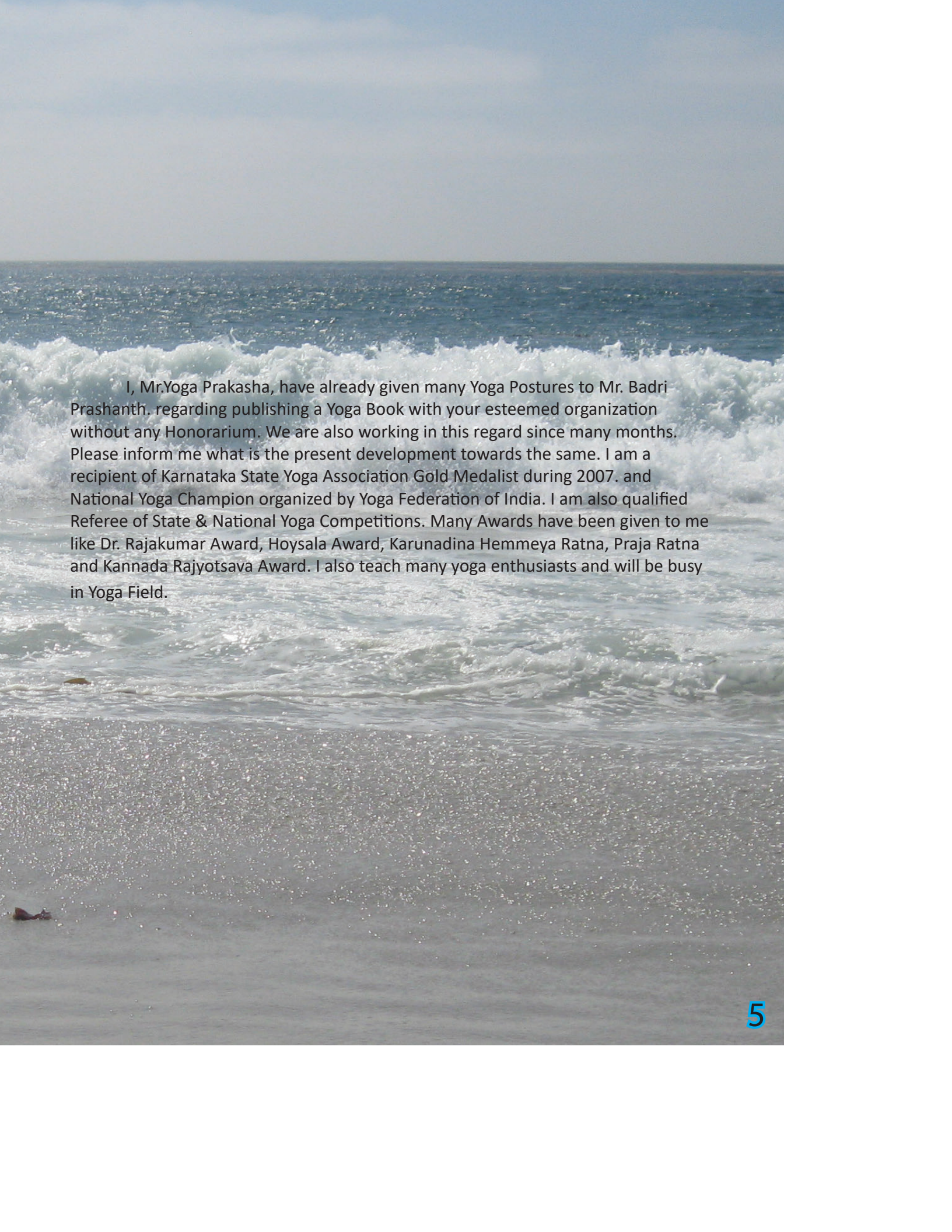
I also send my special thanks Mr. Shankara Naryana Sastry the first priest of Fresno Hindu Temple, Clovis, California, who arranged meetings with his son Mr. Badri Parshanth Sastry, who worked with me on this book.

A big thank you, to all those people who have laid their hands on this book, or have assisted me in writing this book. A thank you to, Mr. Jatinderpal Singh Dang and Mrs. Surjit Kaur Dang, my God Parents, who are always in my prayers.

Dedication...

This book is dedicated to my Parents Mr. Krishan Chander Dawar and Mrs. Radha Rani Dawar, and to my beloved Grandparents Mr. Buta Ram Dawar, freedom fighter of India and my Grandmother Mrs. Bhagwanti Dawar. I would also like to thank my Maternal Grandparents, Mr. Shadi Lal and Mrs. Ram Payari, to whom I loved a lot. My Paternal and Maternal Grandparents, as well as my Parents have had a great role in my education, providing me with good knowledge, and teaching me to be always a good person; many thanks go to them.

This book is also dedicated to my daughter, Ms. Shivangi Dawar, to whom I love a lot. I would like let her know that I always miss her, and she is always in my thoughts, and may God bless her.



I, Mr.Yoga Prakasha, have already given many Yoga Postures to Mr. Badri Prashanth. regarding publishing a Yoga Book with your esteemed organization without any Honorarium. We are also working in this regard since many months. Please inform me what is the present development towards the same. I am a recipient of Karnataka State Yoga Association Gold Medalist during 2007. and National Yoga Champion organized by Yoga Federation of India. I am also qualified Referee of State & National Yoga Competitions. Many Awards have been given to me like Dr. Rajakumar Award, Hoysala Award, Karunadina Hemmeya Ratna, Praja Ratna and Kannada Rajyotsava Award. I also teach many yoga enthusiasts and will be busy in Yoga Field.



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Introduction (about the author)

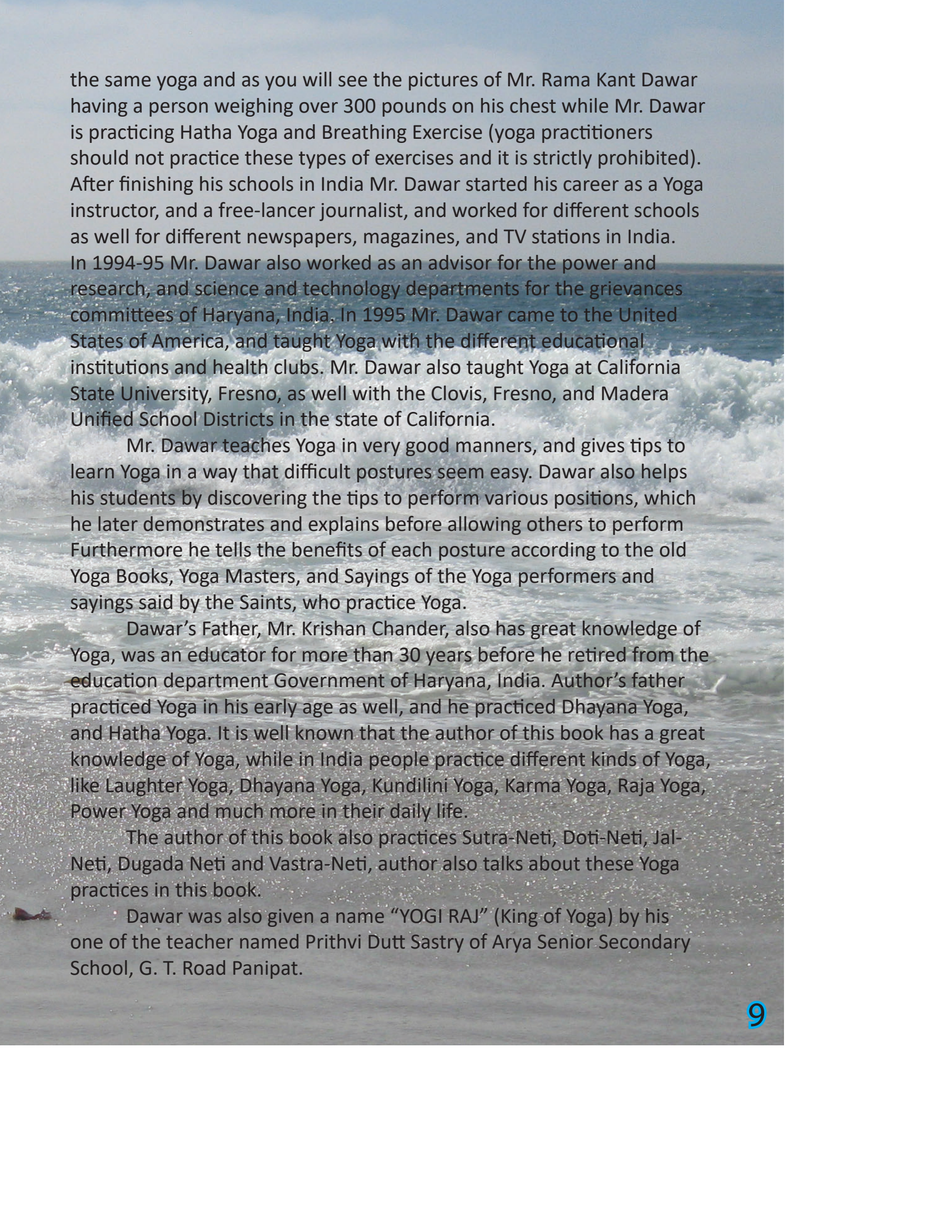
The author of this book, Mr. Rama Kant Dawar learned Yoga in India while studying in Arya Senior Secondary School, G. T. Road, Panipat, State of Haryana, located in front of Main Bus Station of District of Panipat. Mr. Dawar learnt Yoga from Mr. Jai Bhagwan Sharma former Director of Physical Education of this school.

The author of this book has practiced Yoga since 1979 at an early age. After having Yoga Education from Mr. Jai Bhagwan Sharma, who was a great Yoga Instructor at that time; the author of this book persisted to learn more about Yoga in his early age, and learnt from Mr. Gopal Singh Arya in Arya Samaj's Yoga Training Camps, held in Punjabi Bagh, New Delhi, India.

From here Dawar decided to learn more about Yoga, and learnt from Mr. Chauhan's Yoga Asharam in Panipat. Intermediate and Advanced Yoga Learners have to apply this course experience in the postures is necessary for their safety, security and good grasp on the Yoga Positions. For Ashtanga Vinyasa Yoga Practitioners, who are finding difficulty in certain Asanas from the 1st and 2nd series will find this book very beneficial. This Yoga Book helps to practice longer sessions of Meditation and holding Positions.

Dawar earned his first Yoga Certificate on the 23rd of December 1980 at a young age of 13 years old. Mr. Dawar went to learn more about Yoga, and went to see Saints living in Himalayas and visited the saints more often to find out more about Yoga. While visiting up in the Himalayas Mr. Dawar visited to Kedar Nath, BadriNath, GauriKund, and met the Saints there. He as well went to the other parts of Himalayas in Jammu and Kashmir and met many great Saints of different religions in the mountains of Himalaya.

Mr. Rama kant Dawar also visited the mountains of Rajasthan, and stayed there for continuous months in Jaipur Districts, at Bala Ji's place and saw the people practicing Hatha Yoga, while keeping big stones on their chest for hours at a time, Mr. Dawar learned to how to practice



the same yoga and as you will see the pictures of Mr. Rama Kant Dawar having a person weighing over 300 pounds on his chest while Mr. Dawar is practicing Hatha Yoga and Breathing Exercise (yoga practitioners should not practice these types of exercises and it is strictly prohibited). After finishing his schools in India Mr. Dawar started his career as a Yoga instructor, and a free-lancer journalist, and worked for different schools as well for different newspapers, magazines, and TV stations in India. In 1994-95 Mr. Dawar also worked as an advisor for the power and research, and science and technology departments for the grievances committees of Haryana, India. In 1995 Mr. Dawar came to the United States of America, and taught Yoga with the different educational institutions and health clubs. Mr. Dawar also taught Yoga at California State University, Fresno, as well with the Clovis, Fresno, and Madera Unified School Districts in the state of California.

Mr. Dawar teaches Yoga in very good manners, and gives tips to learn Yoga in a way that difficult postures seem easy. Dawar also helps his students by discovering the tips to perform various positions, which he later demonstrates and explains before allowing others to perform. Furthermore he tells the benefits of each posture according to the old Yoga Books, Yoga Masters, and Sayings of the Yoga performers and sayings said by the Saints, who practice Yoga.

Dawar's Father, Mr. Krishan Chander, also has great knowledge of Yoga, was an educator for more than 30 years before he retired from the education department Government of Haryana, India. Author's father practiced Yoga in his early age as well, and he practiced Dhayana Yoga, and Hatha Yoga. It is well known that the author of this book has a great knowledge of Yoga, while in India people practice different kinds of Yoga, like Laughter Yoga, Dhayana Yoga, Kundilini Yoga, Karma Yoga, Raja Yoga, Power Yoga and much more in their daily life.

The author of this book also practices Sutra-Neti, Doti-Neti, Jal-Neti, Dugada Neti and Vastra-Neti, author also talks about these Yoga practices in this book.

Dawar was also given a name "YOGI RAJ" (King-of Yoga) by his one of the teacher named Prithvi Dutt Sastry of Arya Senior Secondary School, G. T. Road Panipat.

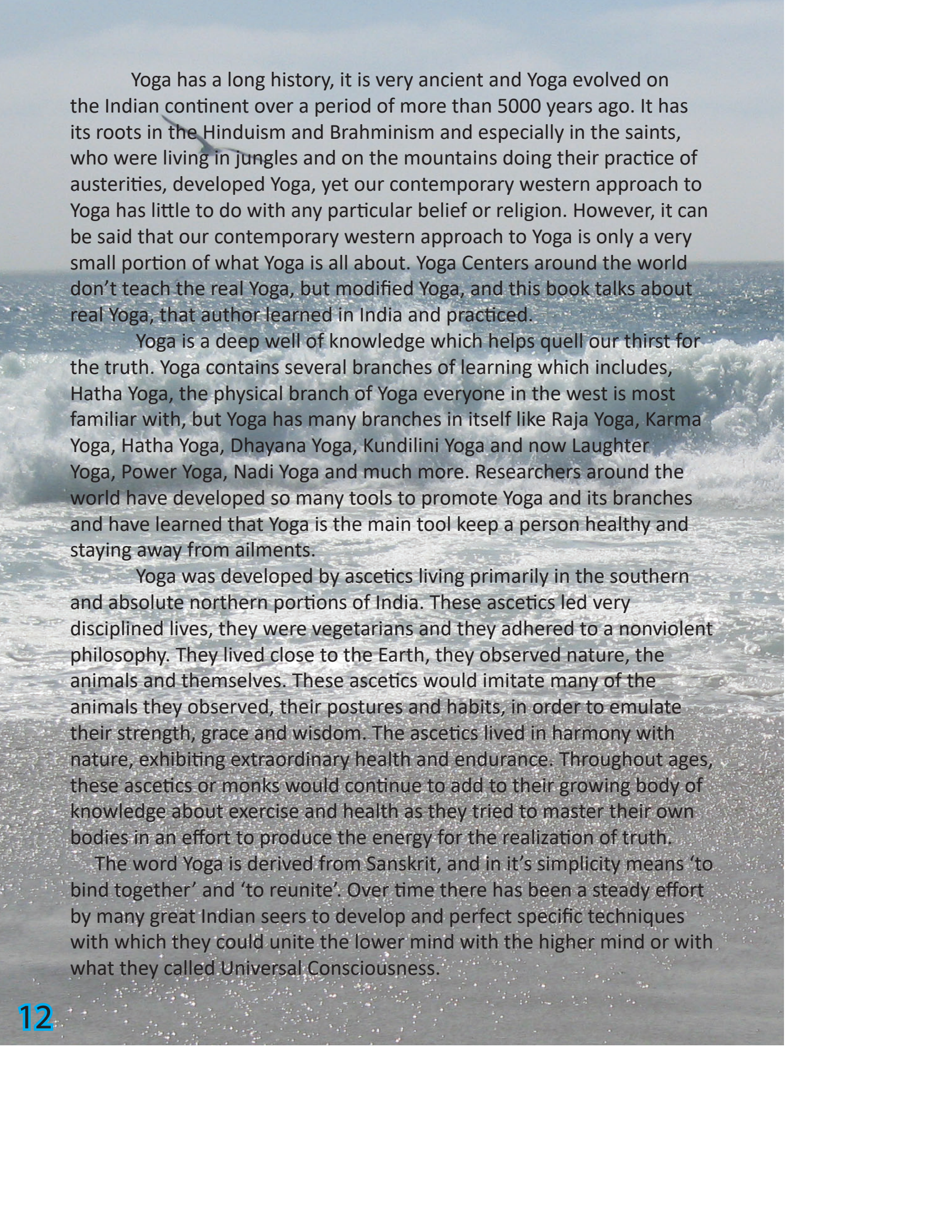
He was well known in the Indian Province of Haryana. All possible efforts were put into making this book more valuable, knowledgeable, and learnable for the readers, Yoga Learners & Practioners.





Part 1

A Brief History of Yoga

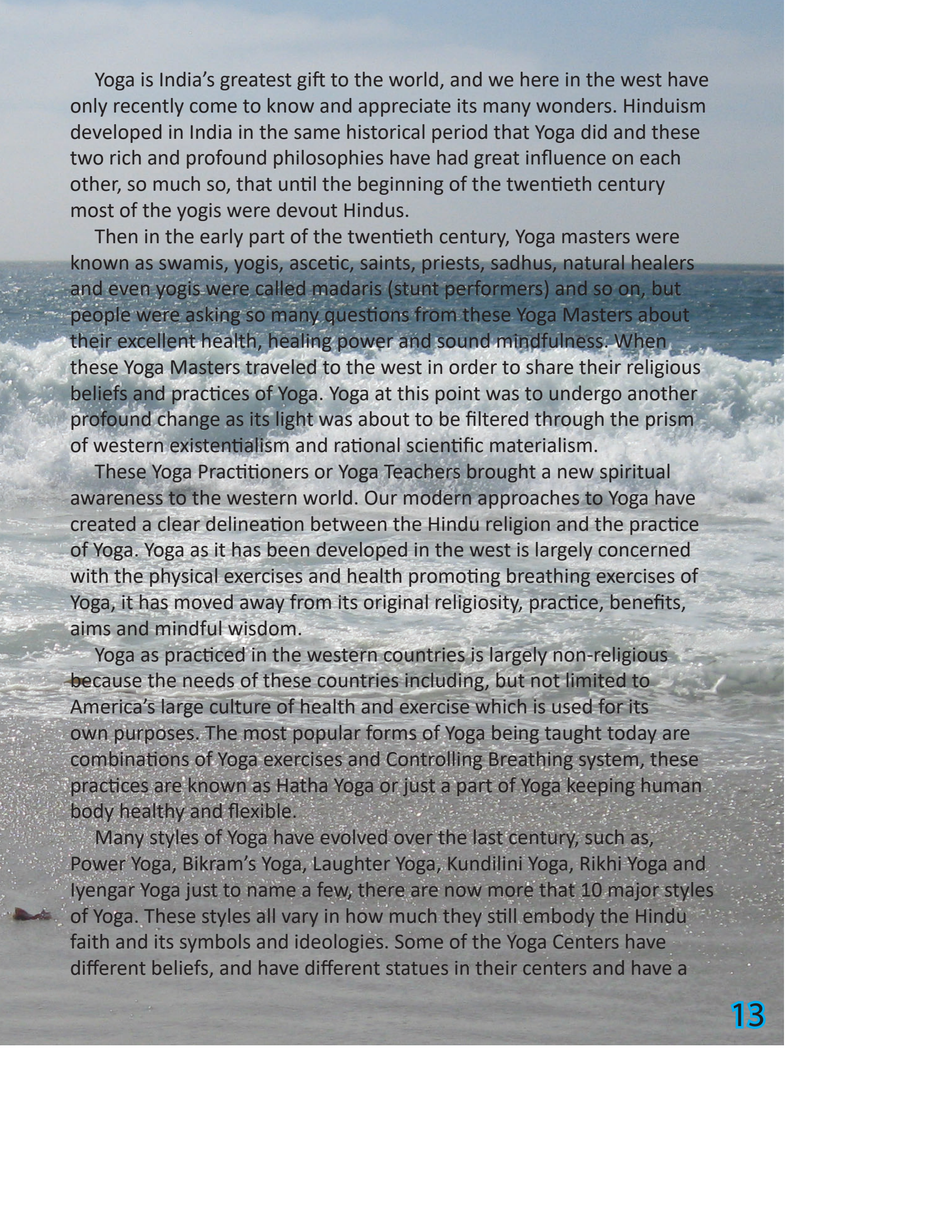


Yoga has a long history, it is very ancient and Yoga evolved on the Indian continent over a period of more than 5000 years ago. It has its roots in the Hinduism and Brahminism and especially in the saints, who were living in jungles and on the mountains doing their practice of austerities, developed Yoga, yet our contemporary western approach to Yoga has little to do with any particular belief or religion. However, it can be said that our contemporary western approach to Yoga is only a very small portion of what Yoga is all about. Yoga Centers around the world don't teach the real Yoga, but modified Yoga, and this book talks about real Yoga, that author learned in India and practiced.

Yoga is a deep well of knowledge which helps quell our thirst for the truth. Yoga contains several branches of learning which includes, Hatha Yoga, the physical branch of Yoga everyone in the west is most familiar with, but Yoga has many branches in itself like Raja Yoga, Karma Yoga, Hatha Yoga, Dhayana Yoga, Kundilini Yoga and now Laughter Yoga, Power Yoga, Nadi Yoga and much more. Researchers around the world have developed so many tools to promote Yoga and its branches and have learned that Yoga is the main tool keep a person healthy and staying away from ailments.

Yoga was developed by ascetics living primarily in the southern and absolute northern portions of India. These ascetics led very disciplined lives, they were vegetarians and they adhered to a nonviolent philosophy. They lived close to the Earth, they observed nature, the animals and themselves. These ascetics would imitate many of the animals they observed, their postures and habits, in order to emulate their strength, grace and wisdom. The ascetics lived in harmony with nature, exhibiting extraordinary health and endurance. Throughout ages, these ascetics or monks would continue to add to their growing body of knowledge about exercise and health as they tried to master their own bodies in an effort to produce the energy for the realization of truth.

The word Yoga is derived from Sanskrit, and in it's simplicity means 'to bind together' and 'to reunite'. Over time there has been a steady effort by many great Indian seers to develop and perfect specific techniques with which they could unite the lower mind with the higher mind or with what they called Universal Consciousness.



Yoga is India's greatest gift to the world, and we here in the west have only recently come to know and appreciate its many wonders. Hinduism developed in India in the same historical period that Yoga did and these two rich and profound philosophies have had great influence on each other, so much so, that until the beginning of the twentieth century most of the yogis were devout Hindus.

Then in the early part of the twentieth century, Yoga masters were known as swamis, yogis, ascetic, saints, priests, sadhus, natural healers and even yogis were called madaris (stunt performers) and so on, but people were asking so many questions from these Yoga Masters about their excellent health, healing power and sound mindfulness. When these Yoga Masters traveled to the west in order to share their religious beliefs and practices of Yoga. Yoga at this point was to undergo another profound change as its light was about to be filtered through the prism of western existentialism and rational scientific materialism.

These Yoga Practitioners or Yoga Teachers brought a new spiritual awareness to the western world. Our modern approaches to Yoga have created a clear delineation between the Hindu religion and the practice of Yoga. Yoga as it has been developed in the west is largely concerned with the physical exercises and health promoting breathing exercises of Yoga, it has moved away from its original religiosity, practice, benefits, aims and mindful wisdom.

Yoga as practiced in the western countries is largely non-religious because the needs of these countries including, but not limited to America's large culture of health and exercise which is used for its own purposes. The most popular forms of Yoga being taught today are combinations of Yoga exercises and Controlling Breathing system, these practices are known as Hatha Yoga or just a part of Yoga keeping human body healthy and flexible.

Many styles of Yoga have evolved over the last century, such as, Power Yoga, Bikram's Yoga, Laughter Yoga, Kundilini Yoga, Rikhi Yoga and Iyengar Yoga just to name a few, there are now more than 10 major styles of Yoga. These styles all vary in how much they still embody the Hindu faith and its symbols and ideologies. Some of the Yoga Centers have different beliefs, and have different statues in their centers and have a

set temperature for the Yoga Practitioners, and some of the Yoga Centers have different tools and their own techniques for their practitioners, which are taught there.

The styles are also quite different in structure as they range from being quiet, slow, and restorative, to some which offer the most extreme forms of physical exercise you can find. Yoga, is much more than exercise though, and with time, the deeper aspects of Yoga will eventually touch western culture and change it forever, as Yoga itself will change because of western cultural influences and the real meanings of the positions have been also changed from their original meanings and sequence from Sanskrit to Hindi, Punjabi, Tamil and now completely different to English.

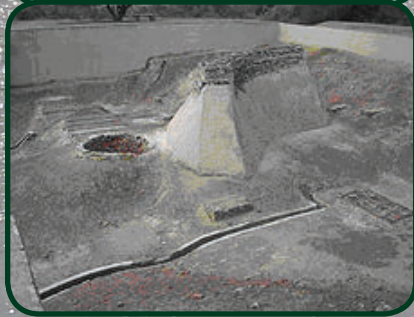
The Historical Background of Yoga

Yoga was developed in India, it has its roots may be found in an ancient Indian civilization known as the Harappan Culture, (Ancient Harappan is depicted in this picture to the left, and ancient civilization ever known in the world). It was located in the

Map of Harappa



Ancient picture found in Harappa



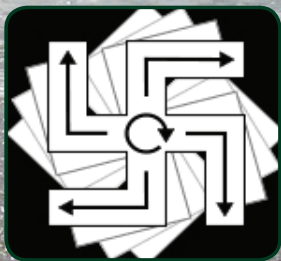
Remains from the final phase of the Harappa occupation: A large well and bathing platforms.



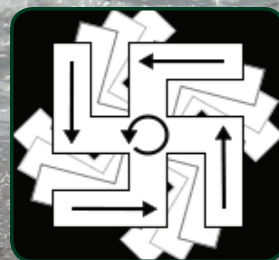
Miniature Votive Images or Toy Models from Harappa, ca. 2500. Hand-modeled terra-cotta figurines with polychromy.

Indus Valley of India, which is currently in Pakistan in Sahiwal District of Punjab and this is the reason that residents of that valley were known as Indus and that word has been changed from Indus to Hindus and now Hindus. The Harappan civilization dates back to more than five thousand years, and has only recently been unearthed and archeological evaluated. This culture possessed very high levels of technology for its time, such as, Sewer Systems, Toilets, and Indoor plumbing; they had sophisticated Art, Jewelry, and Beautiful Pottery. They suffered a very rapid demise which began in 1500 B.C.E, this is when the first sign of the word 'Yoga' appeared. Their decline was prompted by the invading Aryan barbarians, who quickly destroyed the Harappan culture.

The barbarians, for all their destructiveness also brought with them, **Brahmanism**, a complex religious tradition based on sacrifices and rituals, this tradition formed the basis of modern-day Hinduism, because modern Hindus, Sikhs and even Muslims of northern India are the heirs of Aryans, who invaded India and entered from the northern gates of India long back ago otherwise native Indians of India were dark colored people. Aryans and ancient Indus Valley residents were praying for Swastika (卐), which was a symbol of nature Air, Water, Sky and Earth and of Good Luck. The Swastika symbol has been used for thousands of years already in almost all human civilizations as a sign for good luck, protection, as a materialization of life and the changing seasons of the year



The picture of Swastika clockwise and picture counterclockwise is used for different purposes of human's luck changing purposes.



Aryans brought lot of new ways of prayers, Pranayamas, Yoga Practices and Exercises, the current Indians have adopted a lot from the ancient Aryans and Vedas were also enchanted by the Aryans, who also performed rituals in open areas and full day Yoga Swastika Practices with prayers, Dhayana, Meditation, Exercises, Water Offerings, and Homas or Hawanas to attain Good Luck

and Yoga was a part of these all.

The sacred scriptures of Brahmanism, known as the **Vedas**, contain a mixture of incantations (enchanting) and instructions that are written in both poetry and prose (ordinary words for common speech). The first three books are, **Rig Veda**, **Yajur Veda** & **Sama Veda**, these were used exclusively by the priestly class of Brahmins.

Later, a fourth book was developed called **Atharva Veda** which provided for the general person with spells and incantations they could use for everyday's life and is written about finance as well. You can see these Vedas in practice in the streets of India today.

The word Yoga was first mentioned in the Rig Veda, the oldest of the texts ever written. Here, I liked to mention that all the Vedas have been written in world's ancient language "The Sanskrit" Here Yoga is defined as 'Yoking' (strong bondage of mind & body) or 'discipline' but unfortunately the text offers no systematic practice of Yoga, though there is archeological evidence of Yoga Postures on artifacts that are 4000 to 5000 years old.

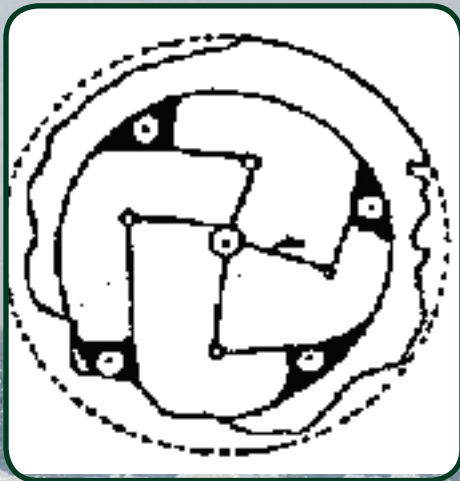
These practices could have existed in the destroyed Harappan culture as a separate body of knowledge but this knowledge was not outlined in this text. The word Yoga appears again only later in the Atharva Veda where it is again referred to as 'Yoking' or 'discipline' but this time it does mention breath control as a vital



An Indian's home having symbol of Swastika and feet, Swastika stands for good luck and feet stand for God's feet.



Jain Religion Flag, a symbol of good luck.



Old American Sun Fylfot from a mound in the State of Tennessee, USA.

part of its practice.

The Vratya Kanda introduces a group of men called the Vratyas, these were fertility priests, who worshipped **Rudra**, the God of the Wind. In their worship they would attempt to imitate the sound of the wind as they sang beautiful songs of devotion in the honor of God. These priests found that they could sing more effectively, if they have controlled their breathing, and from their research the new discovery was discovered and was known as the science of Breath Control, which

was called “**The Pranayama**”, which has literally meaning as **Prana + Ayama = Air + Incoming (entering and exiting path of the air)**
The incoming of the Air or the Paths of Air and its controlling.

This then is all we know of the origins of Yoga. Roughly 800 years will pass before we receive any more information about the progress of the Yoga. Yoga was more prominently mentioned in the Upanishads (Sanskrit Literature or Hindu Scriptures), which are the sacred revelations of ancient Hinduism the earliest dates mentioned about these holy books go back to 800 to 500 B.C.E.

In the Upanishads Yoga is referred to as a path by which the Yoga Practitioner could achieve liberation from suffering. Two Yoga disciplines gained popularity at this time, one was called

Karma Yoga, the path of **Action** or **Rituals**, and

Jnana Yoga, the path of knowledge or intense study of the scriptures. Both paths were developed to lead the practitioner



emblem of Ananda Marg (a path towards happiness).

to liberation
from suffering
and eventual
enlightenment and
to attain Moksha
(liberation of soul).

The secret
teaching contained
in the Upanishads
differ in important
ways from their
Vedic parent text.
In the Vedas the
art of sacrifice

consisted of external offerings to the gods in exchange for a peaceful
and an abundant life (good full of life). In the Upanishads karma Yoga
demanded an internal sacrifice of the ego, and the lower mind, in order
to appease the gods and achieve liberation from suffering.

This pursuit turned the practitioners' attention onto the qualities of
the inner mind. Gurus or priests taught that it was the sacrifice of the
ego (not crops or animals), which ensured liberation and freedom from
suffering and privation (Kashta). This idea was a major philosophical
turning point in the evolution of Yoga.



A decorative Swastika showing that
Hindus and ancient Aryans were
praying for Swastika for Good Luck.



Asking God for good luck.

The Indian culture functioned under the
province of a very strict caste system, the
idea of lower and higher casts or of men and
women permeated all their social and religious
beliefs. So in the early development of Yoga the
caste system played an important role in yogic
philosophy.

In Karma Yoga it was believed that if you
performed good deeds (good deeds were
defined by the cultural norms of the times)
then you would be reborn into the womb of a
woman from a high caste. If you did bad deeds,

you could find yourself in the womb of a woman of lower caste or even in a dog or a pig.

Reincarnation was and is an important part of Hindu religion, but the concept was deliberately distorted and used to control social behavior. Reincarnation was a concept that was used to maintain and reinforce a system of social order, which has kept the Indian civilization running smoothly to the present day. The idea of castes is so ingrained in the Indian psyche that it persists even in this day of institutional democracy.

The theme of Renunciation and Sacrifice was inherited by Yoga and Hinduism from their forbearers the primitive Aryan barbarians. Sacrifice of animals and crops are behaviors you can see practiced in many primitive cultures even in our present day world. This practice was later transferred into the psychological realms, it was transmuted into a more subtle type of internal renunciation and sacrifice which allowed you to offer up the fruits of your actions (Karma) and to renounce any actions, which may have been fueled by desire or passion. Thus Yoga became and was known as the path of renunciation.

The Maitrayaniya Upanishads

(XXXXXXXXXXXXXXXXXXXXXXXXXXXX)

This text dates from the second or third century B.C.E. In this Upanishad - Yoga is defined as a means of binding or controlling the breath and the mind using the syllable Om or Aum ॐ. This Upanishad states that “The Oneness of the Breath & the Mind,” and likewise the senses, and the relinquishment of all conditions of existence - this is designated as Yoga.

In this text, Yoga took a giant step forward in that it gave people an actual method of discipline for joining the universal Brahma (XXXXXXXXXX) with the hidden Atman within all beings.

It prescribed the six fold Yoga path which included,

- Breath Control (Pranayama)
- Withdrawal of the Senses (Pratyahara)
- Meditation (Dhayana)
- Concentration (Dharana)
- Contemplation (Tarka)(Meditation) and
- Absorption (Samadhi).

These are the first vital elements of Yoga and they would be expanded later in the second century C.E., in Patanjali's Yoga Sutra.

The Bhagavada Gita



Krishna, Arjuna at Kurukshetra. Krishna gives the discourse of the Bhagavad Gita. 18-19 th century painting, Freer Sackler Gallery.

In the third century A.D. a new text evolved from the Upanishads, it was called the Bhagavad Gita. This text is the most popular and well loved of all the religious texts in India. It provided one of the most comprehensive descriptions of Yoga available at the time. It combined the

canons of the Mahabharata, which is an Indian epic tale much like the tales of the Greek Odysseys. It is complete with moral teachings and an enchanting folk tales, in the form of Lord Krishna who instructs his pupil Arjuna on the ways of the world and right and wrong choices of the human beings and its consequences. The Gita proposed a more simple approach to enlightenment conveyed dramatically through a saga which was much more understandable and interesting to the masses.

It proposes a three prong approach to liberation consisting of:

- Karma Yoga : The path of Service
- Jnana Yoga : The path of Wisdom or Knowledge
- Bhakti Yoga: The path of Devotion.

The Bhagavada Gita was more easily assimilated into everyday's business of Indian culture and it is still very popular to this day.



Krishna displays his Vishvarupa (Universal Form) to Arjuna on the battlefield of Kurukshetra.

Samkhya



Towards the middle of the pre-classical period, a new school appeared called Samkhya, which was considered to be a very Radical Metaphysical school, it was called Samkhya (renunciation) (Announcing Sannyasa). It existed sometime between 200 and 400 B.C.E. it was started by a sage named Kapila.

Kapila's teachings would eventually lead to more modern Yogic world views. What made Kapila's philosophy so radical was that he believed that the visible world was not a manifestation of the Divine. According to Kapila, nature and all that existed within the universe was separate and completely distinct from the universal consciousness, though Kapila did allow the world or visible reality to be effected by the light of universal consciousness (Purusha). Suffering, occurred when one became attached to things that were not the self.

Samkhya philosophy came to believe that within each being is access to this universal consciousness and so everything else was below or less than universal consciousness. This set up a radical dualism similar to what occurred in the west with the birth of science. The Samkhya tradition also created a sophisticated cosmology that explained the difference between the seer (Purusha) and that which is seen. As it turns out the Samkhya School eventually failed, but later schools did borrow from its larger world view.

What got passed on from Samkhya's school was the idea that there are two separate forms of reality, one called "Purusha" (Masculine) and the other called "Prakriti" (the Nature or Feminine).

Purusha is all-knowing, without beginning and without ending, it has no features or characteristics and it is thought to exist without motion or form as pure consciousness, and it was considered to be male.

Prakriti, on the other hand, was thought to be female and in constant motion, active, distinct, creative and formative, but entirely unconscious. These are the qualities that were assigned to all of nature and the material world.

Praktri was the female principle which created everything through the manifestations of her nature. These manifestations of her nature are called Gunas.

The Three Gunas

(॥॥॥॥॥॥)

The Triguna appear prominently in the discourse of Krishna to Arjuna upon the battlefield of Kurukshetra that is the backdrop for the Bhagavad Gita. All three gunas are held to delude the World:

tribhirguṇamayairbhāvairebhiḥ sarvamidam jagat |
mohitam nābhijānāti māmebhyaḥ paramavyayam || 7.13 ||

The World deluded by these Three Gunas does not know Me:
Who is beyond these Guna and imperishable. (7.13)

- Sattva
- Tamas &
- Rajas

Sattva : The Sattva Guna of the mind and the cognitive senses (skin, tongue, nose, eyes and ears). The cognitive senses keep us connected to the external world and the mind coordinates all biological and psychic activities.

Rajas : The Raja Guna of gross motor responses and physical experience in general. The hands, feet, anus, genitals, and the voice are

23

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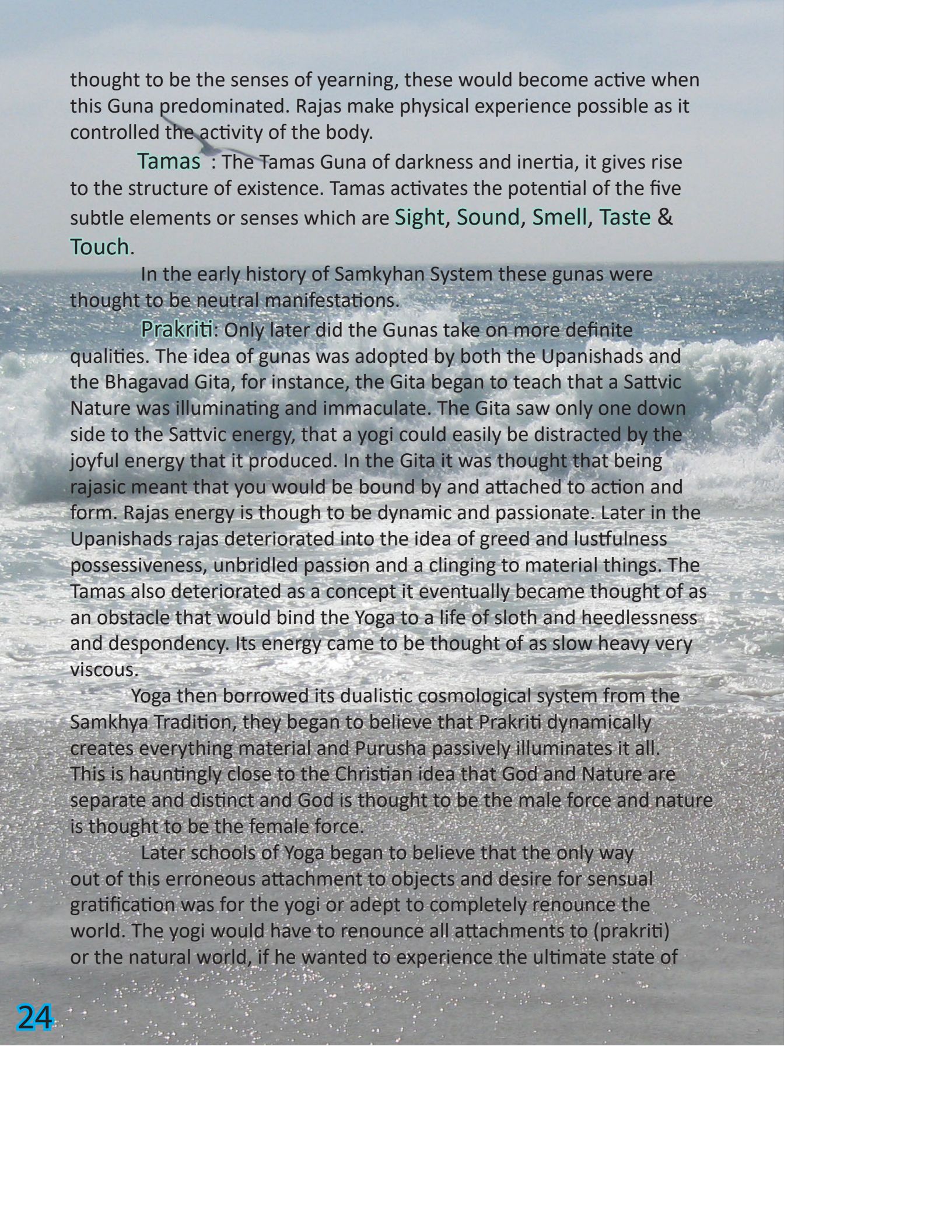
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thought to be the senses of yearning, these would become active when this Guna predominated. Rajas make physical experience possible as it controlled the activity of the body.

Tamas : The Tamas Guna of darkness and inertia, it gives rise to the structure of existence. Tamas activates the potential of the five subtle elements or senses which are **Sight, Sound, Smell, Taste & Touch**.

In the early history of Samkyhan System these gunas were thought to be neutral manifestations.

Prakriti: Only later did the Gunas take on more definite qualities. The idea of gunas was adopted by both the Upanishads and the Bhagavad Gita, for instance, the Gita began to teach that a Sattvic Nature was illuminating and immaculate. The Gita saw only one down side to the Sattvic energy, that a yogi could easily be distracted by the joyful energy that it produced. In the Gita it was thought that being rajasic meant that you would be bound by and attached to action and form. Rajas energy is though to be dynamic and passionate. Later in the Upanishads rajas deteriorated into the idea of greed and lustfulness possessiveness, unbridled passion and a clinging to material things. The Tamas also deteriorated as a concept it eventually became thought of as an obstacle that would bind the Yoga to a life of sloth and heedlessness and despondency. Its energy came to be thought of as slow heavy very viscous.

Yoga then borrowed its dualistic cosmological system from the Samkhya Tradition, they began to believe that Prakriti dynamically creates everything material and Purusha passively illuminates it all. This is hauntingly close to the Christian idea that God and Nature are separate and distinct and God is thought to be the male force and nature is thought to be the female force.

Later schools of Yoga began to believe that the only way out of this erroneous attachment to objects and desire for sensual gratification was for the yogi or adept to completely renounce the world. The yogi would have to renounce all attachments to (prakriti) or the natural world, if he wanted to experience the ultimate state of

universal consciousness or (Purusha). This again has parallels to western religions where many priests and monks and saints became ascetics who renounced the world in favor of a life of worship, prayer and contemplation.

Patañjali

(XXXXXXXXXX)

Patañjali was an Indian philosopher, who lived in the second century c.e., he is credited for authoring the first systematic presentation of Yoga called the **Yoga Sutra**, It therefore reverses its author to be the father of modern Yoga.

Patañjali succeeded in bringing together all the written and oral knowledge of his time into a collection of 195 sutras {aphorisms or 'terse statements'} { terse 1 Theravada (Pāli : XXXXXX theravāda, Sanskrit : XXXXXXXX sthaviravāda); literally, "the Teaching of the Elders" or "the Ancient" } which included information on everything a Yoga Master needed to teach Yoga, from how to conduct oneself in society to final enlightenment. These sutras (A type of literary composition in Buddhism and Hinduism) were meant to assist the guru or teacher in his task of teaching spiritual liberation.

Patañjali was a follower of the Samkhya School before him, and so took a dualist view of reality. In his teachings (Purusha) was the Omnicent, Omnipresent, Universal Consciousness, which made up of countless Atmans, or ascended individuals, who would simply passively watch the cosmos or three dimensional reality unfold before them.

(Purusha) was for Patañjali, male, formless and un-manifest energy. It was equivalent to the Judeo Christian God, who is male and physically un-manifest.

(Purusha) attaches to nothing, it is both immobile and pervasive, and who sees all and knows all. Again a remarkable similarity to how we in the west have conceived of God.

The female aspect or (Prakriti) according to Patañjali is visible,



Patanjali Statue in Pantanjali Yog Peeth Haridwar, Uttar Pradesh, India

dynamic, creative, changing and created the manifest world the equivalent of what in the west we call Nature. In the west we consider nature to be a blind force without any consciousness overall nature to the western man is a result of random forces working over a long period of time. Taking the female analogy further Patañjali believed that (prakriti) was completely

subservient to (Purusha) and was unconscious and sentient.

Nature or (Prakriti), according to Patañjali and the **Samkhyan philosophy**, is made manifest through a subtle interplay among the three Gunas Sattva, Tamas, and Rajas, which are the visible aspects of her character. These three gunas were characterized with human emotion and each was seen to be vying (**present participle**) for dominance in an individual's psyche.

When the energy of **Sattva** is predominant in the psyche there are feelings of joy and harmony. A predominance of **Rajas** produces passion and desire with feelings of deep yearning. Rajas are primarily responsible for feelings of greed and attachment to worldly things. When **Tapas** predominate then feelings of sloth or laziness overcome the psyche and great despondency is felt, its energy is slow, thick and heavy.

Patañjali believed, like the Samkhya Philosophers before him, that human suffering was the result of becoming attached to external phenomenon. He believed that desire and passion kept man's psyche enslaved and distracted by the phenomenal world and that only by renouncing that world could he ultimately attain enlightenment. Suffering was thought to be produced by the conflict between the Gunas within the human psyche.

Patañjali believed though that there was a way out of this suffering, that through hard work (Karma Yoga) and Deep Meditation (Jnana Yoga) suffering could be relieved and liberation or enlightenment could take

place.

Patañjali devised a system called the Eight-limbed path of Yoga (Ashtanga Yoga) {Ashtanga Yoga or Eight-Limb Yoga from Sanskrit to English **Yama** = moral codes, **Niyama** = self-purification and study, **Asana** = posture, **Pranayama** = breath control, **Pratyahara** = sense control, **Dharana** = intention, **Dhyana** = meditation, **Samadhi** = contemplation} to bring the Gunas back into balance. In his Yoga Sutras presented a version of Kriya Yoga.

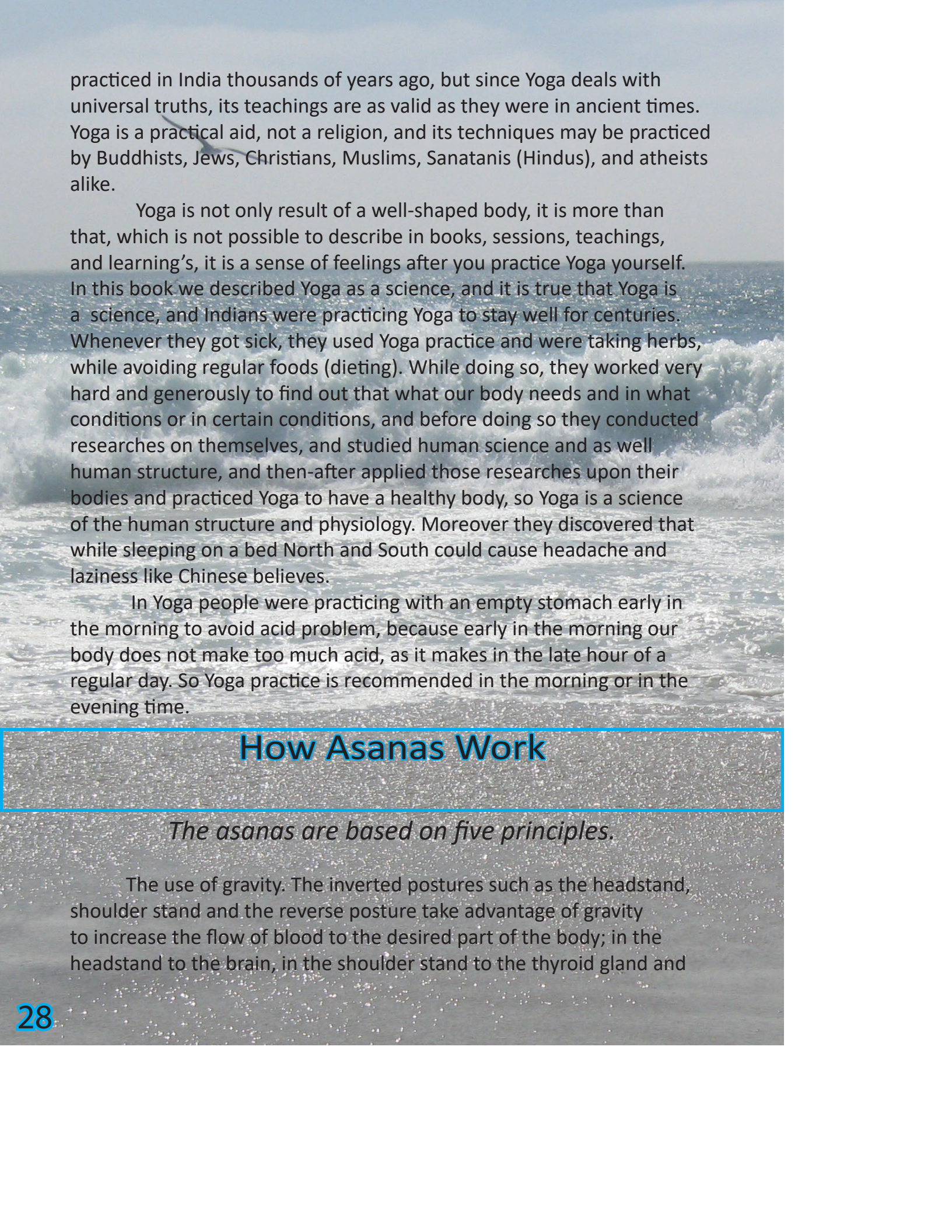
Kriya Yoga is an internal form of Karma Yoga. That is by perfecting Niyamas (self disciplines) of the Eight Limbed path, particularly the Tapas (Austerity), Svadhyaya (Self-study), Isvara Pranidhana (Devotion to the Lord) a Yogi could erase Samskara (subliminal activators) from his subconscious mind. It was believed that samskara were like karma scares that resulted from good or bad behavior.

Although later Yogis eventually rejected Patanjali's Samkhya dualism entirely they did retain his Eight-Limbed Yoga path. The combination of practices and beliefs associated with them still serve as a blueprint for living in the world and as a means of enlightenment.

Why this Practice is called Yoga...

While answering this question, it is very clear that Yog means Total {addition (result of addition)}, and Yog is a Sanskrit word, so the exact meaning of Yoga is total result of all kinds of exercises. Now people ask that we play games, run, play and work all day, and we run here and there, is a huge exercise of whole day? The answer is no, the work, and running is not an exercise; we should do exercise without pressure and tension to get benefits. So we should keep in mind that Yoga practice is a form of slow motion exercises, which keeps a person away from worries, tensions, physical problems, and makes a person healthy.

- Yoga is a way of life, an integrated system of education for the body, mind, and inner spirit. This art of right living was perfected and



practiced in India thousands of years ago, but since Yoga deals with universal truths, its teachings are as valid as they were in ancient times. Yoga is a practical aid, not a religion, and its techniques may be practiced by Buddhists, Jews, Christians, Muslims, Sanatanis (Hindus), and atheists alike.

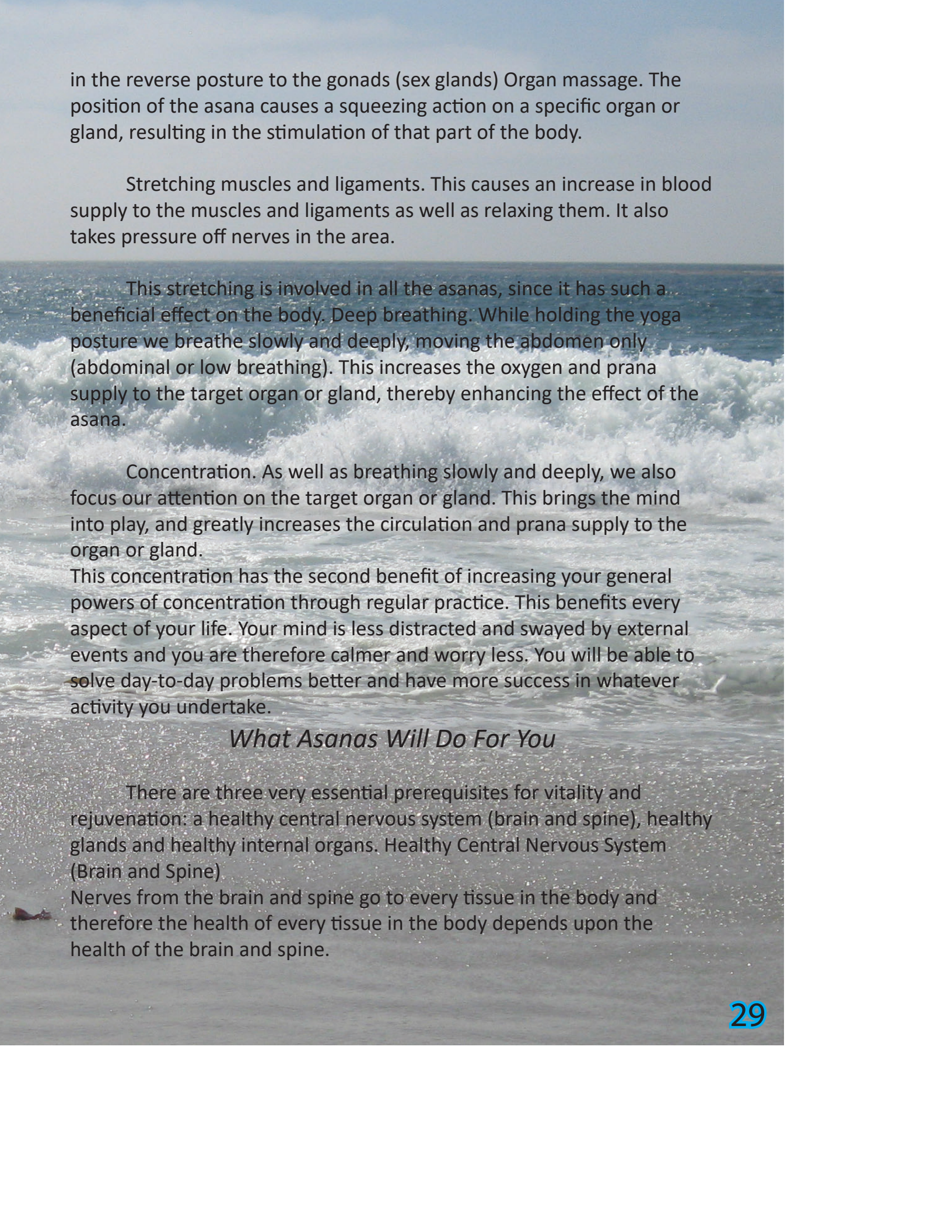
Yoga is not only result of a well-shaped body, it is more than that, which is not possible to describe in books, sessions, teachings, and learning's, it is a sense of feelings after you practice Yoga yourself. In this book we described Yoga as a science, and it is true that Yoga is a science, and Indians were practicing Yoga to stay well for centuries. Whenever they got sick, they used Yoga practice and were taking herbs, while avoiding regular foods (dieting). While doing so, they worked very hard and generously to find out that what our body needs and in what conditions or in certain conditions, and before doing so they conducted researches on themselves, and studied human science and as well human structure, and then-after applied those researches upon their bodies and practiced Yoga to have a healthy body, so Yoga is a science of the human structure and physiology. Moreover they discovered that while sleeping on a bed North and South could cause headache and laziness like Chinese believes.

In Yoga people were practicing with an empty stomach early in the morning to avoid acid problem, because early in the morning our body does not make too much acid, as it makes in the late hour of a regular day. So Yoga practice is recommended in the morning or in the evening time.

How Asanas Work

The asanas are based on five principles.

The use of gravity. The inverted postures such as the headstand, shoulder stand and the reverse posture take advantage of gravity to increase the flow of blood to the desired part of the body; in the headstand to the brain, in the shoulder stand to the thyroid gland and



in the reverse posture to the gonads (sex glands) Organ massage. The position of the asana causes a squeezing action on a specific organ or gland, resulting in the stimulation of that part of the body.

Stretching muscles and ligaments. This causes an increase in blood supply to the muscles and ligaments as well as relaxing them. It also takes pressure off nerves in the area.

This stretching is involved in all the asanas, since it has such a beneficial effect on the body. Deep breathing. While holding the yoga posture we breathe slowly and deeply, moving the abdomen only (abdominal or low breathing). This increases the oxygen and prana supply to the target organ or gland, thereby enhancing the effect of the asana.

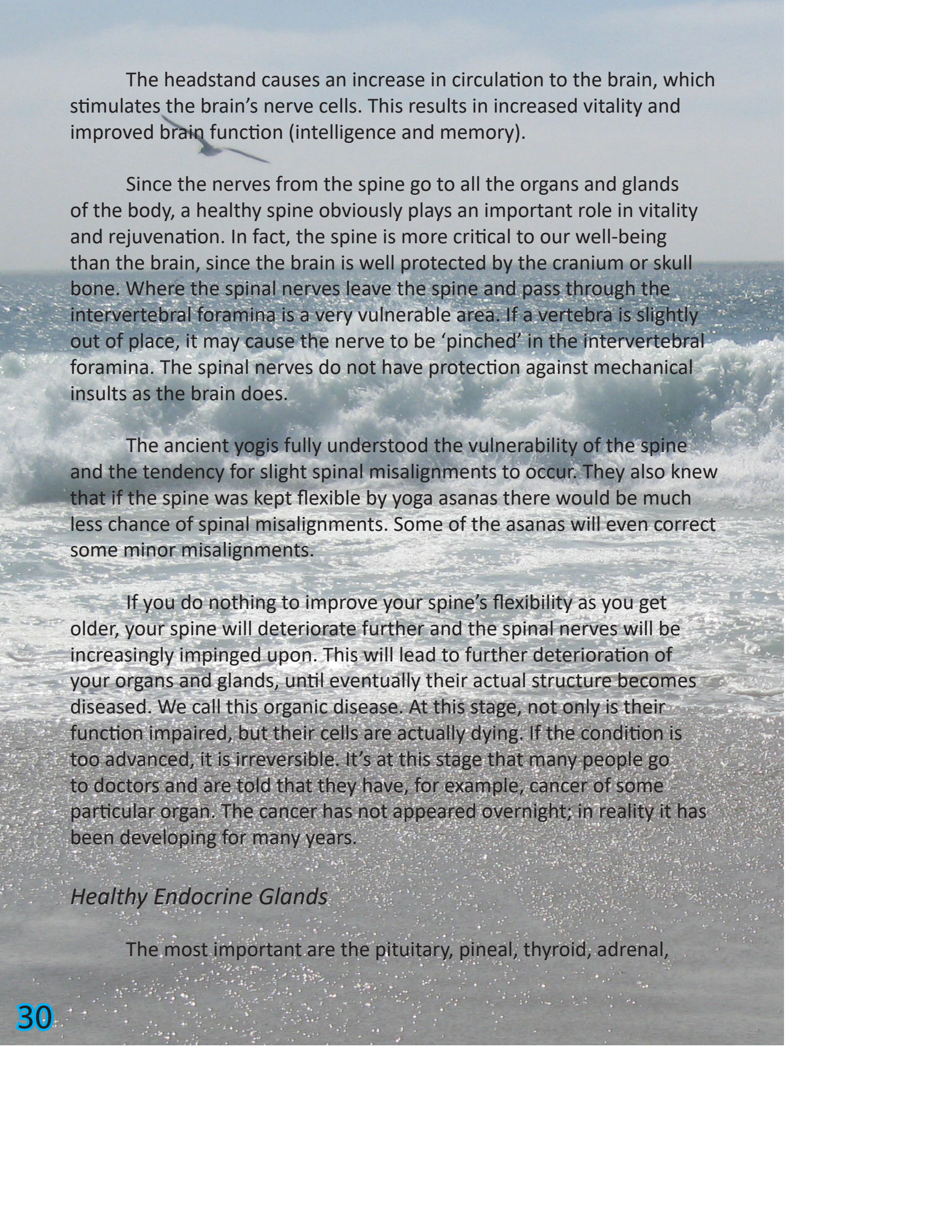
Concentration. As well as breathing slowly and deeply, we also focus our attention on the target organ or gland. This brings the mind into play, and greatly increases the circulation and prana supply to the organ or gland.

This concentration has the second benefit of increasing your general powers of concentration through regular practice. This benefits every aspect of your life. Your mind is less distracted and swayed by external events and you are therefore calmer and worry less. You will be able to solve day-to-day problems better and have more success in whatever activity you undertake.

What Asanas Will Do For You

There are three very essential prerequisites for vitality and rejuvenation: a healthy central nervous system (brain and spine), healthy glands and healthy internal organs. Healthy Central Nervous System (Brain and Spine)

Nerves from the brain and spine go to every tissue in the body and therefore the health of every tissue in the body depends upon the health of the brain and spine.



The headstand causes an increase in circulation to the brain, which stimulates the brain's nerve cells. This results in increased vitality and improved brain function (intelligence and memory).

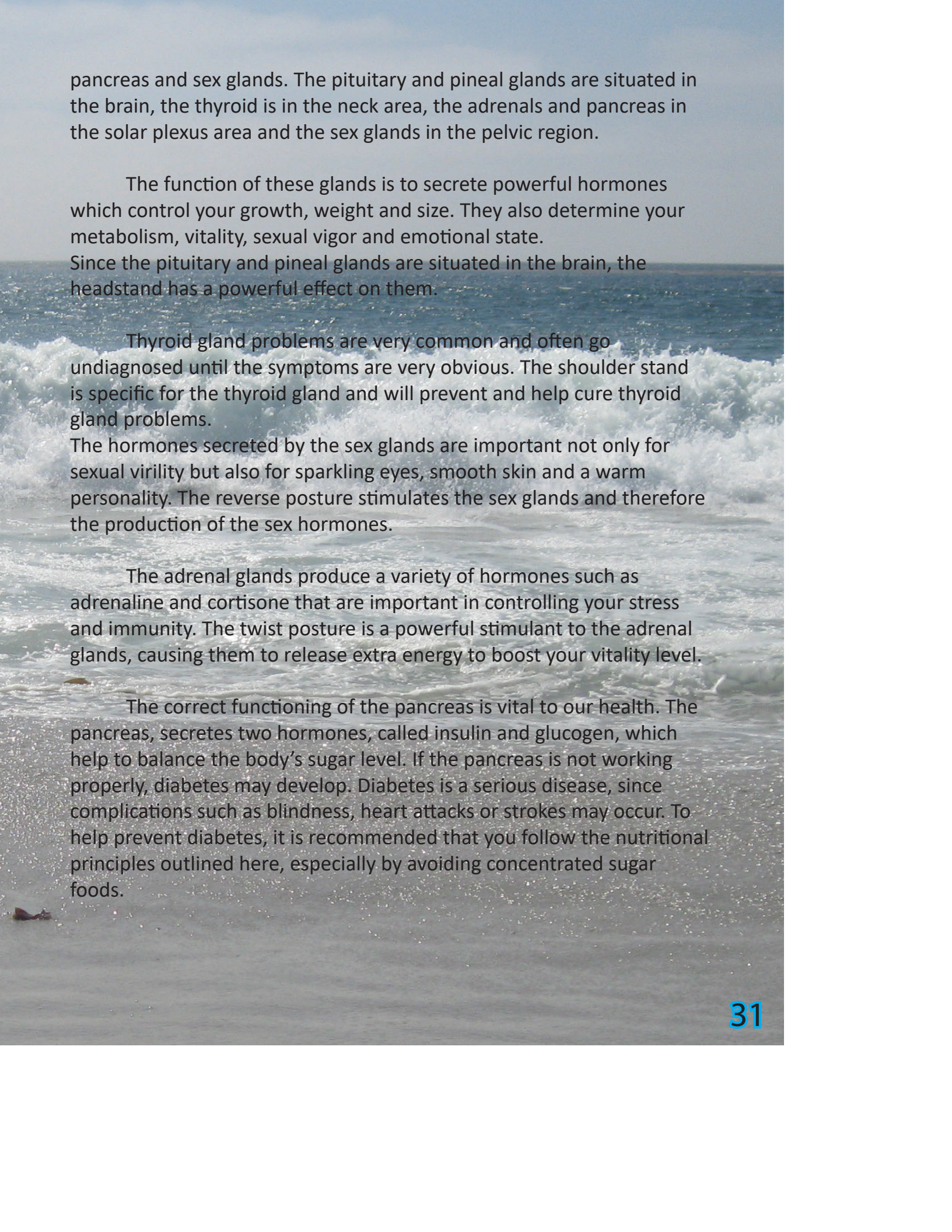
Since the nerves from the spine go to all the organs and glands of the body, a healthy spine obviously plays an important role in vitality and rejuvenation. In fact, the spine is more critical to our well-being than the brain, since the brain is well protected by the cranium or skull bone. Where the spinal nerves leave the spine and pass through the intervertebral foramina is a very vulnerable area. If a vertebra is slightly out of place, it may cause the nerve to be 'pinched' in the intervertebral foramina. The spinal nerves do not have protection against mechanical insults as the brain does.

The ancient yogis fully understood the vulnerability of the spine and the tendency for slight spinal misalignments to occur. They also knew that if the spine was kept flexible by yoga asanas there would be much less chance of spinal misalignments. Some of the asanas will even correct some minor misalignments.

If you do nothing to improve your spine's flexibility as you get older, your spine will deteriorate further and the spinal nerves will be increasingly impinged upon. This will lead to further deterioration of your organs and glands, until eventually their actual structure becomes diseased. We call this organic disease. At this stage, not only is their function impaired, but their cells are actually dying. If the condition is too advanced, it is irreversible. It's at this stage that many people go to doctors and are told that they have, for example, cancer of some particular organ. The cancer has not appeared overnight; in reality it has been developing for many years.

Healthy Endocrine Glands

The most important are the pituitary, pineal, thyroid, adrenal,



pancreas and sex glands. The pituitary and pineal glands are situated in the brain, the thyroid is in the neck area, the adrenals and pancreas in the solar plexus area and the sex glands in the pelvic region.

The function of these glands is to secrete powerful hormones which control your growth, weight and size. They also determine your metabolism, vitality, sexual vigor and emotional state.

Since the pituitary and pineal glands are situated in the brain, the headstand has a powerful effect on them.

Thyroid gland problems are very common and often go undiagnosed until the symptoms are very obvious. The shoulder stand is specific for the thyroid gland and will prevent and help cure thyroid gland problems.

The hormones secreted by the sex glands are important not only for sexual virility but also for sparkling eyes, smooth skin and a warm personality. The reverse posture stimulates the sex glands and therefore the production of the sex hormones.

The adrenal glands produce a variety of hormones such as adrenaline and cortisone that are important in controlling your stress and immunity. The twist posture is a powerful stimulant to the adrenal glands, causing them to release extra energy to boost your vitality level.

The correct functioning of the pancreas is vital to our health. The pancreas, secretes two hormones, called insulin and glucogen, which help to balance the body's sugar level. If the pancreas is not working properly, diabetes may develop. Diabetes is a serious disease, since complications such as blindness, heart attacks or strokes may occur. To help prevent diabetes, it is recommended that you follow the nutritional principles outlined here, especially by avoiding concentrated sugar foods.

Healthy Internal Organs

As well as having a dramatic effect on the brain, spine and glands, most asanas also benefit the internal organs by massaging and stimulating them. These results in healthier internal organs that will function better and last longer.

As an example, the stomach lift raises the diaphragm, which massages the heart from below. This strengthens the heart muscle, resulting in better circulation and less chance of heart disease.

Healthy Digestive System

Even if we eat the most nourishing food, it still has to be digested and assimilated properly and the toxins have to be eliminated efficiently. As we get older the digestive system functions with gradually reducing efficiency. The asanas result in an improved blood and nerve supply to the digestive and eliminative systems, which in time will get them functioning at peak efficiency.

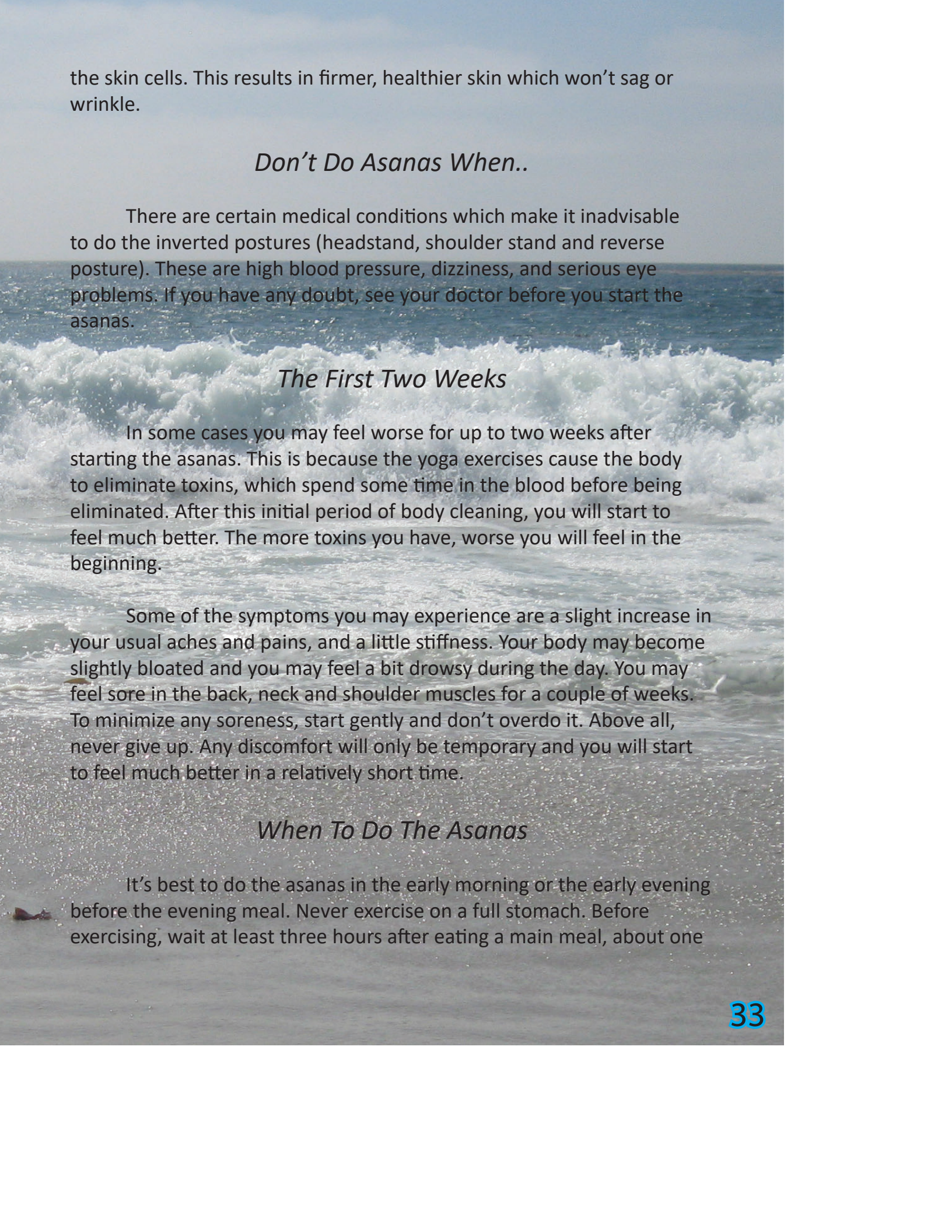
The stomach lift massages the digestive organs, as well as contracting and stretching them.

Healthy Joints

The stretching of the joints in asanas causes the secretion of a lubricant called synovial fluid. This is released into the joints and keeps them supple, as well as removing waste products. The result is to reduce stiffness, which will prevent arthritis or improve it if you already have the condition.

Healthy Skin

Stretching of the skin during the asanas causes stimulation of



the skin cells. This results in firmer, healthier skin which won't sag or wrinkle.

Don't Do Asanas When..

There are certain medical conditions which make it inadvisable to do the inverted postures (headstand, shoulder stand and reverse posture). These are high blood pressure, dizziness, and serious eye problems. If you have any doubt, see your doctor before you start the asanas.

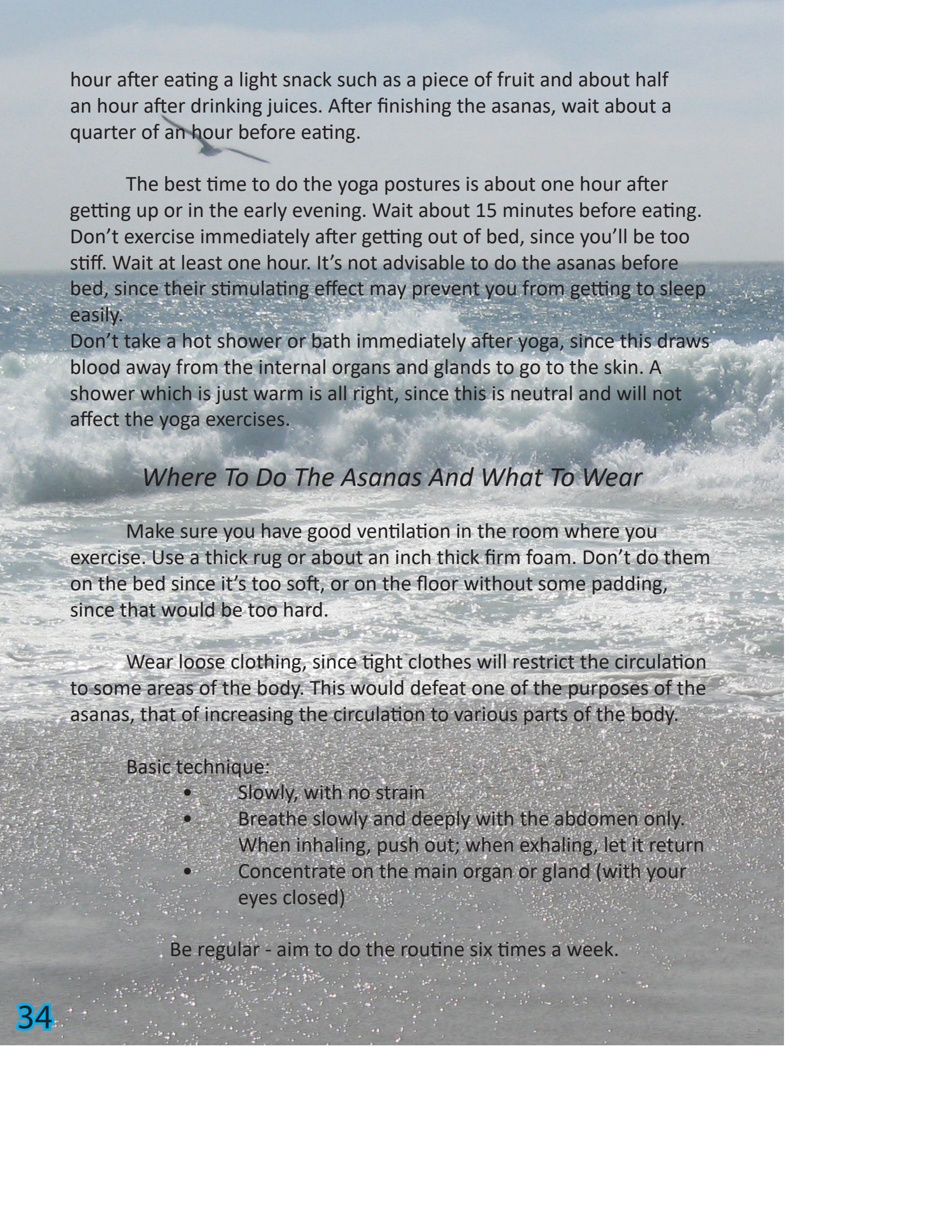
The First Two Weeks

In some cases you may feel worse for up to two weeks after starting the asanas. This is because the yoga exercises cause the body to eliminate toxins, which spend some time in the blood before being eliminated. After this initial period of body cleaning, you will start to feel much better. The more toxins you have, worse you will feel in the beginning.

Some of the symptoms you may experience are a slight increase in your usual aches and pains, and a little stiffness. Your body may become slightly bloated and you may feel a bit drowsy during the day. You may feel sore in the back, neck and shoulder muscles for a couple of weeks. To minimize any soreness, start gently and don't overdo it. Above all, never give up. Any discomfort will only be temporary and you will start to feel much better in a relatively short time.

When To Do The Asanas

It's best to do the asanas in the early morning or the early evening before the evening meal. Never exercise on a full stomach. Before exercising, wait at least three hours after eating a main meal, about one



hour after eating a light snack such as a piece of fruit and about half an hour after drinking juices. After finishing the asanas, wait about a quarter of an hour before eating.

The best time to do the yoga postures is about one hour after getting up or in the early evening. Wait about 15 minutes before eating. Don't exercise immediately after getting out of bed, since you'll be too stiff. Wait at least one hour. It's not advisable to do the asanas before bed, since their stimulating effect may prevent you from getting to sleep easily.

Don't take a hot shower or bath immediately after yoga, since this draws blood away from the internal organs and glands to go to the skin. A shower which is just warm is all right, since this is neutral and will not affect the yoga exercises.

Where To Do The Asanas And What To Wear

Make sure you have good ventilation in the room where you exercise. Use a thick rug or about an inch thick firm foam. Don't do them on the bed since it's too soft, or on the floor without some padding, since that would be too hard.

Wear loose clothing, since tight clothes will restrict the circulation to some areas of the body. This would defeat one of the purposes of the asanas, that of increasing the circulation to various parts of the body.

Basic technique:

- Slowly, with no strain
- Breathe slowly and deeply with the abdomen only. When inhaling, push out; when exhaling, let it return
- Concentrate on the main organ or gland (with your eyes closed)

Be regular - aim to do the routine six times a week.



Part 2

Ashtana Yoga;
The Eight Limbs of Yoga

ASHTANGA YOGA (AStWg Xogw)

Eight Limbs of Yoga

Yoga or Asthanga yoga is not about making only our bodies healthy, strong and flexible; it teaches us to make ourselves healthy, strong and flexible. The secrets of the ancient science of yoga were passed down from the divine seers to the sages who came to the Himalayas for divine inspiration. Through their meditation, austerities and prayers, a treasure chest of wisdom was bestowed upon them for the benefit of humanity. Sage Patanjali is renowned for compiling this treasure chest of yogic wisdom for the benefit of the world. Yoga is not a religion. It does not require you to believe in a certain God or to chant mantras. It is an ancient science, which leads to health in the body, peace in the mind, joy in the heart and liberation of the soul. People take yoga classes to learn about the various techniques of hatha yoga, pranayama and meditation. But yoga is more than that. Yoga is a way of life, and its teachings should penetrate every aspect of your being – from your thoughts to your speech and to your actions.

The 8 limbs of Ashtanga Yoga

Ashtanga yoga literally means “8 limbs yoga.” These limbs are defined in the second chapter of the Yoga Sutras of Patanjali.

The following are the 8 practices or limbs:

1. yama (moral restraints) (Xmw) – how we relate to others
2. niyama (observances) (inXmw) – how we relate to ourselves
3. āsana (posture) (Awsn) – how we relate to our body
4. prāṇāyāma (breath extension) (pRwxwXwm) – how we relate to our breath or spirit

5. pratyāhāra (sensory withdrawal) (pRqXwhwrrw) – how we relate to our sense organs

6. dhāraṇā (concentration) (Dwrxw) – how we relate to our mind

7. dhyāna (meditation) (DXwxw)– moving beyond the mind

8. samādhi (meditative absorption) (smwiD) – deep realization and inner union of mind, soul and body

The “Yamas” or the first limb consists of five parts: ahimsā (non-harming) (AihMsw), satya (truthfulness) (sqX), asteya (non-stealing) (AwsiqXw), bramacharya (directing one’s energy towards the Divine) (bRhMcrX), aparigraha (greedlessness, non-hoarding) (ApirgRh).

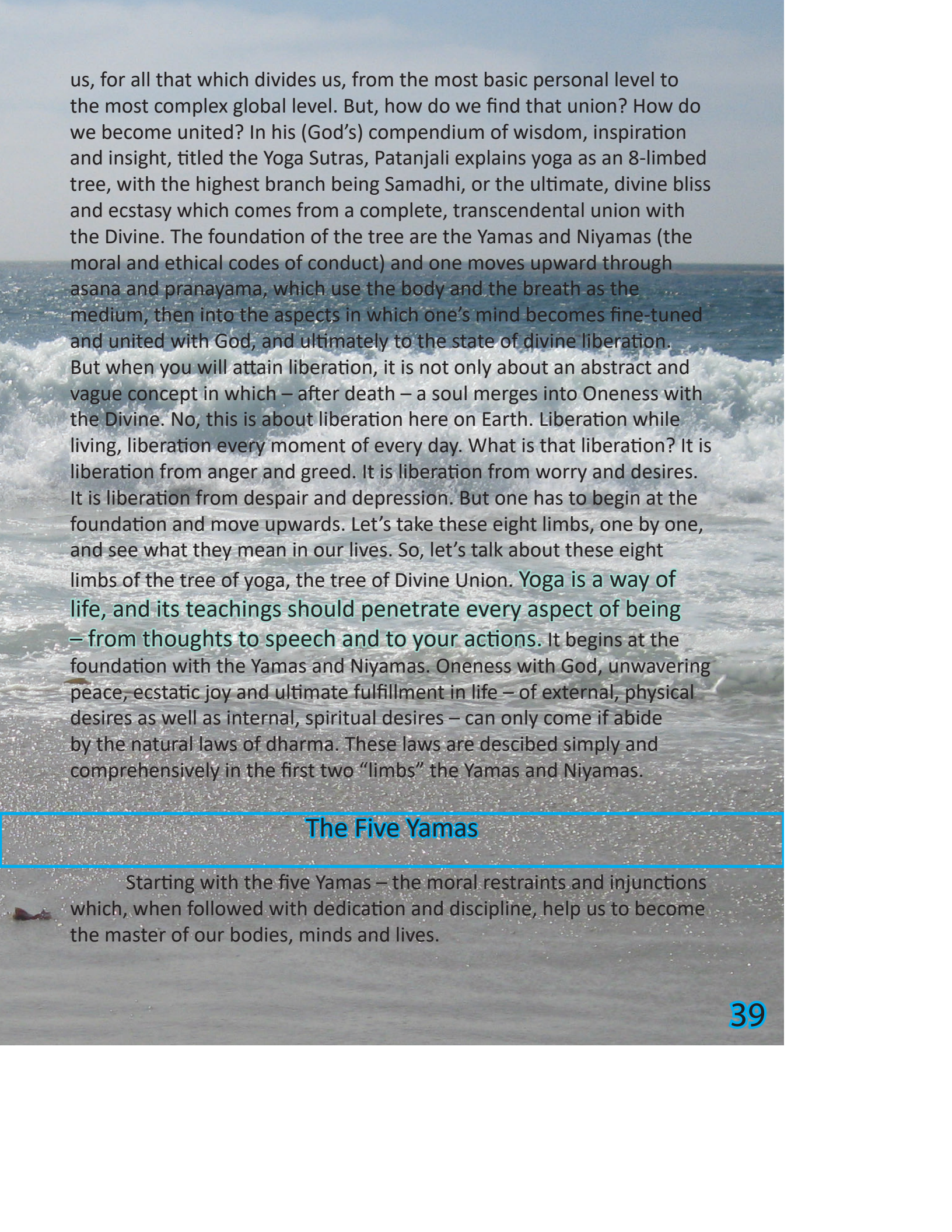
The “Niyamas” (inXmw) the second limb also contains five aspects: śauca (purity), santoṣa (contentment), tapas (purifying practices), svādhyāya (self-study, and the study of sacred texts), Īśvara praṇidhāna (surrender to the Divine, Universal Self).

The “Āsanās” (Awsnw) we practice of postures have been given to us by the Holy Sages and the Old Yoga Masters, and learned by Mr. Rama Kant Dawar, the author of this book, who believes it necessary to enter into the 8 limbs through the physical postures as he taught by his Yoga Gurus and Sages of Himalaya. Rama Kant Dawar’s recent visit to India lead him to meet the holy men like Honorable Mr. Swami Baba Sewa Giri bwbw syvw igrl jl, who is almost 90 years old and lives in a small hut on the banks of Holy Ganga River and wears only one Langoti (underwear) and wraps a Dhoti (long cloth) on his body and practices Dhyana Yoga and herbal medicines. Author Rama Kant Dawar also met another Holy Man in Punjab, who is known as Bau Ji, this holy man did Parikarma (circled) to the Holy Darbar Sahib (Sikh Shrine of Amritsar also known as Golden Temple) for seven years and was blessed with the Holy

Wisdom of Wahe Guru {Almighty, while Wahe Guru means {vwhyguru = v = vwsudyv, h = hir, g = goiBMd, r = rwm (w = Vasudeva, H = Hari, G = Gobind, and R = Ram)}, which leads to the holy part of Yoga and meditation and is considered after Dhyana Yoga and towards Samadhi, which is Deep realization and inner Union with God.

Every human being has nine doors in their bodies which enable their senses. We have nine doors in our body: two eyes, two ears, two nostrils and a mouth make seven doors in the head and anus and sex organ doors in the middle of our body. Only the sex organs have variation for their complementary purpose. They are the sense organs through which we develop our sensations. It is through these doors that we acquire knowledge. We learn through seeing through the doors of our eyes, hearing through the doors of the ears and acting through the door in the mouth. What we speak is influenced by what goes into the doors in our head. 10th sense can be opened with the practice of meditation.

Yoga encompasses “asana” (postures) and “pranayama” (breathing exercises), but ultimately the word “yoga” actually means “union.” Union of what? Union of the self with the Divine. That oneness with the Divine is what we are striving for, in our lives. Lack of unity is the cause of all problems in the world – both on a personal level and on a global level. Personally, we are not united with ourselves. We are constantly at war with our mind and our heart, our desires, our fears and our confusions. There is no balance, no harmony, no unity within ourselves. We feel alone, we feel scared, we feel that everything is on our own shoulders. In our families also, unity is not there. So we frequently fight with each other, manipulate each other, and criticize each other. Unity is also lacking in our communities. “I do Iyengar yoga. I do Anasura yoga. I do Bikram yoga. I do Kundalini yoga. My type of yoga is better than your type of yoga.” Even though we are all practicing the art of Union, still we are divided! And of course, in the world we are divided – by nations, by religions, by color. Yoga, therefore, in its fullest and most complete meaning is truly the panacea for all that which ails



us, for all that which divides us, from the most basic personal level to the most complex global level. But, how do we find that union? How do we become united? In his (God's) compendium of wisdom, inspiration and insight, titled the Yoga Sutras, Patanjali explains yoga as an 8-limbed tree, with the highest branch being Samadhi, or the ultimate, divine bliss and ecstasy which comes from a complete, transcendental union with the Divine. The foundation of the tree are the Yamas and Niyamas (the moral and ethical codes of conduct) and one moves upward through asana and pranayama, which use the body and the breath as the medium, then into the aspects in which one's mind becomes fine-tuned and united with God, and ultimately to the state of divine liberation. But when you will attain liberation, it is not only about an abstract and vague concept in which – after death – a soul merges into Oneness with the Divine. No, this is about liberation here on Earth. Liberation while living, liberation every moment of every day. What is that liberation? It is liberation from anger and greed. It is liberation from worry and desires. It is liberation from despair and depression. But one has to begin at the foundation and move upwards. Let's take these eight limbs, one by one, and see what they mean in our lives. So, let's talk about these eight limbs of the tree of yoga, the tree of Divine Union. **Yoga is a way of life, and its teachings should penetrate every aspect of being – from thoughts to speech and to your actions.** It begins at the foundation with the Yamas and Niyamas. Oneness with God, unwavering peace, ecstatic joy and ultimate fulfillment in life – of external, physical desires as well as internal, spiritual desires – can only come if abide by the natural laws of dharma. These laws are described simply and comprehensively in the first two "limbs" the Yamas and Niyamas.

The Five Yamas

Starting with the five Yamas – the moral restraints and injunctions which, when followed with dedication and discipline, help us to become the master of our bodies, minds and lives.

1. Ahimsa – Non-violence

This is the fundamental, most basic and crucial tenet of living as a good human. Do not cause pain or injury to another. However, Ahimsa does not pertain only to physical actions. It does not simply mean, “Thou shalt not kill” or “Thou shalt not hit.” Rather, it encompasses all forms of violence – violence in thought, violence in speech and violence in deed. Must think pure and loving thoughts, must speak pure and loving words, and must practice pure and loving acts. Further, Ahimsa does not only call upon to live peacefully with other human beings. Rather, the meaning of Ahimsa encompasses all beings, all creatures and all life on the planet. It includes the animals as well as nature. This means, of course, that one should be a vegetarian and shun products that are made through violence to animals (either through using animal products or through cruel testing on the animals). It also means that one must take care of nature, protecting and preserving our natural resources. Moreover, the law of Ahimsa goes even deeper than that which is done to others. It also includes that what we do to ourselves. When we smoke cigarettes, take drugs, eat food that we know leads to heart disease or diabetes, get involved in relationships in which we are abused, victimized and suppressed, or when we simply waste our precious time engaged in meaningless activity –these are all ways in which we injure ourselves, ourbodies, our souls, our manna and furthermore nature and our future.

2. Satyam – Truthfulness

This tenet also goes deeper than its mere meaning. Yes, of course we must speak the truth; but that is not enough to say we are practicing Satyam. We must also live with the truth practicing the truth, it also has deep roots of Satayam Vadam and Satya Yoga. Our thoughts, our values, our words and our actions must all be aligned. Many times we say one thing in front of others or in the temple or in Gurudwara or in church or Masque, or to impress people, but we act in a different way in our real life. I have even heard parents tell their children “Do as I say, not as I do.” This is not Satyam. Satyam means – “As I say, so I do.” Satyam means,

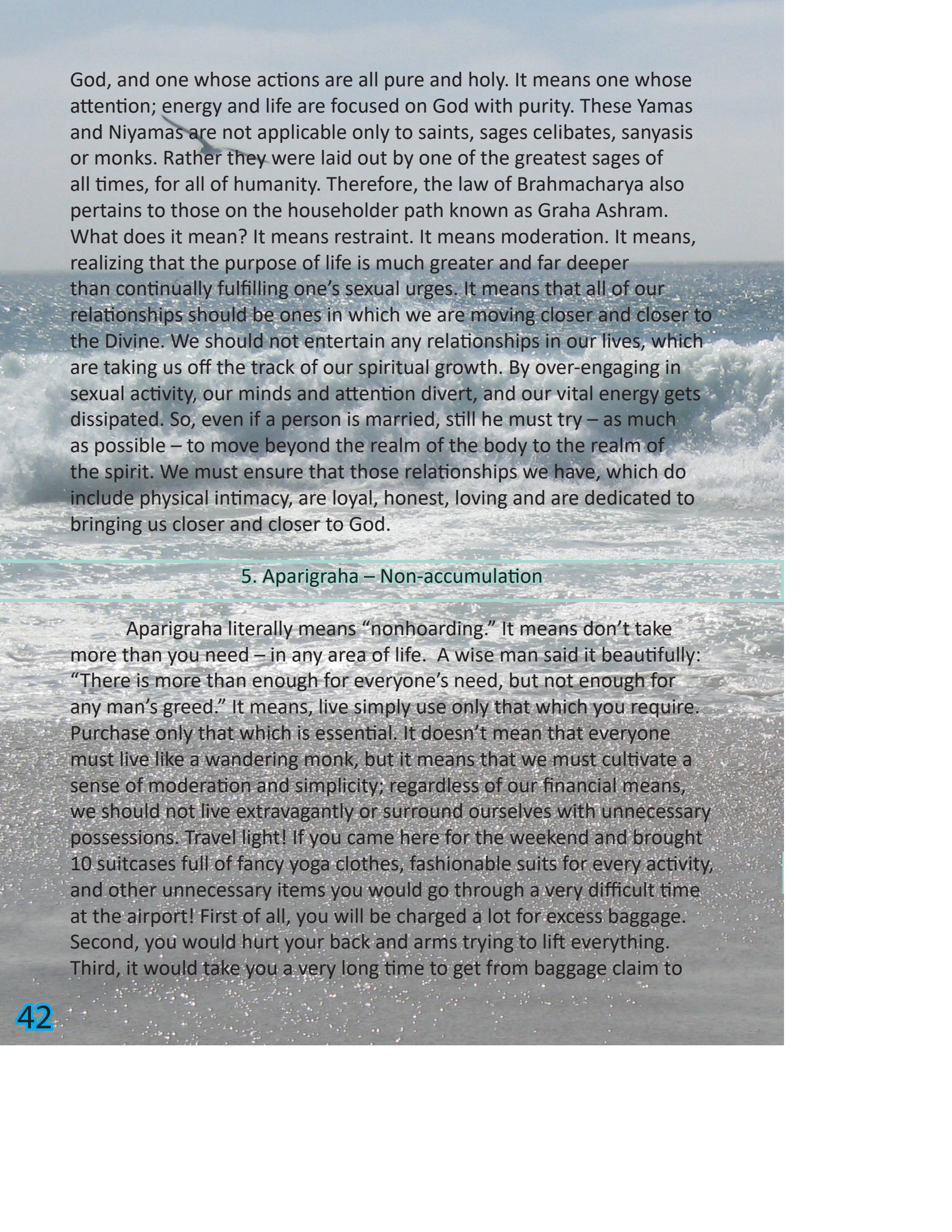
being true to our promises and vows, fulfilling our word to ourselves, to others and to God. But Satyam doesn't mean we have to tell everything that we have seen, particularly, people who are on a spiritual path think that being truthful means telling 100% of the truth, in all circumstances, to which is truthful, kind and beneficial. So, if the truth is neither kind nor beneficial to the listener, then it should not be spoken.

3. Asteya – Not Stealing

Asteya is not as simple as refraining from stealing a possession that belongs to someone else. We steal much from others without realizing it. We steal people's time, by wasting it, engaging in idle gossip or complaints and back talk. We steal people's credit, by claiming to have done something that actually was accomplished by someone else taking advantage of others. We steal from Earth/nature by using more than we need including, but not limited to, that we eat more than our body requires for energy– by driving cars that are too big and use too much fuel, by building homes larger than our requirement, by purchasing more and more unnecessary possessions that are made using natural resources and whose production pollutes the atmosphere and leads us to greed. We steal the dignity, the safety and the health of the poor, when we purchase things that were made by people in deplorable conditions including we take advantage of poor families' children and promote child labor in 3rd world or in poor countries. Further, if God has blessed us with prosperity and we have enough to help others, it is stealing, if we do not share our wealth. We must realize the joy that comes from sharing with others. Life is for sharing, caring and giving.

4. Brahmacharya - Abstinence

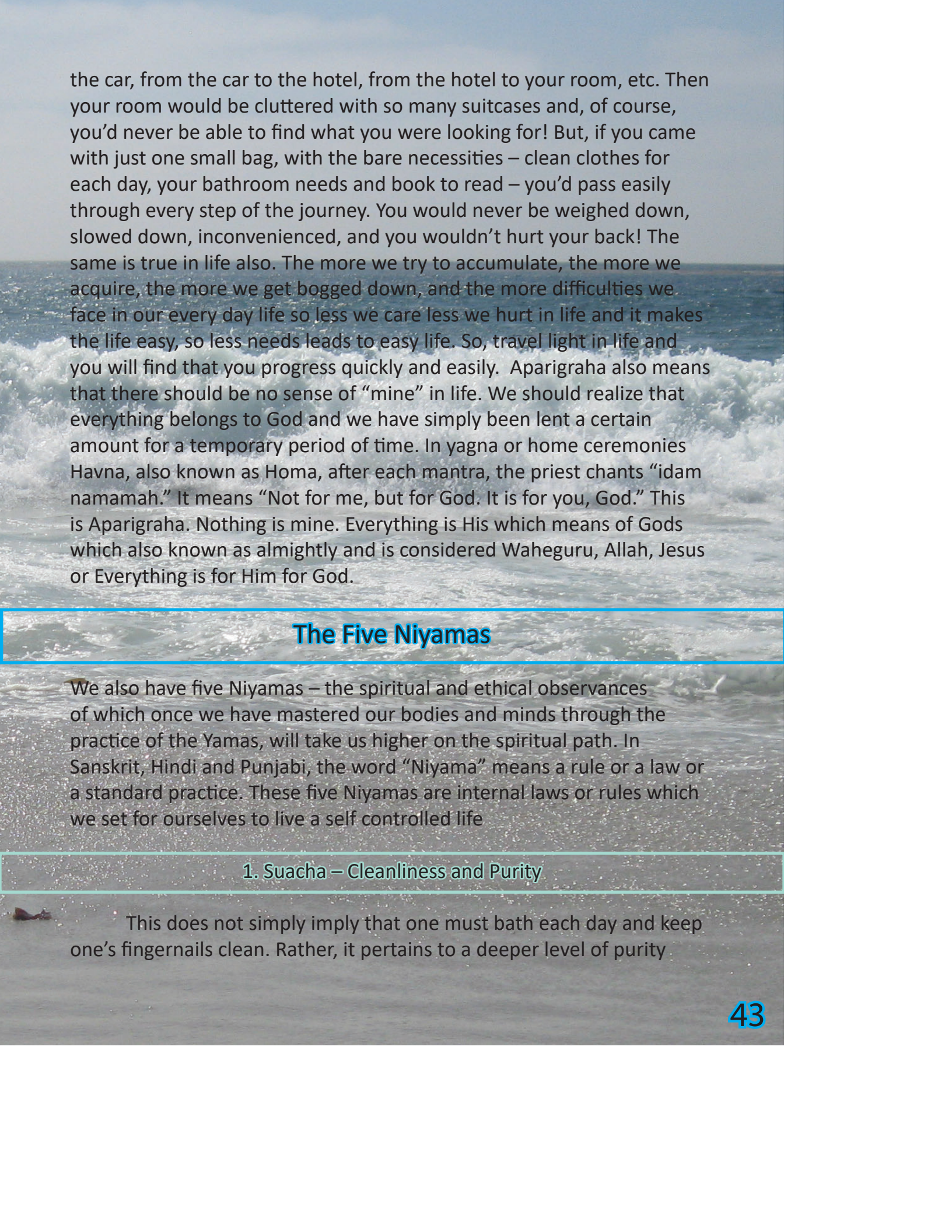
Brahmacharya is frequently translated as celibacy or abstinence, but actually its meaning is more comprehensive than refraining from sexual activity. Rather, it actually means one, who is brahma-acharya, this means one, whose actions are all dedicated to God; Brahma- the creator and Acharya means Guru means a Guru fully dedicated to



God, and one whose actions are all pure and holy. It means one whose attention; energy and life are focused on God with purity. These Yamas and Niyamas are not applicable only to saints, sages, celibates, sanyasis or monks. Rather they were laid out by one of the greatest sages of all times, for all of humanity. Therefore, the law of Brahmacharya also pertains to those on the householder path known as Graha Ashram. What does it mean? It means restraint. It means moderation. It means, realizing that the purpose of life is much greater and far deeper than continually fulfilling one's sexual urges. It means that all of our relationships should be ones in which we are moving closer and closer to the Divine. We should not entertain any relationships in our lives, which are taking us off the track of our spiritual growth. By over-engaging in sexual activity, our minds and attention divert, and our vital energy gets dissipated. So, even if a person is married, still he must try – as much as possible – to move beyond the realm of the body to the realm of the spirit. We must ensure that those relationships we have, which do include physical intimacy, are loyal, honest, loving and are dedicated to bringing us closer and closer to God.

5. Aparigraha – Non-accumulation

Aparigraha literally means “nonhoarding.” It means don't take more than you need – in any area of life. A wise man said it beautifully: “There is more than enough for everyone's need, but not enough for any man's greed.” It means, live simply use only that which you require. Purchase only that which is essential. It doesn't mean that everyone must live like a wandering monk, but it means that we must cultivate a sense of moderation and simplicity; regardless of our financial means, we should not live extravagantly or surround ourselves with unnecessary possessions. Travel light! If you came here for the weekend and brought 10 suitcases full of fancy yoga clothes, fashionable suits for every activity, and other unnecessary items you would go through a very difficult time at the airport! First of all, you will be charged a lot for excess baggage. Second, you would hurt your back and arms trying to lift everything. Third, it would take you a very long time to get from baggage claim to



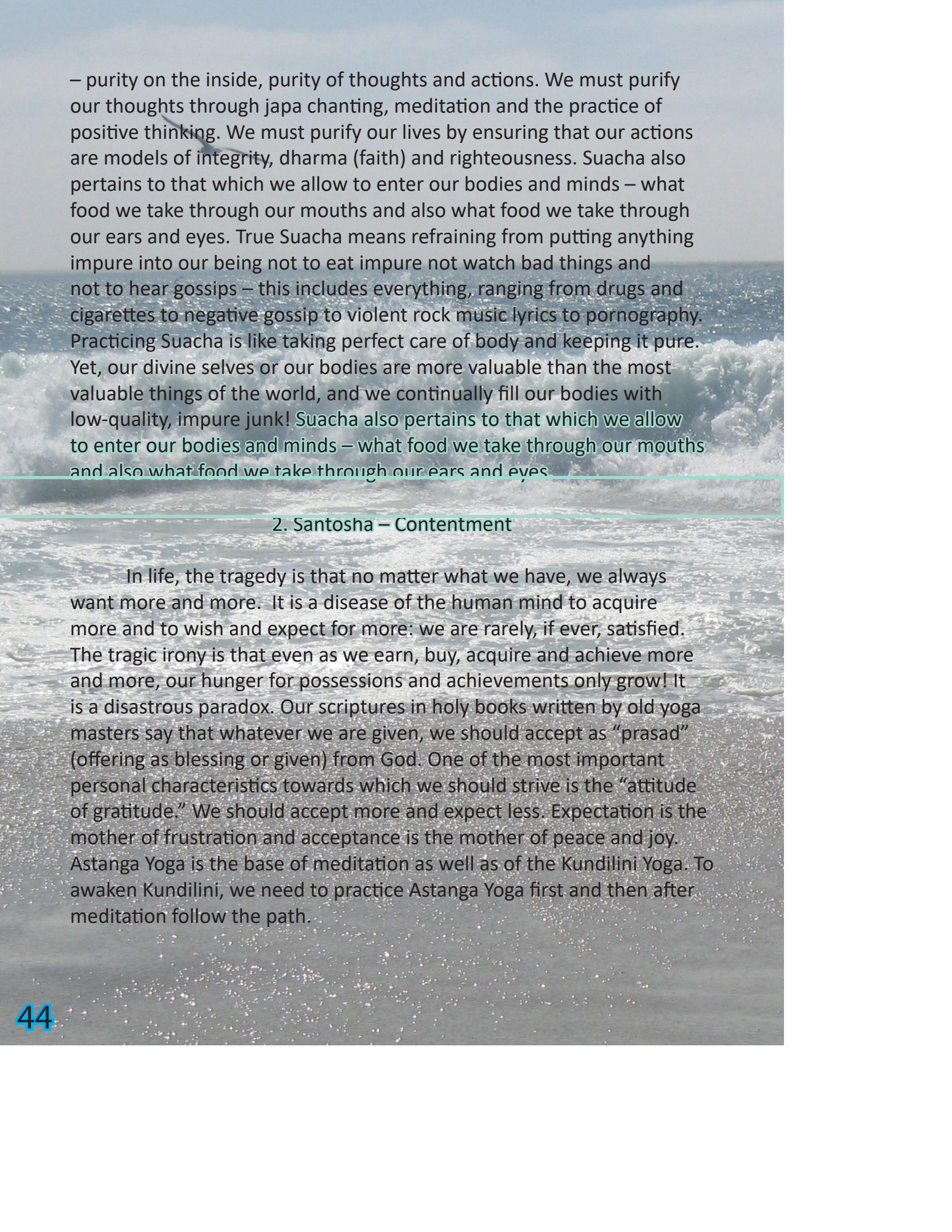
the car, from the car to the hotel, from the hotel to your room, etc. Then your room would be cluttered with so many suitcases and, of course, you'd never be able to find what you were looking for! But, if you came with just one small bag, with the bare necessities – clean clothes for each day, your bathroom needs and book to read – you'd pass easily through every step of the journey. You would never be weighed down, slowed down, inconvenienced, and you wouldn't hurt your back! The same is true in life also. The more we try to accumulate, the more we acquire, the more we get bogged down, and the more difficulties we face in our every day life so less we care less we hurt in life and it makes the life easy, so less needs leads to easy life. So, travel light in life and you will find that you progress quickly and easily. Aparigraha also means that there should be no sense of "mine" in life. We should realize that everything belongs to God and we have simply been lent a certain amount for a temporary period of time. In yagna or home ceremonies Havna, also known as Homa, after each mantra, the priest chants "idam namamah." It means "Not for me, but for God. It is for you, God." This is Aparigraha. Nothing is mine. Everything is His which means of Gods which also known as almighty and is considered Waheguru, Allah, Jesus or Everything is for Him for God.

The Five Niyamas

We also have five Niyamas – the spiritual and ethical observances of which once we have mastered our bodies and minds through the practice of the Yamas, will take us higher on the spiritual path. In Sanskrit, Hindi and Punjabi, the word "Niyama" means a rule or a law or a standard practice. These five Niyamas are internal laws or rules which we set for ourselves to live a self controlled life

1. Suacha – Cleanliness and Purity

This does not simply imply that one must bath each day and keep one's fingernails clean. Rather, it pertains to a deeper level of purity



– purity on the inside, purity of thoughts and actions. We must purify our thoughts through japa chanting, meditation and the practice of positive thinking. We must purify our lives by ensuring that our actions are models of integrity, dharma (faith) and righteousness. Suacha also pertains to that which we allow to enter our bodies and minds – what food we take through our mouths and also what food we take through our ears and eyes. True Suacha means refraining from putting anything impure into our being not to eat impure not watch bad things and not to hear gossips – this includes everything, ranging from drugs and cigarettes to negative gossip to violent rock music lyrics to pornography. Practicing Suacha is like taking perfect care of body and keeping it pure. Yet, our divine selves or our bodies are more valuable than the most valuable things of the world, and we continually fill our bodies with low-quality, impure junk! Suacha also pertains to that which we allow to enter our bodies and minds – what food we take through our mouths and also what food we take through our ears and eyes.

2. Santosha – Contentment

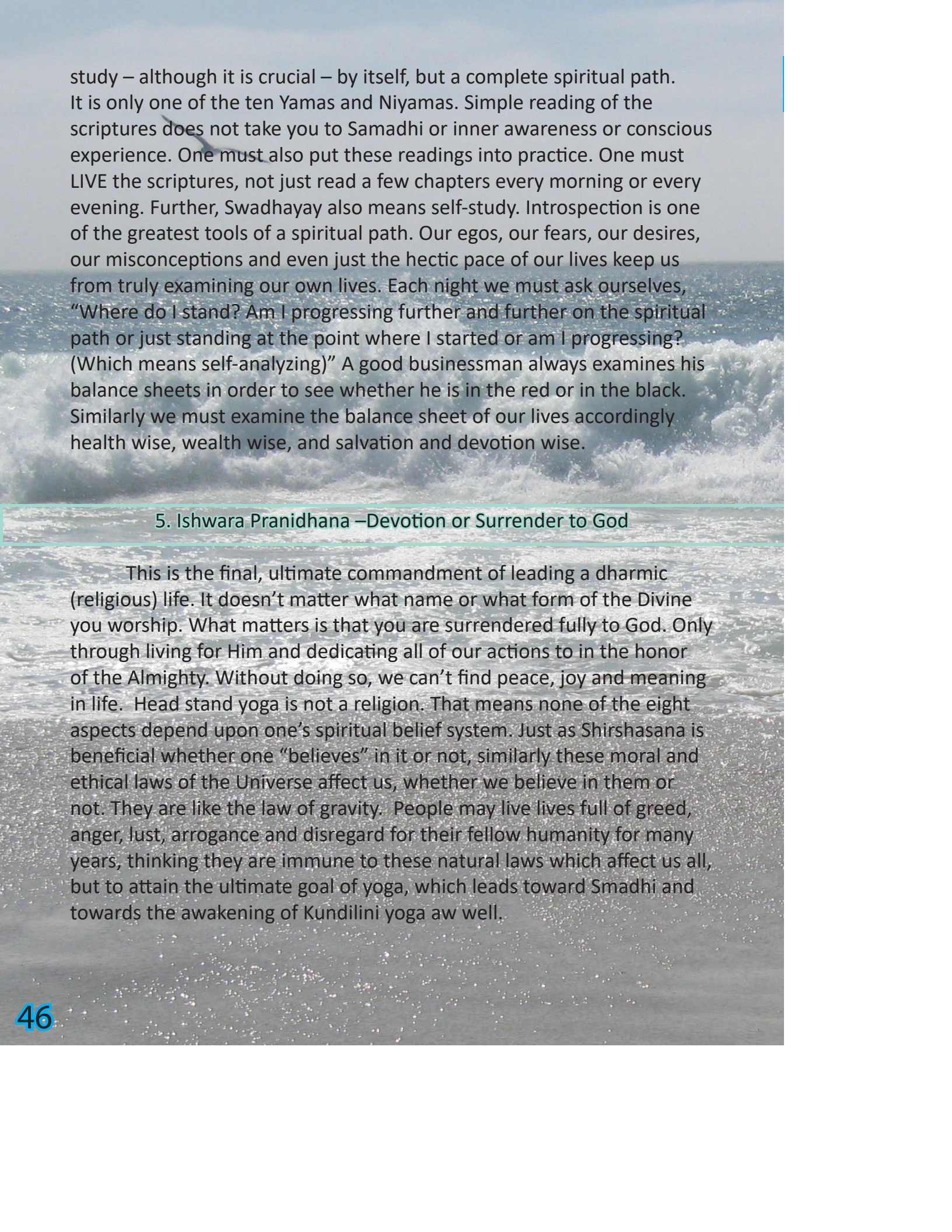
In life, the tragedy is that no matter what we have, we always want more and more. It is a disease of the human mind to acquire more and to wish and expect for more: we are rarely, if ever, satisfied. The tragic irony is that even as we earn, buy, acquire and achieve more and more, our hunger for possessions and achievements only grow! It is a disastrous paradox. Our scriptures in holy books written by old yoga masters say that whatever we are given, we should accept as “prasad” (offering as blessing or given) from God. One of the most important personal characteristics towards which we should strive is the “attitude of gratitude.” We should accept more and expect less. Expectation is the mother of frustration and acceptance is the mother of peace and joy. Astanga Yoga is the base of meditation as well as of the Kundilini Yoga. To awaken Kundilini, we need to practice Astanga Yoga first and then after meditation follow the path.

3. Tapas – Austerities or Sadhana

Through the performance of regular Tapas everyday practice of yoga and its rules we learn to be the master of our body and mind. Due to our life long and misguided identification with maya (physical and objective things in life), we spend our lives entrapped by the belief that we are at the back and call of our mind, emotions and senses. We unconsciously, yet readily, hand over the reigns of our lives to our volatile mind and insatiable senses! Tapas put the control back into our hands, into the hands of our higher Self. Tapas do not mean only doing japa chanting religious hymans or fasting or doing a certain number of ahutis (offering) in the yagna (holy fire or Homa or Havna). Tapas can extend to every area of our lives. Tapas are the practice of tolerance. In our lives, we tend to act instinctively– like animals. When the feeling of anger washes over us like a wave, we yell and lash out at others. When the feeling of hunger creeps into our stomachs, we eat. When we are overcome by feelings of lust, we engage in sexual behavior. Through practicing Tapas, we learn to have control over ourselves, so that we can choose whether to act or not. Tapas teaches us that we are not merely light bulbs which can be switched on and off by the incessantly vacillating mind and senses, we do have the power to control out sense, which is a part of Astanga Yoga. According to Patanjali, Astanga is a summarized part of _____ and base of meditation, Samadhi and Kundilini yoga.

4. Swadhyay – Sacred Study

Swadhyay typically means study of the scriptures or holy books like bible, Ramayna Bhavag Gita, Guru Granth Sahib or Upanishads. It is very important to read something spiritual, something inspiring every day, in the morning and evening. This helps to keep us on track and to keep our minds pure, otherwise, we tend to get lost in our own mind's sea of confusion. However, it is important to remember that scriptural



study – although it is crucial – by itself, but a complete spiritual path. It is only one of the ten Yamas and Niyamas. Simple reading of the scriptures does not take you to Samadhi or inner awareness or conscious experience. One must also put these readings into practice. One must LIVE the scriptures, not just read a few chapters every morning or every evening. Further, Swadhyaya also means self-study. Introspection is one of the greatest tools of a spiritual path. Our egos, our fears, our desires, our misconceptions and even just the hectic pace of our lives keep us from truly examining our own lives. Each night we must ask ourselves, “Where do I stand? Am I progressing further and further on the spiritual path or just standing at the point where I started or am I progressing? (Which means self-analyzing)” A good businessman always examines his balance sheets in order to see whether he is in the red or in the black. Similarly we must examine the balance sheet of our lives accordingly health wise, wealth wise, and salvation and devotion wise.

5. Ishwara Pranidhana –Devotion or Surrender to God

This is the final, ultimate commandment of leading a dharmic (religious) life. It doesn't matter what name or what form of the Divine you worship. What matters is that you are surrendered fully to God. Only through living for Him and dedicating all of our actions to in the honor of the Almighty. Without doing so, we can't find peace, joy and meaning in life. Head stand yoga is not a religion. That means none of the eight aspects depend upon one's spiritual belief system. Just as Shirshasana is beneficial whether one “believes” in it or not, similarly these moral and ethical laws of the Universe affect us, whether we believe in them or not. They are like the law of gravity. People may live lives full of greed, anger, lust, arrogance and disregard for their fellow humanity for many years, thinking they are immune to these natural laws which affect us all, but to attain the ultimate goal of yoga, which leads toward Smadhi and towards the awakening of Kundilini yoga as well.

Asana

Astanga yoga, is the parth of Smadhi yoga and Kundilini yoga and Hatha yoga is root of the yoga from where a yogi starts his/her path towards the divine yoga. "Follow the rules of nature and enjoy your life." After we master the do's and don'ts of a yogic (yoga practitioner) life, we are ready to move into Asana (position).

Asana is typically translated as the physical posture, the part we associate with "yoga." But actually Asana means a seat – a seat, on which we sit. This is a very important distinction. Asana is the position that a yogi holds to practice yoga! Asana is NOT the yoga. It is just the preparation for the yoga. The same is true whether you translate Asana as a seat or as a physical posture. In both cases it is just the preparation for the true yoga – the union of the Self! The union of the inner soul with consciousness of meditated body and soul Today people think that if you hold a posture, you're doing yoga. Rather, the posture only prepares us to practice yoga. It is very clear here that the Asana is NOT the yoga. Asana is very important. In order for one to truly be able to practice the depths of yoga, the Asana must be perfect we must not stop with the Asana. The Asana readies us for the higher limbs of yoga. Another important point about Asana is that it must be graceful, stable and done with ease. I have a few rules in my yoga (Hatha yoga) classes.

- 1) Hold a position (Asana) easily, if you can, don't force yourself to hold a position;
- 2) if it hurts don't do it;
- 3) if you have an ailment consult with your doctor before doing yoga;
- 4) practice yoga with an empty stomach;
- 5) wear comfortable clothes during your yoga session;
- 6) use a non-slippery mat to practice yoga;
- 7) if possible do it in the open, where there is fresh air to breathe, and control our breathing system via air.

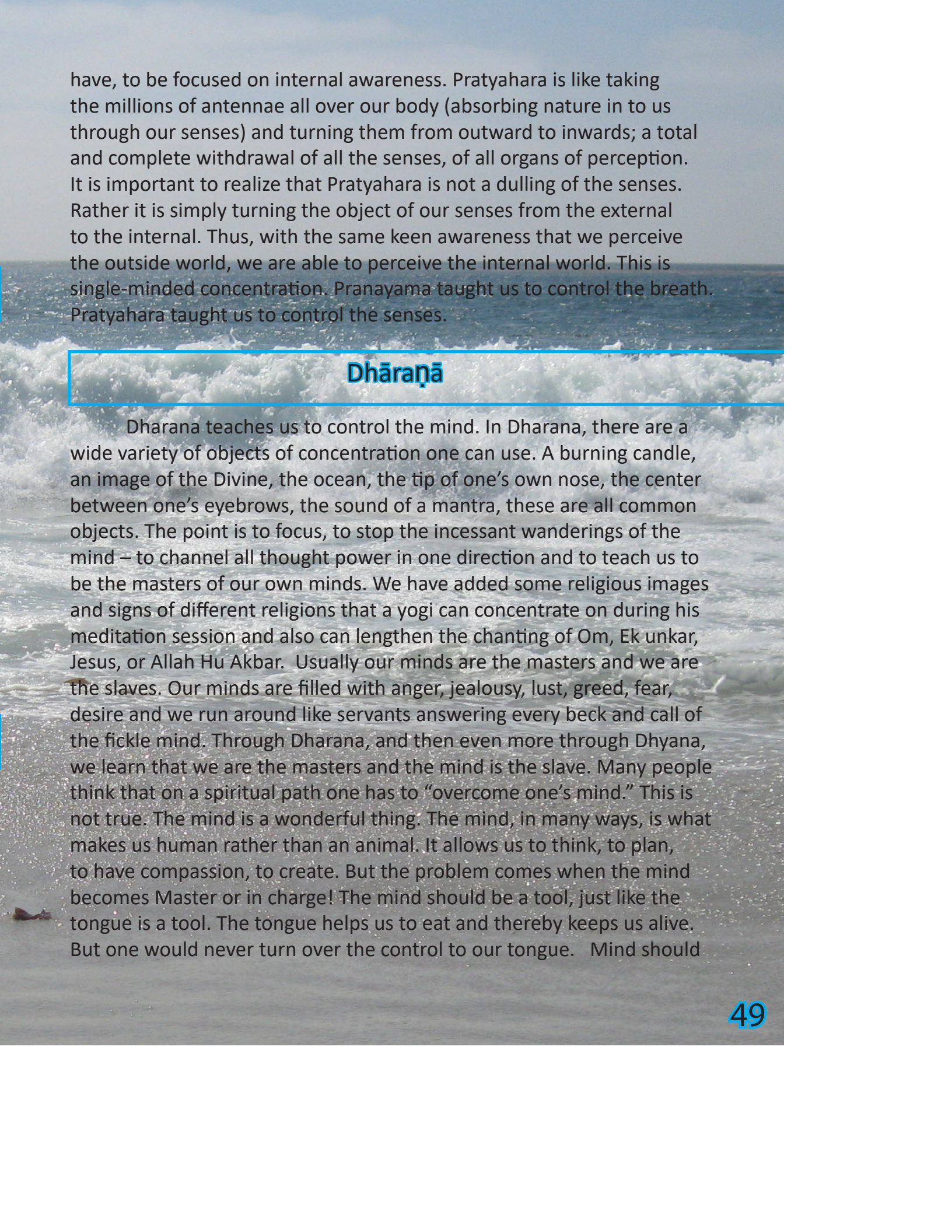
Patanjali says that “Sthira sukham asanam.” That which is stable, that which is comfortable, that is Asana. He doesn’t say, “That which is the most complex, the most difficult, the most strenuous and the most impressive-looking.” No. He says, “That which is stable, that which is comfortable.” So, even though we may be learning advanced postures, we must never lose the stability, the grace or the comfort, which is the inherent part of Asana.

Prāṇāyāma

As we learn to get in touch with our breath – our prana, our life force – we come into contact with the very divine force, which sustains our existence and unites us with the rest of the world. Prana literally means the life force, the energy, which flows through all. It can be physical energy, mental energy, intellectual energy or even magnetic or heat energy! Prana means “life” and Ayama means expansion, so Pranayama means expansion of life. Pranayama is the extension, the stretching, the prolonging of our life force and energy. Pranayama teaches us to be calm, collected and centered. As the breath becomes still, slow, deep and steady, we find that in our lives also we become steady and still. We learn not to be ruffled by the ups and downs of life. We feel deeply connected to the very force that flows through each of us, giving us life. We must purify our lives by ensuring that our actions are models of integrity, dharma and righteousness.

Pratyāhāra

After Pranayama, is Pratyahara – which is withdrawal of the senses. In life, we are aware of so many things – all that we see, hear, smell, touch and taste. In fact, we are flooded with sensory perceptions, so much that we frequently feel overloaded. “I need some quiet. I feel claustrophobic. I have a headache. I need to be alone. The world seems to be spinning.” These are all examples of sensory overload. The more we are focused on outward awareness, the less time and energy we



have, to be focused on internal awareness. Pratyahara is like taking the millions of antennae all over our body (absorbing nature in to us through our senses) and turning them from outward to inwards; a total and complete withdrawal of all the senses, of all organs of perception. It is important to realize that Pratyahara is not a dulling of the senses. Rather it is simply turning the object of our senses from the external to the internal. Thus, with the same keen awareness that we perceive the outside world, we are able to perceive the internal world. This is single-minded concentration. Pranayama taught us to control the breath. Pratyahara taught us to control the senses.

Dhāraṇā

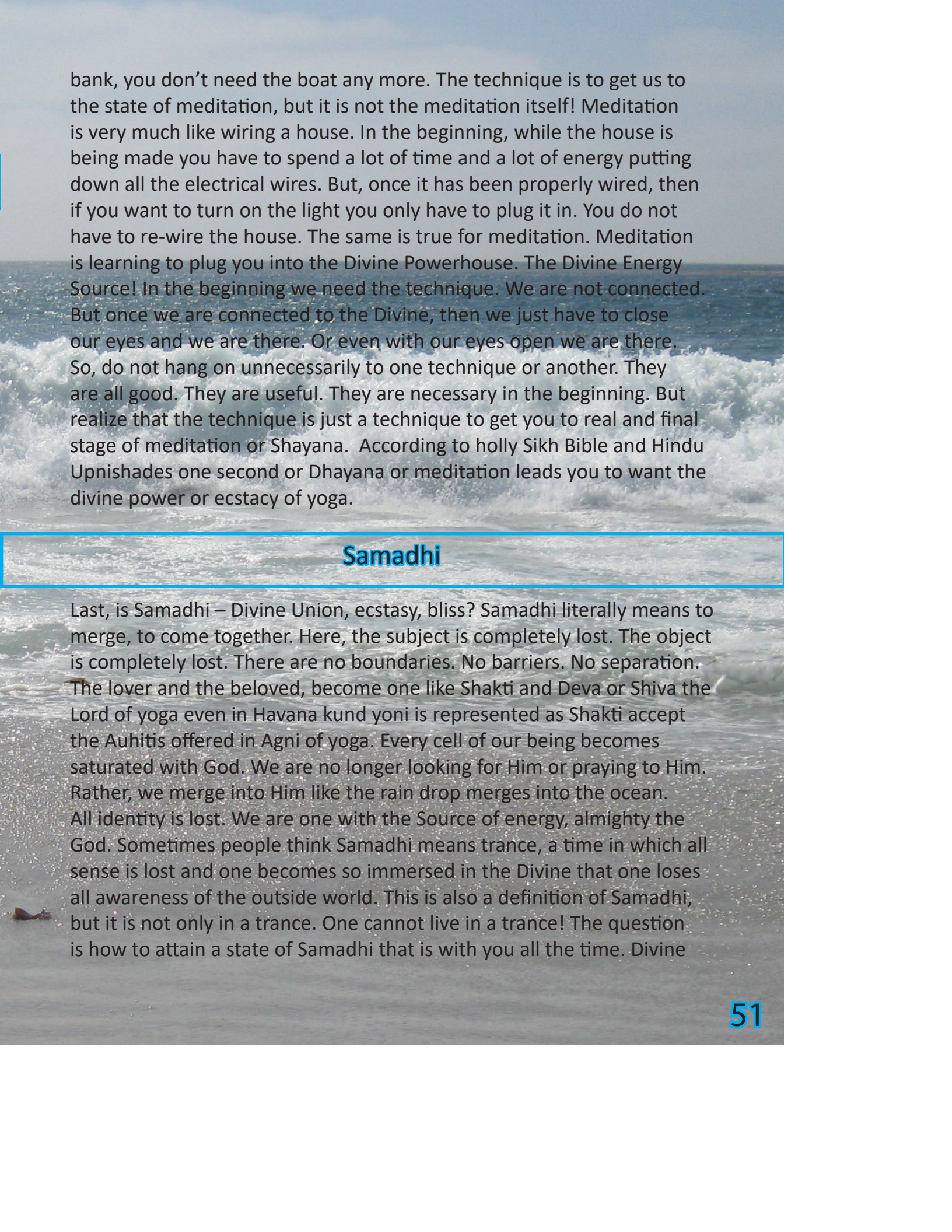
Dharana teaches us to control the mind. In Dharana, there are a wide variety of objects of concentration one can use. A burning candle, an image of the Divine, the ocean, the tip of one's own nose, the center between one's eyebrows, the sound of a mantra, these are all common objects. The point is to focus, to stop the incessant wanderings of the mind – to channel all thought power in one direction and to teach us to be the masters of our own minds. We have added some religious images and signs of different religions that a yogi can concentrate on during his meditation session and also can lengthen the chanting of Om, Ek unkar, Jesus, or Allah Hu Akbar. Usually our minds are the masters and we are the slaves. Our minds are filled with anger, jealousy, lust, greed, fear, desire and we run around like servants answering every beck and call of the fickle mind. Through Dharana, and then even more through Dhyana, we learn that we are the masters and the mind is the slave. Many people think that on a spiritual path one has to “overcome one's mind.” This is not true. The mind is a wonderful thing. The mind, in many ways, is what makes us human rather than an animal. It allows us to think, to plan, to have compassion, to create. But the problem comes when the mind becomes Master or in charge! The mind should be a tool, just like the tongue is a tool. The tongue helps us to eat and thereby keeps us alive. But one would never turn over the control to our tongue. Mind should

not be allowed to go wherever it wants and do whatever it chooses and control the whole show! Dharana helps teach us that we are in charge. We are the boss. The mind is only a tool.

Dhyāna

The last step before Samadhi is Dhyana, meditation. “Meditation is the best medication for all agitations.” People frequently confuse concentration with meditation. They confuse Dharana with Dhyana. In concentration, there is a subject and an object. You, the subject, are concentrating on a candle, or an image of God, or the tip of your nose or signs and symbols as shown in this book. These are the objects of your concentration. In meditation, the object disappears. The subject disappears. All becomes one. Rather than focusing on a mantra, you and the mantra become one. In meditation, all borders, boundaries, and separation between the Universe and us begin to disappear. We begin to realize the inherent oneness of all beings and all of creation. There is a famous mantra that says, “So Hum.” It means: “I am that. I am one with the universal energy. I am part and parcel of all that exists. I am one with God.” Through meditation, we catch a glimpse of that realization. Meditation gets us back in touch with our true, divine nature and the deepest core of our being. There is so much that has been written and taught on meditation and its different techniques by old yoga masters religious leaders, yoga pundits, sages, saints and yoga practitioners of different customs, cultures, religious experts of different fields. I don’t want to go into all of it now. But, the important thing is that it is not so important which technique you use. While, I personally use Tratak and Trinetrika and Chant Yam, Rum, Lum, Vum, Onkar or Aum. Each of us is different. We all have different temperaments, different sensibilities. Therefore, different techniques will work for different people. There is no right or wrong way to meditate.

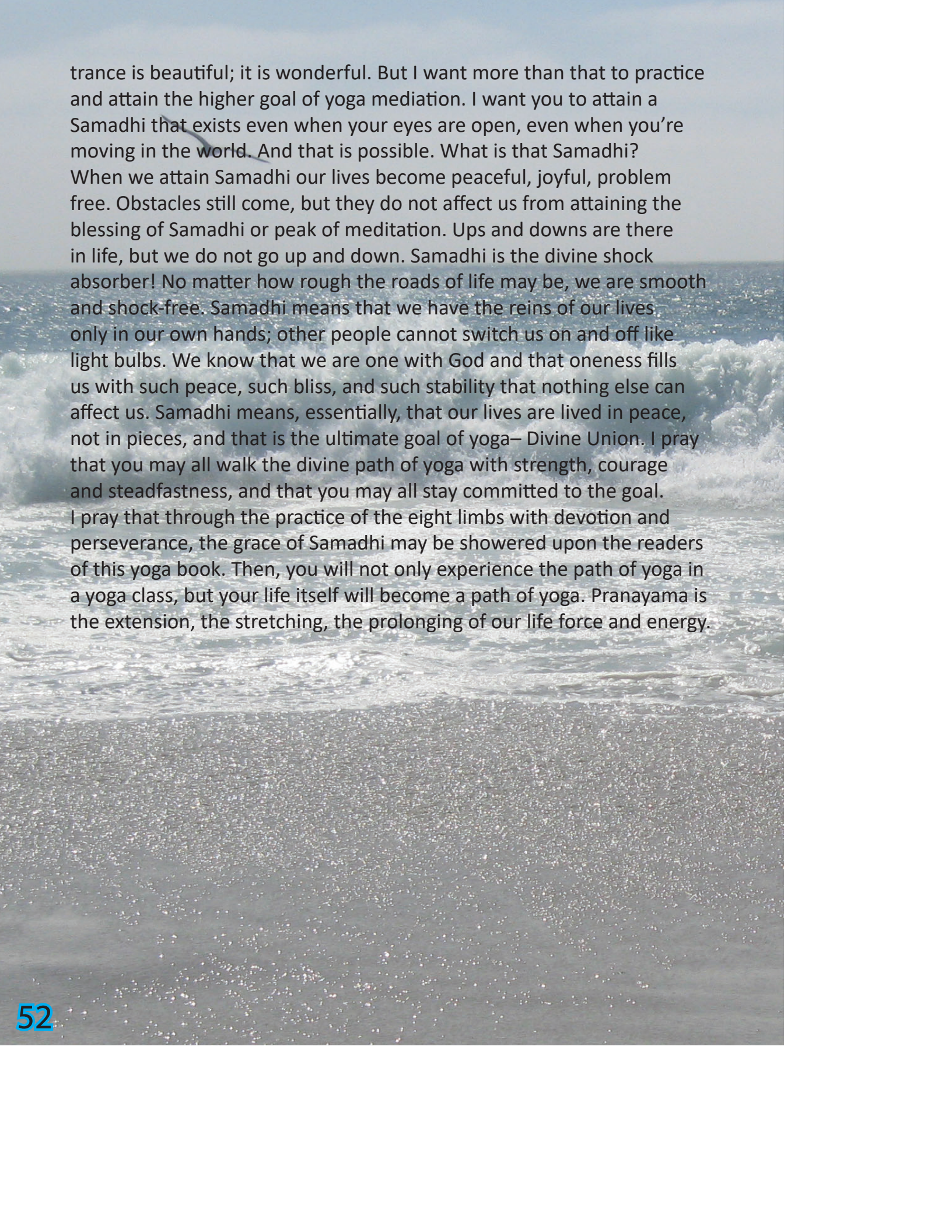
One thing is important to remember about meditation techniques. They are only techniques! A boat is very important to get you across the river the other bank. But once you reach the other



bank, you don't need the boat any more. The technique is to get us to the state of meditation, but it is not the meditation itself! Meditation is very much like wiring a house. In the beginning, while the house is being made you have to spend a lot of time and a lot of energy putting down all the electrical wires. But, once it has been properly wired, then if you want to turn on the light you only have to plug it in. You do not have to re-wire the house. The same is true for meditation. Meditation is learning to plug you into the Divine Powerhouse. The Divine Energy Source! In the beginning we need the technique. We are not connected. But once we are connected to the Divine, then we just have to close our eyes and we are there. Or even with our eyes open we are there. So, do not hang on unnecessarily to one technique or another. They are all good. They are useful. They are necessary in the beginning. But realize that the technique is just a technique to get you to real and final stage of meditation or Shayana. According to holy Sikh Bible and Hindu Upnishades one second or Dhayana or meditation leads you to want the divine power or ecstasy of yoga.

Samadhi

Last, is Samadhi – Divine Union, ecstasy, bliss? Samadhi literally means to merge, to come together. Here, the subject is completely lost. The object is completely lost. There are no boundaries. No barriers. No separation. The lover and the beloved, become one like Shakti and Deva or Shiva the Lord of yoga even in Havana kund yoni is represented as Shakti accept the Auhitis offered in Agni of yoga. Every cell of our being becomes saturated with God. We are no longer looking for Him or praying to Him. Rather, we merge into Him like the rain drop merges into the ocean. All identity is lost. We are one with the Source of energy, almighty the God. Sometimes people think Samadhi means trance, a time in which all sense is lost and one becomes so immersed in the Divine that one loses all awareness of the outside world. This is also a definition of Samadhi, but it is not only in a trance. One cannot live in a trance! The question is how to attain a state of Samadhi that is with you all the time. Divine

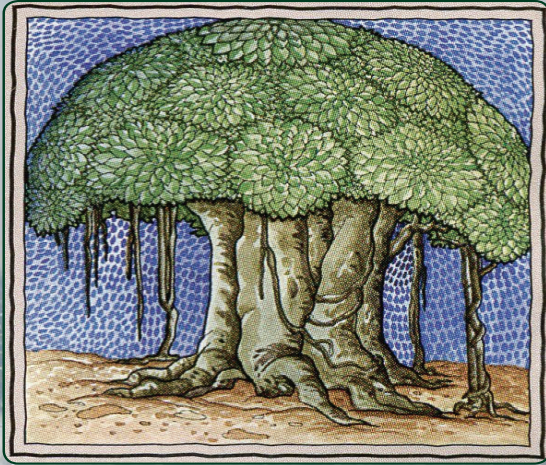


trance is beautiful; it is wonderful. But I want more than that to practice and attain the higher goal of yoga mediation. I want you to attain a Samadhi that exists even when your eyes are open, even when you're moving in the world. And that is possible. What is that Samadhi? When we attain Samadhi our lives become peaceful, joyful, problem free. Obstacles still come, but they do not affect us from attaining the blessing of Samadhi or peak of meditation. Ups and downs are there in life, but we do not go up and down. Samadhi is the divine shock absorber! No matter how rough the roads of life may be, we are smooth and shock-free. Samadhi means that we have the reins of our lives only in our own hands; other people cannot switch us on and off like light bulbs. We know that we are one with God and that oneness fills us with such peace, such bliss, and such stability that nothing else can affect us. Samadhi means, essentially, that our lives are lived in peace, not in pieces, and that is the ultimate goal of yoga— Divine Union. I pray that you may all walk the divine path of yoga with strength, courage and steadfastness, and that you may all stay committed to the goal. I pray that through the practice of the eight limbs with devotion and perseverance, the grace of Samadhi may be showered upon the readers of this yoga book. Then, you will not only experience the path of yoga in a yoga class, but your life itself will become a path of yoga. Pranayama is the extension, the stretching, the prolonging of our life force and energy.



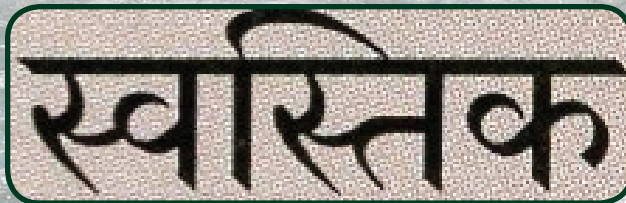
Part 3

Pranava

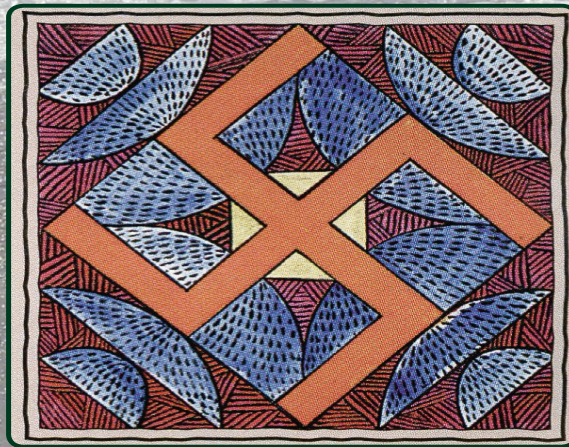


vt { boh{ }

Vata, the banyan tree, *Ficus religiosa*, symbolizes Hinduism, which branches out in all directions, draws from many roots, spreads shade far and wide, and yet stems from one great trunk. Siva as silent sage sits beneath it. Aum or Ek Aumkar.

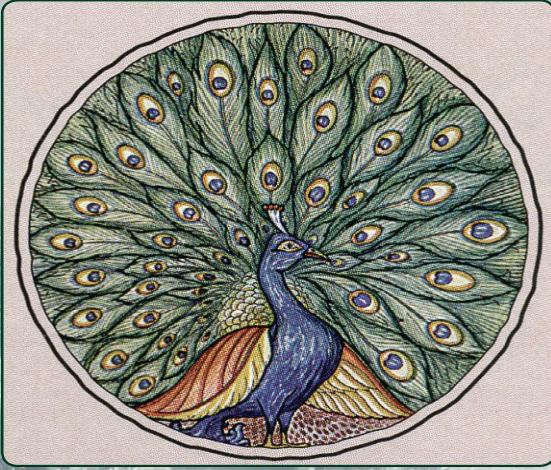


Swastika is the symbol of auspiciousness and good fortune-literally, "it is well." The right-angled arms of this ancient sun-sign denote the indirect way that divinity is apprehended: by intuition and not by intellect. Aum or Ek Aumkar



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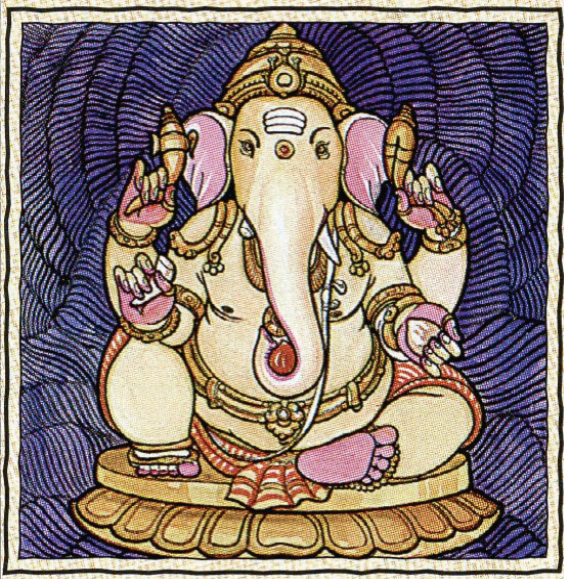
प्रणव ॐ



{pRrnv aoAm}

Pranava, Aum, is the root mantra and primal sound from which all creation issues forth, it is associated with Lord Ganesha. Its three syllables stand at the beginning and end of every sacred verse, every human act. Aum

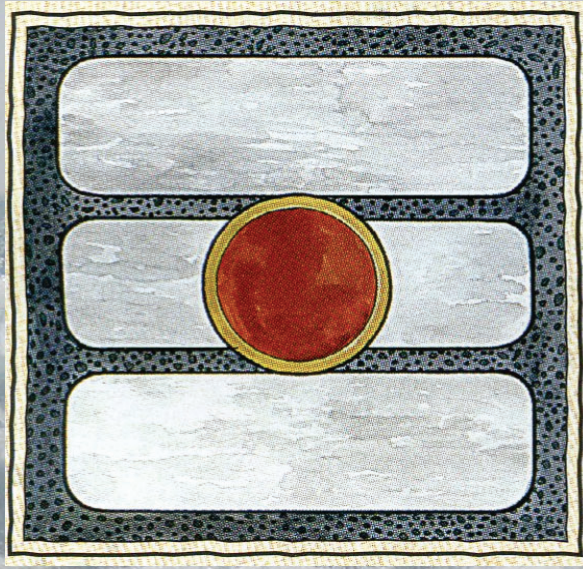
गणेश



Ganesha is the Lord of Obstacles and Ruler of Dharma. Seated upon his throne, He guides our karmas through creating and removing obstacles from our path. We seek his permission and blessing in every undertaking. Aum

त्रिपुण्ड्र

Tripundra is a Saivites great mark, three stripes of white vibhuti on the brow. This holy ash signifies purity and burning away of anava, karma and maya. The bindu, or dot, at the third eye quickens spiritual insight, Aum



नटराज

Nataraja is Siva as "King of Dance". Carved in stone or cast in bronze, his Ananda tandava, the fierce ballet of bliss, dances the cosmos into and out of existence within a fiery arch of flames denoting consciousness. Aum



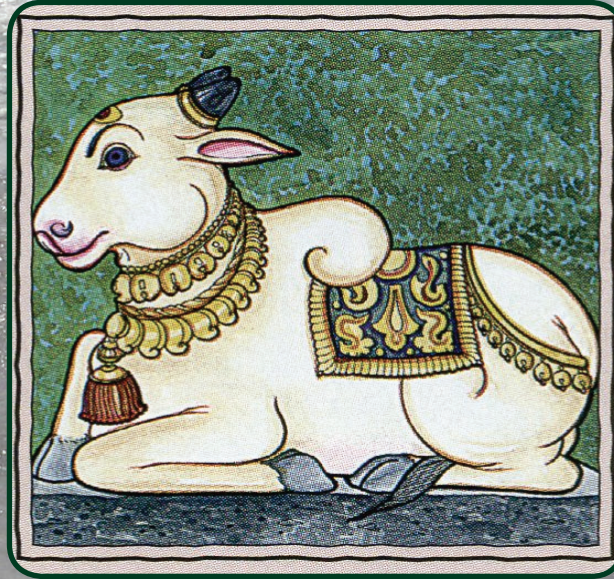
மயில்



Mayil, "peacock," is Lord Murugans's mount, swift and beautiful like karttikeya himself. The proud display of the dancing peacock symbolizes religion in full, unfolded glory. His shrill cry warns of approaching harm. Aum

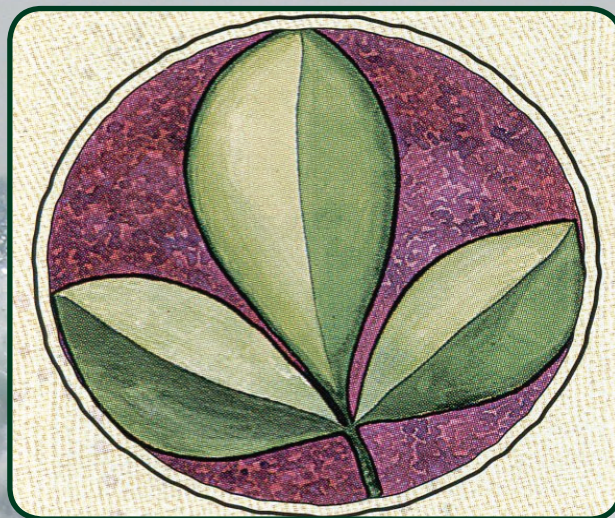
नन्दि

Nandi is Lord Siva's mount, or vahana. This huge white bull with a black tail, whose name means "joyful," disciplined animality kneeling at Siva's feet, is the ideal devotee, the pure joy and strength of Saiva Dharma. Aum



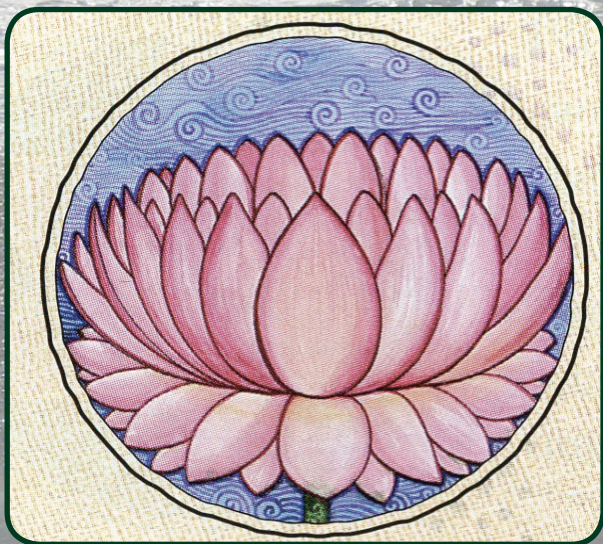
बिल्व

Bilva is the bael tree. Its fruit, flowers and leaves are all sacred to Siva, liberation's summit. Planting Aegle marmelos trees around home or temple is sanctifying, as is worshipping a Linga with bilva leaves and water. Aum

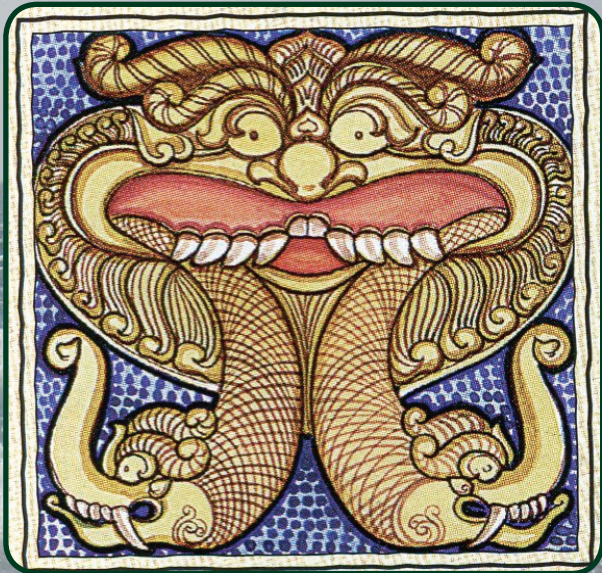


पद्म

Padma is the lotus flower, Nelumbo nucifera, perfection of beauty, associated with Deities and chakras, especially the 1,000-peetaled sahasrara. Rooted in the mud, its blossom is promise of purity and unfoldment. Aum



महाकाल



Mahakala, "Great Time" presides above creations golden arch. Devouring instants and eons, with a ferocious face, he is time beyond time, reminder of this world's transitoriness that sin and suffering will pass. Aum

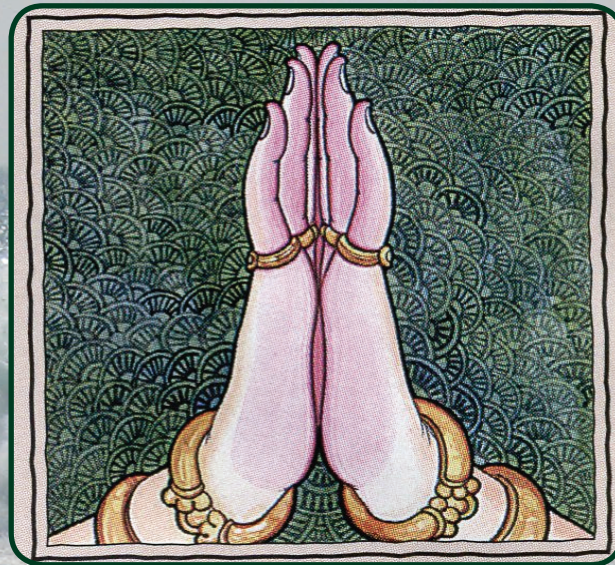
अंकुश



Ankusha, the gold held in lord Ganesha's right hand, is used to remove obstacles from dharma's path. It is force by which all wrongful things are repelled from us, the sharp prod which spurs the dullards onward. Aum

अञ्जलि

Anjali, the gesture of two hands brought together near the heart, means to honor or celebrate.” It is our hindu greetings, two joined as one, the brining together of matter and spirit, the self meeting the self in all. Aum



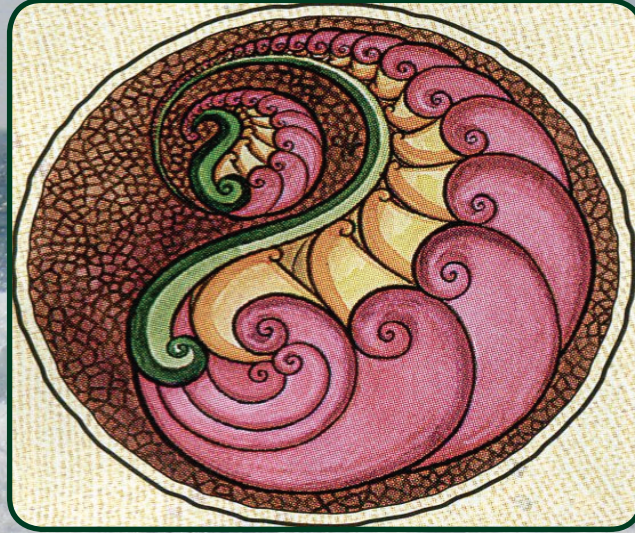
गो

Go, the Cow, is a symbol of the Earth, the nourisher, the ever-giving, undemanding provider. To the Hindu, all animals are sacred, and we acknowledge this reverence of life in our special affection for the gentle cow. Aum



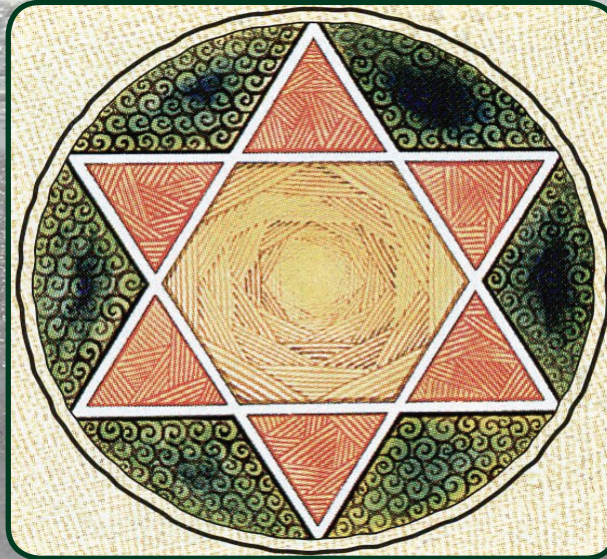
மாங்கோலம்

Mankolam, the pleasing paisley design is modeled after a mango and associated with Lord Ganesha, Mangos are the sweetest of fruits, symbolizing auspiciousness and the happy fulfillment of legitimate worldly desires. Aum

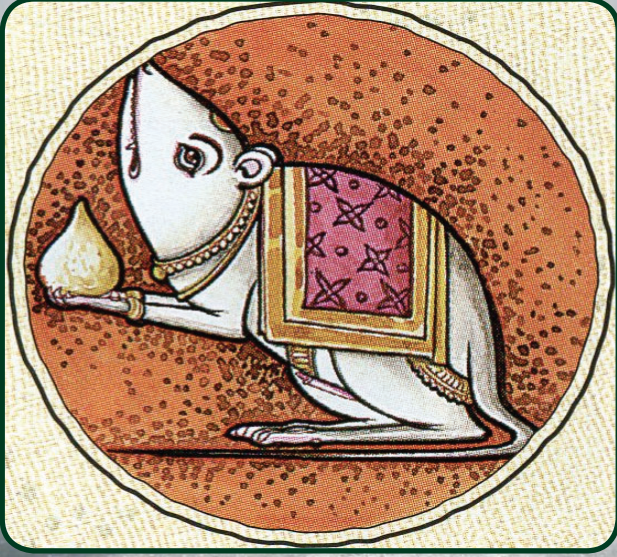


षट्कोण

Shatkona, six-pointed star," is two interlocking triangles the upper stands for Siva Purusha and fire, the lower for Shakti, Prakriti and water. Their union gives birth to Sanatkumara, whose sacred number is six.



முஷிக



Mushika is Lord Ganesha mount, the mouse, traditionally associated with abundance in family life. Under cover of darkness, seldom visible yet always at work, Mushkia is life God's unseen grace in our lives.

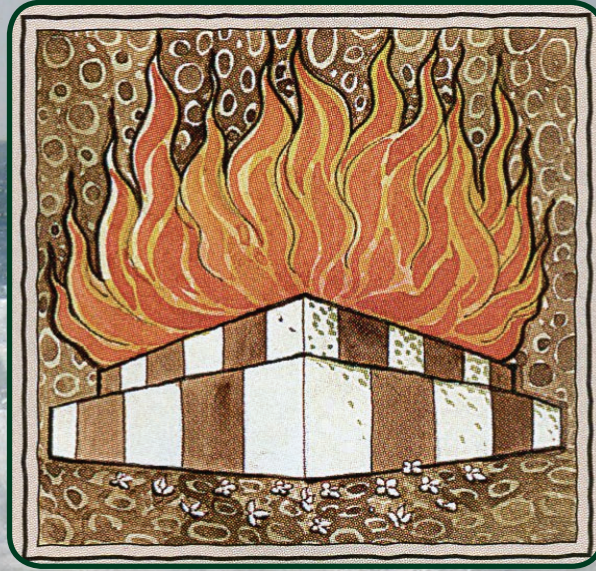
கொன்றை



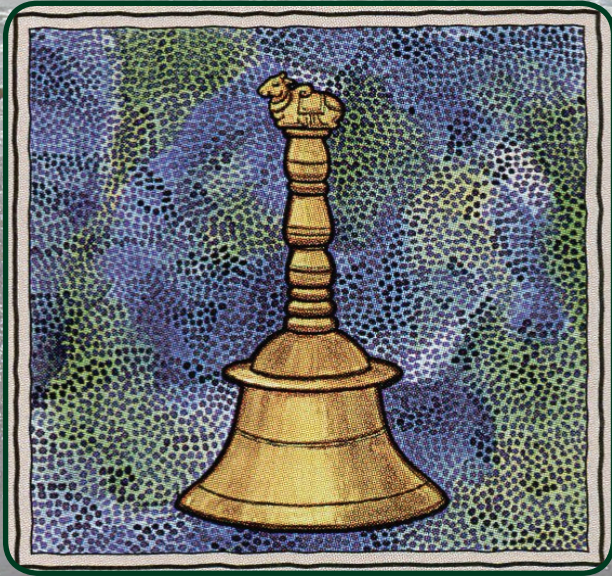
Konrai, Golden Shower, blossom are the flowering symbol of Siva's honeyed grace in our life. Associated with his shrines and temples throughout India, the Cassia fistula is lauded in number less Tirumurai hymns.

होमकुण्ड

Homakunda the fire altar is the symbol of ancient Vedicrites. It is through the fire element, denoting divine consciousness, that we make offering to the Gods. Hindu sacraments are solemnized before the Homa fire.

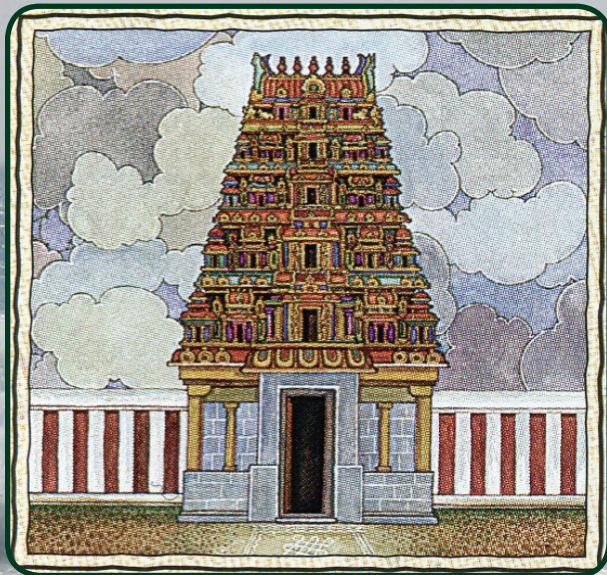


घण्टा



Ghanta is the bell used in ritual puja, which engages all senses, including hearing. Its ringing summons the gods, stimulates the inner ear and reminds us that, like sound, the world may be perceived but not possessed.

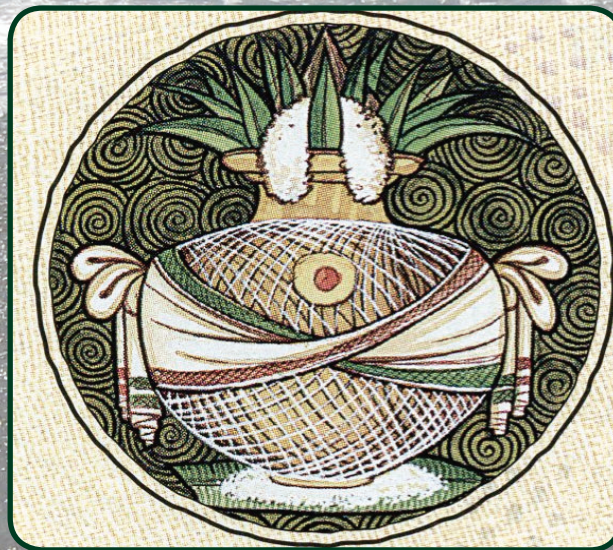
गोपुर



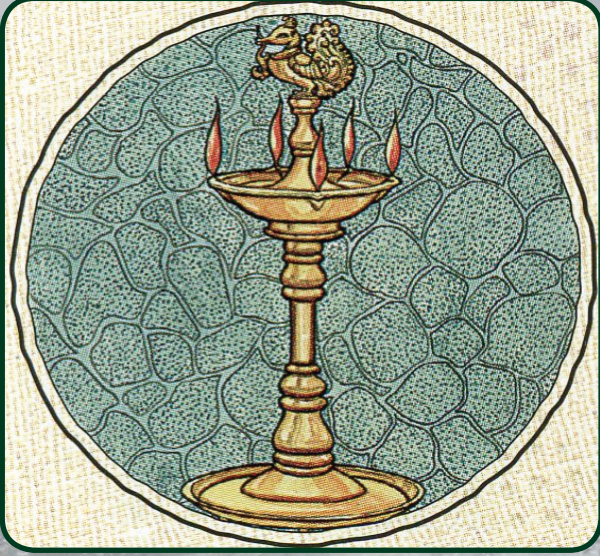
Gopuras are the towering stone gateways through which pilgrims enter the South Indian temple. Richly ornamented with myriad sculptures of the divine pantheon, their tiers symbolize the several planes of existence.

कलश

Kalasha, a husked coconut circled by mango leaves on a pot, is used in puja to represent any God, especially Lord Ganesha. Breaking a coconut before his shrine is the ego's shattering to reveal the sweet fruit inside.



குத்துவிளக்கு



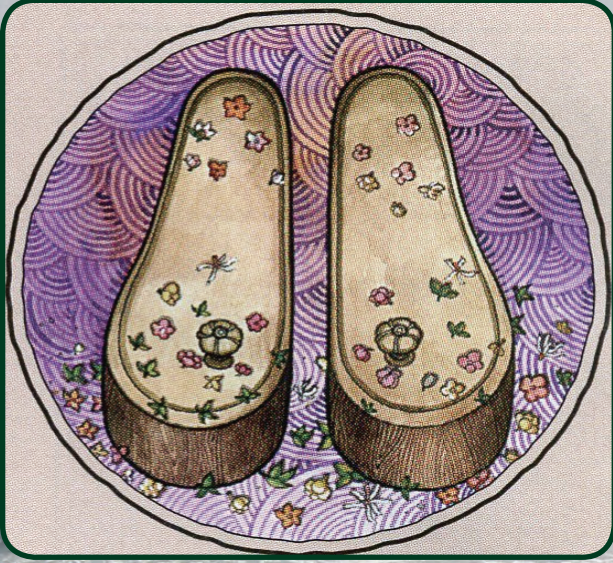
Kuttuvilaku, the standing oil lamp, symbolizes the dispelling of ignorance and awakening of the divine light within us. Its soft glow illumines the temple or shrine room, keeping the atmosphere pure and sense.

कमण्डलु



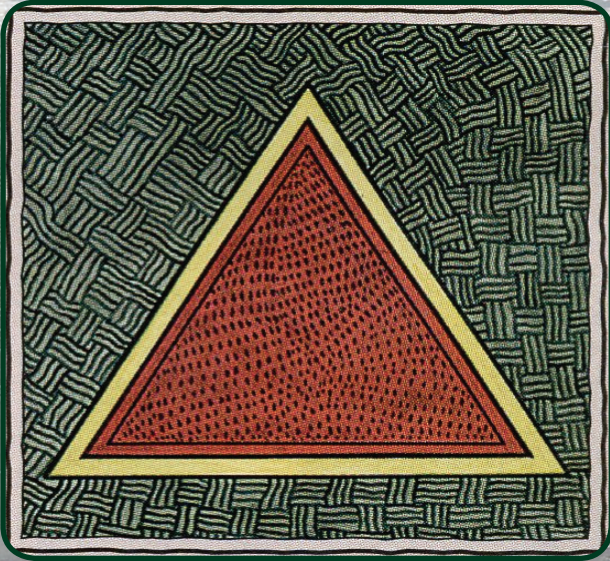
Kamandlu the water vessel is carried by the Hindu monastic. It symbolizes his simple, self-contained life, his freedom from worldly needs, his constant sadhana and tapas, and his oath to seek God everywhere.

திருவடி



Khandau, the sacred sandals worn by saints, sages and satgurus, symbolize the preceptor's holy feet, which are the source of his grace. Prostrating before him, we humbly touch his feet for release from worldliness.

त्रिकोण



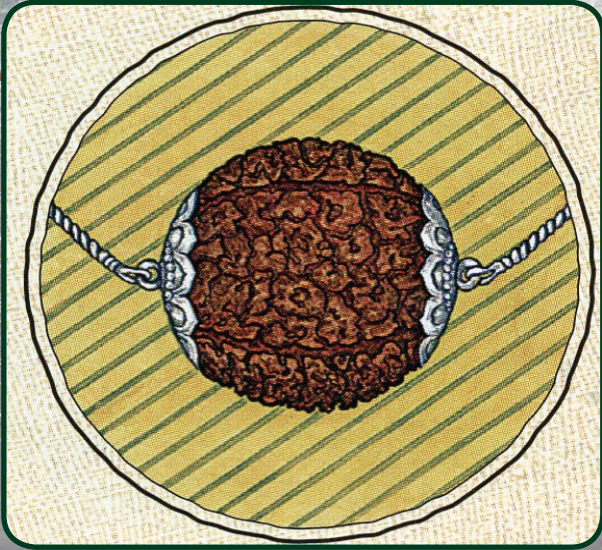
Trikona, the triangle is a symbol of God Siva which, like the Sivalinga, denotes his absolute Being. It represents the element fire and portrays the process of spiritual ascent and liberation spoken of in scripture.

சேவல்

Seval is the noble rooster who heralds each dawn, calling all to awake and arise. He is a symbol of the imminence of spiritual unfoldment and wisdom. As a fighting cock, he crows from Lord Skanda's battle flag.



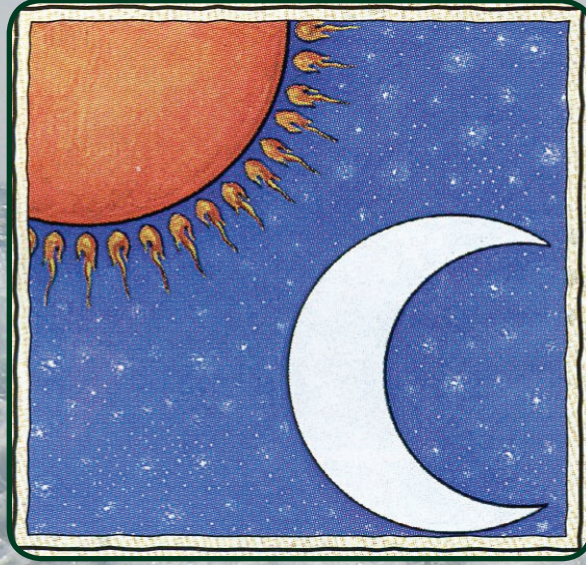
रुद्राक्ष



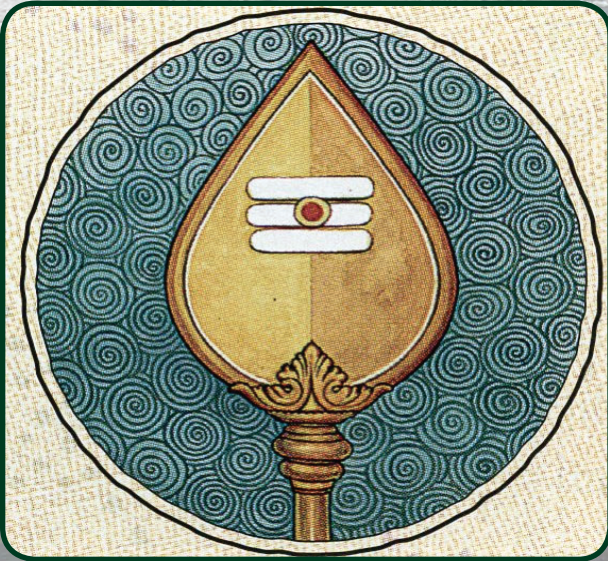
Rudraksha seeds, *Elecoarpus ganitrus*, are prized as the compassionate tears Lord Siva shed for mankind's suffering. Saivites wear malas of them always as a symbol of God's love, chanting on each bead. "Aum Namash Sivaya."

चन्द्र सूर्य

Chandra is the moon ruler of the watery realms and of emotions, testing place of migrating souls. Surya is the sun, ruler of intellect, source of truth. One is pingala and lights the day; the other is ida lights the night. Aum

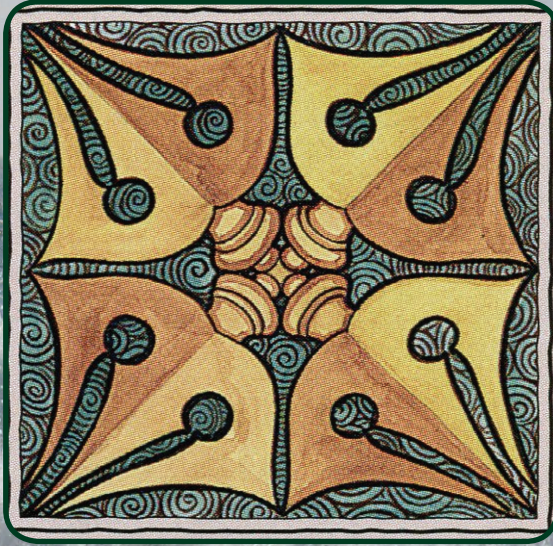


வேல்



Vel, the holy lance, is Lord Murugans's protective power, our safeguard in adversity. Its tip is wide, long and sharp, signifying incisive discrimination and spiritual knowledge which must be broad, deep and penetrating. Aum

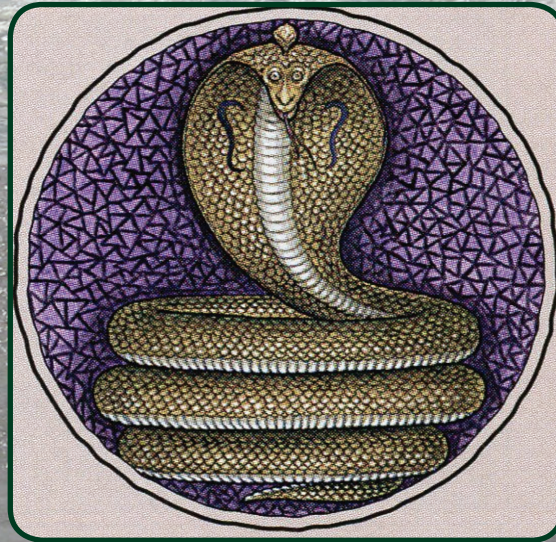
त्रिशूल



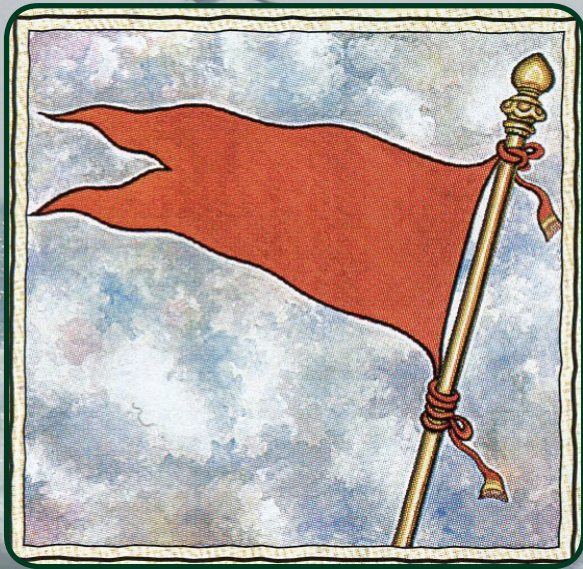
Trishula, Siva's trident carried by Himalayan yogis, is the royal scepter of the Saiva Dharma. Its is triple betoken desire, action and wisdom; ida, pingala and sushumna' and the gunassattva, rajas and tamas. Aum

नाग

Naga, the cobra, is a symbol of kundalini power, cosmic energy coiled and slumbering within man. It inspires seeker to overcome misdeeds and suffering by lifting the serpent power up the spine into God Realization. Aum



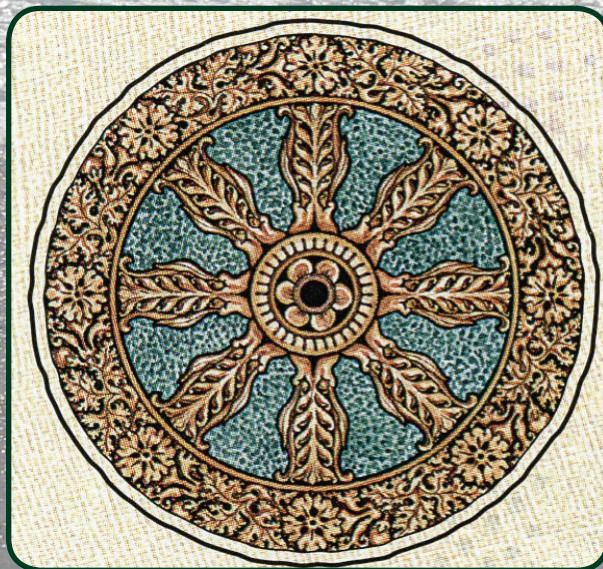
ध्वज



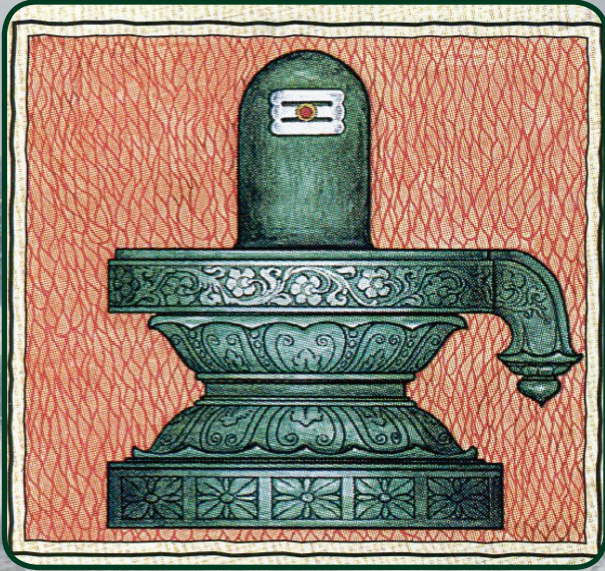
Dhvaja, “flag” is the orange or red banner flown above temples, at festival in processions. It is symbol of victory, signal to all that “Santana Dharma shall prevail.” Its color betokens the sun’s life-giving glow. Aum

कालचक्र

Kalachakra, “wheel, or circle, of time,” is the symbol of perfect creation, of the cycles of existence. Time and space are interwoven, and eight spokes mark the directions, each ruled by a Deity and having a unique quality. Aum

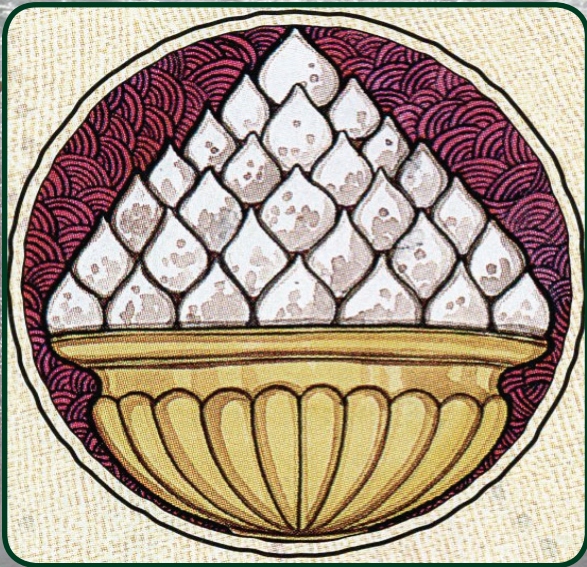


शिवलिङ्ग



Sivalinga is the ancient mark or symbol of God. This elliptical stone is formless from betokening Parasiva, that which can never be described or portrayed. The pitha, pedestal, represents Siva's manifest Parashakti. Aum

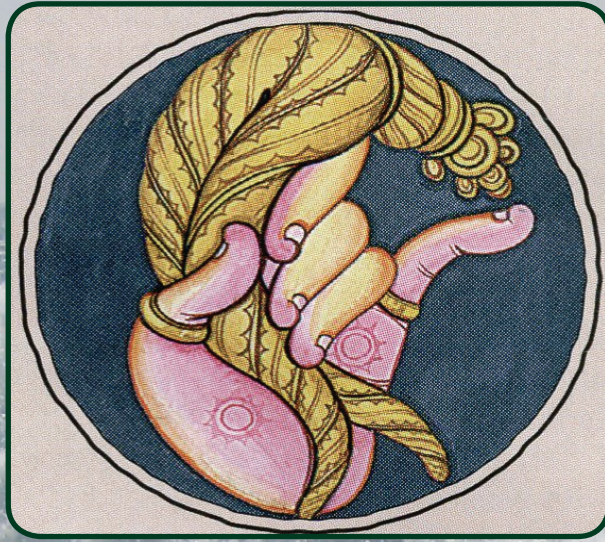
मोदक



Modaka, a round, lemon-sized sweet made of rice, coconut, sugar and spices, is a favorite treat of Ganesha. Esoterically, it corresponds to siddhi (attainment or fulfillment), the gladdening contentment of pure joy. Aum

पाश

Pasha, tether or noose, represents the souls's three-fold bondage of anava, karma and maya. Pasha is the all-important force or fetter by which God (Pati, envisioned as a cowherd) brings souls (pashu, or cows) along the path to Truth. Aum



हंस

Hamsa, vehicle of Brahma, is the swan (more accurately, the wild goose *Aser indicus*). It is a noble symbol for the soul, and for adept renunciates, Paramahamsa, winging high above the mundane and diving straight to the goal. Aum





Ik Onkar, means “God is One.” It is made up of two characters, the Punjabi character for the number ‘one’ and the Punjabi letter ‘Urha’ for ‘Onkar’ meaning ‘God’. It is a symbol of the unity of God in Sikhism, and is found on all religious scriptures and places such as Gurdwaras. The symbol has some resemblance to the Sanskrit OM as seen in the

Hindu religion and is itself found in ancient Sanskrit literature.

KHANDA The Sikh coat of arms, or “Khalsa Crest,” is a commonly called the Khanda. It refers to a double edged sword in the center of the emblem. The emblem appears on the nishan, the Sikh flag. Some people consider the components of the emblem to have special significance:

1. two swords signify the spiritual and secular forces influencing the soul.
2. A double edged sword symbolizes the ability of truth to cut through the duality of illusion.
3. A circlet represents unity, a sense of being at one with infinity.





AUM



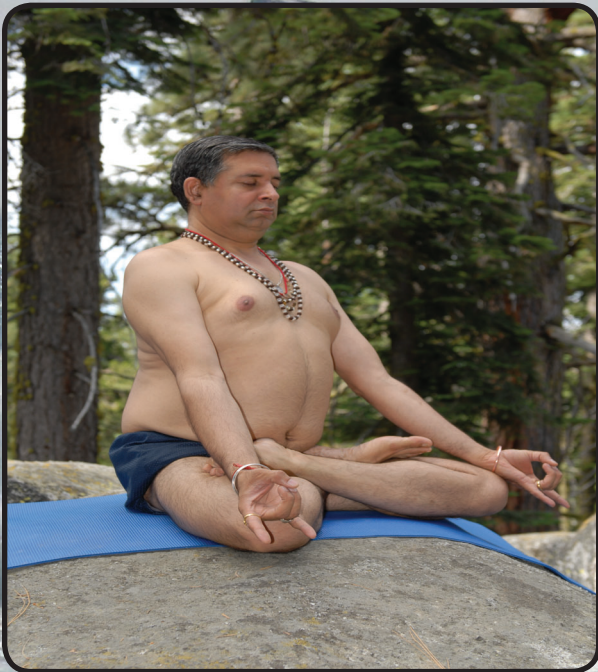


Part 4

Yoga Poses, Descriptions,
and their Benefits.

Purana Padmasana Dhyana

Full Lotus Meditation Position



In this position sit with straight back and crossed legs having both the feet pulled in crossed position on opposing thighs as shown in the picture. Then relax and stretch your arms towards your knees to perform the relaxed meditation. Breathe smoothly concentrating on the rhythm & flow of air considering and monitoring that how the air is going into the body and how it is coming out of the body. Also chant Aum ॐ slowly stretching the word and speaking in loud voice. Also have the two fingers

touching the thumb helps rejuvenating and energizing the nervous system according to Nadi-Tantra yoga.

Front View

Benefits

The benefits of the full Lotus position includes increases concentration and it tones- up muscles of the legs, hips and backbone. It also increases concentration, meditation and Shanti of Manna (Internal and External peace).



Caution

This pose should not be performed by anyone who has Arthritics. Full lotus position also includes many benefits, including relaxing of the entire nervous system. It also lessens the tension and stiffness in the ankles, knees, thighs and back bone and spinal cord.

Half Lotus Meditation

In this position please bend on of your knees in the crossed position then pull the other leg on the opposite thigh. Next pull the closed leg close to your groin area or knee. Then Place the other foot over your crossed leg on the side of your stomach. Last but not least rest both of hands on knees and meditate.

Front View



Benefits

Half lotus position includes many benefits such as relaxing the entire nervous system and lessens the tension and stiffness in the ankles, knees, thighs and the whole body.

Chaukadi Samadhi Meditation in Simple Sitting Position



In this posture sit on a mat keeping your back stretched and legs crossed as shown in the picture. Then relax and stretch arms towards knees to perform a relaxed concentration and meditate.

Benefits

The benefits of simple meditation are to decrease stress and tension out of the body to feel relaxed. This position also enhances concentration power of the human body and nature.

Uttithanamaskarasana or Tada Asna Trunk-Position on a Rock



In this posture please stand straight keeping both of the legs and feet together. Next raise your hands above your head. Your hands need to be up straight towards the sky, fingers pointing upward. But remember to be careful to not to loose your balance while performing this pose. Beginners can start performing this position by standing next to the wall or gaining support from a fellow to so a person does not lose the balance.

Benefits

Trunk position has a lot of benefits, first of all this position improves height, and second it helps a person become flexible and improves back bone and spine pain. Last but not least it helps a person to relax.

Caution

Do not attempt this pose if you have restrictions stretching muscles or have problems with your spine.



Vrikshasana Tree Position Left Leg



A relatively close posture to the trunk position is the tree position. The tree position is performed by standing straight and stretching into the air. Then put both palms together in the holding position once they are raised above your head. Next balance the right leg of your body while the left leg is lifted and pushed against the balanced leg as shown in the picture. It is really hard to balance on one leg, so you should not attempt, if you are not comfortable standing on one leg.

Benefits

Performing Vrikshasana the tree posture gives a lot of

benefits to the body. First it tones up the heart and lung muscles; also it is a good exercise to calm down the central nervous system. Secondly it increases the height and tones of the stomach muscles. At last it also increases concentration.

Caution

Do not attempt this pose if you have restrictions stretching muscles or have problems with your spine.



Pashchima Namaskarasana (Reverse Prayer Pose Side View)



In this pose put your hands behind your back, while you close your palms to act out a prayer position in the back of your body.

Benefits

This position benefits the wrists by making them flexible. It also helps stretches elbows and shoulders, besides increasing the flexibility of the wrist; it also helps fingers, palms and every muscle of the hand.

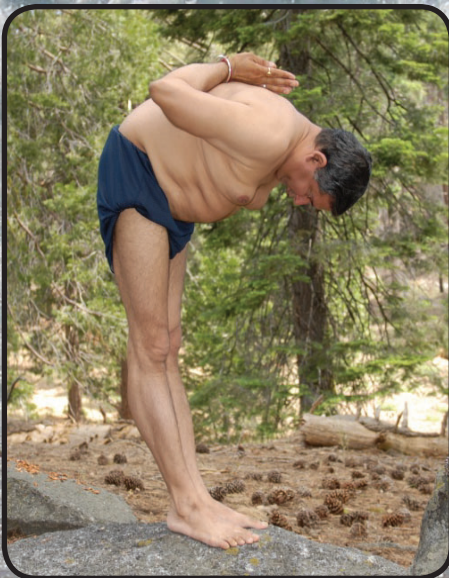
Caution

This is not an easy pose as shown in the picture and if you are not capable of doing it do not attempt it. This pose can cause severe damage to your muscles and arms.

Back View



Bending Forward



In this pose put your hands behind your back, while you close your palms to act out a prayer position in the back of your body. After the pose feels comfortable please bend forward.

Benefits

This position benefits the wrists by making them flexible. It also helps stretches elbows and shoulders, besides increasing the flexibility of the wrist; it also helps fingers, palms and every muscle of the hand. Also this pose helps to relief stress of the back and makes the spine more flexible.

Caution

This is not an easy pose as shown in the picture and if you are not capable of doing it do not attempt it. This pose can cause severe damage to your muscles and arms.

Bending to the Right

While doing this posture you need to put your right arm over your head. Then stretch the left arm towards the left leg. As shown in the picture.



Bending to the Left

While doing this posture you need to put your left arm over your head. Then stretch the right arm towards the left leg. As shown in the picture



Uttanasana (Bending Forward)



Perform this posture by standing straight and bending forward. Next extend your arms and try touching your feet with your fingers, while stretching as shown in the picture. This is normal stretching exercise for your back.

Side View

Benefits

Uttanasana includes many benefits. First, it slows down the heart beat. Secondly, after finishing the asana feels calm and cool, the eyes start to glow and the mind feels peace.

Caution

Uttanasana position looks easy but it should be performed if you have back problems.



Ananthashayanasana



In this posture you lay on one side of your body. While doing so, rest your head on your right palm and then lift your left leg straight up and touch it with your left hand. As shown in the picture. This posture can be performed on the other side of the body by switching sides,

Benefits

There are many benefits of this asana. First it helps with breathing problems. Secondly it also stabilizes blood pressure and last but not least it improves the human digestive system.



Sarvangasana (Shoulder Stand)

In this pose lay on your head and shoulder blades. While lying down, lift your legs straight up in the air and support your back with both hands on each side, as shown in the picture.



Benefits

The main benefit of the shoulder stand is to get the thyroid glands working at peak efficiency. Not only it helps the thyroid glands but it also purifies the blood and promotes good circulation of blood to the lower organs. This posture is also beneficial for people with constipation, indigestion, asthma and reduced virility.

Halasana (The Plough Pose)



In this pose lie on your head and shoulder blades. Next bend both legs over your head while your arms are lying straight, palms down in front of the body as shown in the picture. As a friendly reminder this pose is extremely dangerous and can cause severe damage to the spine and head, so be extremely careful while performing this posture.

Benefits



Benefits of halasana is that it increases mental and physical energy. Secondly this posture supplies fresh blood to the spine and abdominal region. It also tones up a lot of vital part of the human body such as the pancreas, spleen, kidney and liver. Last but not least it reduces fat from the abdominal region and relief backache while increasing elasticity to the body.

Uttitasarvangaparshwa (Upside Triangle Pose)



In this pose lay on your head and shoulder blades. While relying on the shoulder blades for support lift the lower body and support it with the hands. Next lift your legs up and cross them while they are lifted towards the sky.

Benefits

Benefit of the shoulder stand is to get the thyroid glands working at peak efficiency. Not only it helps the thyroid glands but it also purifies the blood and promotes good circulation of blood to the lower organs. This posture is also beneficial for people with constipation, indigestion, asthma and reduced virility. Last but not least the crossed legs in this postures helps the legs stretch and relax to reduce pain of the legs.



Uttitasarvangaparshwa (Upside Triangle Pose with One Leg Lifted)

In this posture lay on your back and shoulder blades then put your arms behind your back and start lifting your body up. While your head still on the ground, by supporting your back with both of hands cross your legs while their pointing up towards the sky. When you are comfortable lift one of your leg up, as shown in the picture. This pose can be performed on both legs one at a time.



Benefits

The main benefit of the shoulder stand is to get the thyroid gland working at peak efficiency. It also purifies the blood and promotes good circulation, strengthens the lower organs. This posture is also beneficial for people with constipation, indigestion, asthma and reduced virility. Also as shown in the picture the extended left leg helps that leg with flexibility and blood circulation.



Pascimottanasana (Closed Vice Pose)

In this posture sit down on a mat with your legs stretched straight ahead of your body. Next bend your back and stretch your arms as far as you can to touch your toes with your fingers as shown in the picture. Do not bend your knees, keep your legs stretched out.



Benefits

The benefit of this exercise is to help stretch the hamstrings on the back of the legs. Secondly this posture stretches and lengthens the entire spine. This posture also helps massages the internal organs, especially the digestive organs and relieves digestive problems such as constipation. Nevertheless this pose also relieves problems with the nervous system not only does it relieve nervous problems but it also calms the mind.

Parivrttamarichyasana (Marichya Twist) (Half Spinal Twist)

To perform this pose sit down on a mat. Bend one of your knee and bring it closer to your groin. Next, rotate your body to the opposite side you bend your knee and then put one of your arms over the bend leg as shown in the picture. While doing the posture



remember to keep your leg straight and bent knee foot on the ground. Next stretch and twist your spine until it has reached its maximum turn. Then gently turn your head to the right. This posture can cause damage to the body if it's not done properly so be carefully and take extensive measures before doing it.



Benefits

This posture is really beneficial because this Posture helps the spine and back become more flexible and relieves stress of the back muscles. This posture

also benefits the spinal nerves and ligaments. In addition it improves digestion.

Side Twisting



In this posture twist one side of your body and then fold your legs and stretch your arms to your sides as shown in the picture.

Side Twisting (twisting body to left side)



In this posture twist one side of your body and then fold your legs and stretch your arms to your sides as shown in the picture.

Side Twisting (stretching one leg out)

In this posture twist one side of your body and then fold your legs and stretch your arms to your sides as shown in the picture.



Side Twisting (stretching left leg out)



In this posture twist one side of your body and then fold your legs and stretch your arms to your sides as shown in the picture.

Chakrasana (The Wheel Pose)

In this posture lie on your back, then lift up your legs and arms, by bringing your middle half of the body off the ground as shown in the picture.

Benefits

The benefits of The Wheel Pose include strengthening the arms, shoulders, back and legs. This pose also opens the chest and hips while it energizing the body and stimulating the nervous, endocrine, respiratory and circulatory systems.



Caution

Even though this pose is really beneficially but it is really dangerous and should not be performed if you have back problems.

Adho Mukha Svanasana Downward Facing Dog



In this posture come on your hands and knees, hands under the shoulders and knees under the hips keeping your spine straightened and relaxed. In simple words lift your middle half body up but unlike the Chakrasana (The Wheel Pose) you do not lie on your back, but in the Adho Mukha Svanasana a person lies on the stomach and stands like a dog as shown in the picture.

Benefits

There are many benefits of this posture, first it calms the brain and helps relieve stress and mild depression. Secondly this posture energizes the body, stretches the shoulders, hamstrings, calves, arches, and hands. Next this pose strengthens the arms and legs. Last but not least this pose also relieves menstrual discomfort when done with the posture it improves digestion, relieves headache, insomnia, back pain, and fatigue.

Bharadvaja's Twisting to Sides



In the posture sit down on your knees when your thighs and calves are touching each other. Next bring one of your arm over your head and bend to the side your arm is directed. Afterwards using the opposite hand touch the hand of the arm that is over your head. This pose can be performed on either side of the body by switching sides. While doing this exercise be extremely careful not to pull a muscle so it is always good to start performing the exercise in slow motion.

Benefits

This pose is very beneficial because it stretches the spine, shoulders, and hips.

This pose also massages the abdominal organs and relieves lower backache, neck pain, and sciatica. Never the less this pose helps relieve stress and improves digestion.



Matsyaasana

(Full Fish Position)



In this position lie down on your back and fold your legs in the crossed position, over the opposite thigh. Next put both of your hands together in the praying position on top of your chest for meditation as shown in the picture.

Benefits

There are many benefits to this posture. First of all it relieves deep Asthma. Secondly it is good for the kidneys to regain muscle. This posture also helps strengthen the nerves on the neck of the body and it bends helps the spine become very flexible. Last but not least this posture helps with sexual functions and it normalizes the functions of the thyroid, pituitary, adrenal, and pineal glands in the body.

With Lifted Back



In this position lie down on your back and fold your legs in the crossed position, over the opposite thigh. Next put both of your hands together in the praying position on top of your chest and meditate. Once person is comfortable with this pose, then try to lift up back part of the body as shown in the picture.

Benefits

There are many benefits to this posture. First of all it relieves deep Asthma. Secondly it is good for the kidneys to regain muscle. This posture also helps strengthen the nerves on the neck of the body and it bends helps the spine become very flexible. Last but not least this posture helps with sexual functions and it normalizes the functions of the thyroid, pituitary, adrenal, and pineal glands in the body.

With Legs Under Body



In this position lie down on your back and fold your legs so the thighs and calves are touching each other under the body. Next put both of your hands together in the praying position top of your chest as shown in the picture.

Benefits

There are many benefits to this posture. First of all it relieves deep Asthma. Secondly it is good for the kidneys to regain muscle. This posture also helps strengthen the nerves on the neck of the body and it bends helps the spine become very flexible. Last but not least this posture helps with sexual functions and it normalizes the functions of the thyroid, pituitary, adrenal, and pineal glands in the body.

With Legs Under Body and Lifted Body

In this position lie down on your back and fold your legs so the thighs and calves are touching each other under the body. Next put both of your hands together in the praying position top of your chest. Once this position is comfortable then lift up your chest off the ground as shown in the picture to perform the Matsyaasana with lifted back.

Benefits



There are many benefits to this posture. First of all it relieves deep Asthma. Secondly it is good for the kidneys to regain muscle. This posture also helps strengthen the nerves on the neck of the body and it bends helps the spine become

very flexible. Last but not least this posture helps with sexual functions and it normalizes the functions of the thyroid, pituitary, adrenal, and pineal glands in the body.

With Legs Under Body and Hands Flat on Thighs

In this pose please lay flat on the mat then bring your legs under your body while the thighs and thighs are touching each other as seen in the picture. Once comfortable in this pose lift the back of your body and move your hands palms down on top of your thighs and meditate. As shown in the picture.



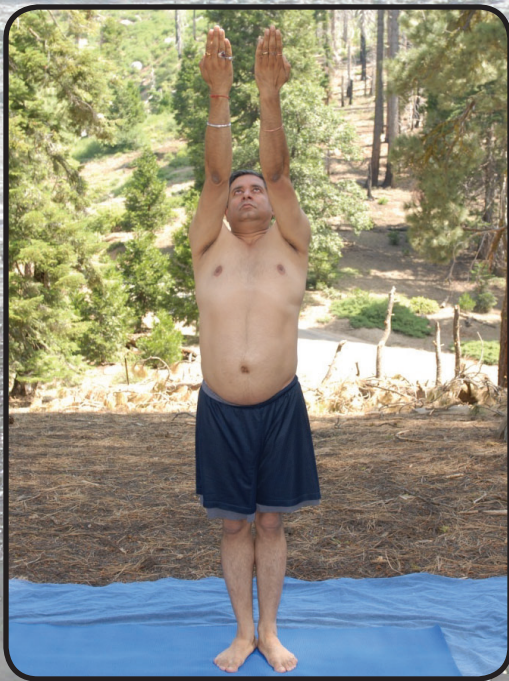
Benefits

There are many benefits to this posture. First of all it relieves deep Asthma, Secondly it is good for the kidneys to regain muscle. This posture also helps strengthen the nerves on the neck of the body and it bends helps the spine become very flexible. Last but not least this posture helps with sexual functions and it normalizes the functions of the thyroid, pituitary, adrenal, and pineal glands in the body.

Caution

This pose should not be attempted if a person has back problems and difficulties on supporting the brain.

Half Sukh Suryanamaskara Standing Pose



In this posture stand straight keeping your face, arms and palms pointing and stretching towards the sky. Next make sure when you are looking towards the sky your palms are facing your face, As illustrated in the picture.

Benefits

This posture promotes balance and stimulates the respiratory system. This pose also exercises the shoulders, back and neck muscles and promotes digestion. This pose can be performed by anyone and it does not have any dangerous restriction.

Half Sukh Suryanamaskara Chair Pose

In this posture stand straight keeping your face, arms and palms pointing and stretching towards the sky. Next make sure when you are looking towards the sky your palms are facing your face, illustrated in the picture. As a contrast to the Half Sukh Suryanamaskara standing pose, in the chair pose a person need to bend the legs so it looks like the body is sitting down on a chair.

Benefits

This posture promotes balance and stimulates the respiratory system. This pose also exercises the shoulders, back and neck muscles and promotes digestion. This pose can be performed by anyone and it does not have any dangerous restriction.



Chair Pose

You can perform this pose by standing straight and then bending your knees slightly. Afterwards raise your arms to the shoulder level straight ahead keeping your palms facing down. Try to balance your body and meditate as illustrated in the picture.



Benefits

This posture promotes balance and stimulates the respiratory system. It also gives a good exercise to the shoulders and strengthens the back and neck muscles. This pose is really beneficial because it promotes digestion. Not only it exercises the arms and shoulder muscles but it tones the spine, promotes flexibility in back and hips.

With Arms Open Out

In this posture stand keeping your knees bent slightly and spread your arms all the way to your sides of the body, but remember to keep the arms at a shoulder level when they are on the sides as illustrated in the picture. After the pose is comfortable, you should start meditating while in this pose.



Benefits

This pose can help in many ways once it is attempted, this pose strengthens and stretches the thighs, ankles, calves, shoulders, spine and chest. It also stimulates the diaphragm, abdominal organs and heart.

Last but not least it is therapeutic in reducing flat feet

Parswa Konasawa



In this posture bend your upper body to one side. Stretch one of your arm over your head to the side you are bending to. While performing this pose, keep one knee bent and the other one straight as shown in the picture and perform same steps to the other side.



Benefits

This posture helps expand the chest and the defects of the thigh are removed. It also cures back-pain and helps in overcoming constipation by stimulating the intestinal peristalsis.

Caution

As a friendly caution this pose looks easy but it should not be attempted by any one who has back problems or has problem bending.

Veerabhadrasana



To perform this posture please balance your body on one leg as shown in the picture. Next lift the opposite leg and lift up behind your back to the waist level, then hold your leg and direct your arm behind it to hold the leg as illustrated in the photograph. Afterwards to add more balance and strength to this pose please use your opposite arm which

is freestanding and extend it straight ahead of your body at shoulder level.

Benefits

This posture is really beneficial because it strengthens and stretches the legs and ankles.

It also improves sluggish circulation in the lower limbs. Never the less, this pose improves digestion and relieves constipation.



Caution

This posture is easy to follow but use extreme caution while attempting it because it could cause damage to your calves and muscles around the spine.

Vasisthasana

Side Plank Pose

To perform this posture shift to the outside edge of your left or right foot which one ever you would like to perform first, Next place the opposite foot on top of the outside edge foot as shown in the picture. Afterwards slowly lift your body directly above the outside edge foot with your hand and arm. Also remember to anchor and place your hand directly in front of your shoulder so your can gain balance. Afterwards use your freestanding hand and place it on top of your legs palms down.



Benefits

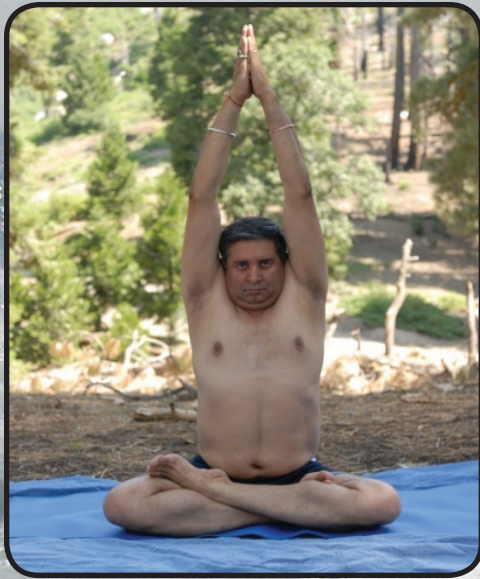
If it is performed correctly it will strengthen the arms, belly, and legs. It will also stretch and strengthen the wrists. Last but not least it stretches the backs of the legs.

Caution

Be really careful while attempting this pose because balancing with one hand is not easy, so ask for help.

Sukhasana

Easy Sitting Position



This posture is similar to the full lotus pose, but In this posture sit down and cross your legs on the opposite thigh of each leg. Next straight your back and raise your arms up over your head and close your palms in prayer position as illustrated in the picture. After you are comfortable In this posture start meditating.

Benefits

This posture is fairly easy to perform and it is really beneficial because it promotes roundedness and inner calm and relieves physical. Never the less this pose releases mental exhaustion and tiredness. As the result of revealing mental exhaustion this pose eliminates anxiety.



Child Position



In this posture sit on a mat keeping your legs crossed on to the opposite thigh, then bring your upper body down and lay it onto the legs with head down and arms crossed under the body. As shown in the picture. After this posture feels comfortable start meditating and rest your body. Contrast to the other poses this pose provides a classical sitting position for meditation for long period of time without any bodily movement.

Benefits

Because this posture can be performed for a long period of time this pose promotes a lot great elasticity of the ankles, knees, legs, and spine. It also exercises the stomach organs.

Boat Pose

This posture is performed by acting as a pose, meaning changing your body into a boat posture as illustrated in the picture. To perform this pose lay flat on your back next lift your legs up as high as possible by just balancing on your lower spine muscles, next lift up your upper body and extend your arms to touch your feet as close as possible. At last your body will look like a pose from the side as shown in the picture.



Benefits

This pose help and benefits the body in many different ways first of all it strengthens the abdomen, hip flexors, and spine. Secondly it stimulates the kidneys, thyroid and prostate glands, and intestines. Last but not least this pose helps relieve stress and improves digestion.

Cobra Pose



In this posture lay flat on your stomach and lift your upper and lower half of your body up as if you are flying through the sky as shown in the picture.

Benefits

This posture help strengthen the abdomen, hip flexors, and spine. It also stimulates the kidneys, thyroid and prostate glands, and intestines. Last but not least it helps relieve stress and improves digestion

Child Pose With Arms Out



In this posture lay down on your knees with your thighs and calves touching each other. Next stretch your arms straight out ahead of your body palms down, then put your palms down on the floor. Afterwards, this pose is comfortable enough put your head down in between your arms as illustrated in the picture.

Benefits

This posture is really beneficially because it gently stretches the hips, thighs, and ankles. It also calms the brain and helps relieve stress and fatigue. Last but not least it relieves back, neck and head pain.

Caution

This pose is not restricted to anyone but if you have any problems stretching please avoid this pose.

Urdhva Dhanurasana

In this posture lie down on your back then lift up your legs and thighs, but make sure your feet are touching the ground. Next lift your middle part of your body including your stomach up towards the sky. To balance yourself in this pose keep all the weight on your shoulder blades and head. After this pose is comfortable extend your arms towards the feet and lay them on the ground palms down.

Benefits

After all this pose seems really hard but it includes many benefits such as it stretches the chest and lungs. It also strengthens the arms and wrists, legs, buttocks, abdomen, and spine. This pose is also really beneficial to thyroid and pituitary



glands. As a result of increasing hormones to the glands it Increases energy and counteracts depression.

Caution

Be careful while attempting this pose because it can cause damage to your shoulder and spine muscles if it is not done correctly.

With One Leg Up



To perform this posture please lay down on your back, then lift up your back comfortably while you support it with your hands as shown in the picture. Next anchor one leg in a triangle pose while you lift the other leg straight towards the sky. While doing this pose please remember to be really careful not to pull any muscle or loose balance so it is always good to perform this posture after you are comfortable.

Benefits

As like other poses this pose stretches the chest and lungs. It also Strengthens the arms, wrists, legs, buttocks, abdomen, and spine. This pose also Increases energy and counteracts depression. After all for long term cures this pose is therapeutic for asthma, back pain, infertility, and osteoporosis.



Camel Position



In this posture balance and stand on your knees. Next twist backwards with your head pointing the sky. Afterwards when the pose feels comfortable bring your arms parallel to your feet when you are twisting and touch your feet.

Benefits

This posture is supposed to be good for the reproductive system and the digestive system. Another benefit about this posture is that it stretches the intestines and the stomach, as a result of stretching the stomach it relieves constipation. Next benefit of this posture is that the backward bending loosens up and stretches the vertebrae of the spine which prevents back pain. At last this posture is good for those with drooping shoulders and a rounded back because it helps improve their body posture.

Caution

This posture is not recommended for those with severe back pain, heart problems and high blood pressure. Even those who have had an abdominal surgery or are in their second and third trimester of their pregnancy shouldn't attempt the camel posture.

Tadasana



In this posture stand up straight and wave your arms in the sky towards the right then the left as shown in the picture. While doing this exercise try to keep your arms distance apart.

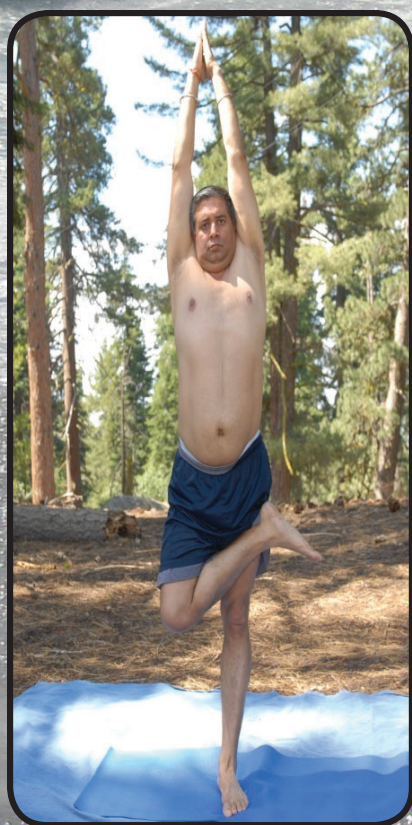
Benefits

— This exercise is an easy yoga pose and can be done by anyone. This pose also has a lot of benefits such as, Relieving pain in the lower back, neck pain, and sciatica. This pose also helps relieve stress and improves digestion. This pose is also excellent for pregnant women in their second trimester for strengthening their lower back.



Ardha Padmottanasana

In this posture stand up straight and raise your arms and close your palms above your head as shown in the picture. Next as you feel comfortable lift one of legs which ever one you would like to and bring it above the knee of the balanced leg as illustrated in the picture. After you have good enough balance and feel comfortable start meditating while standing on one leg.



Benefits

This pose relaxes the entire nervous system. It also lessens the tension and stiffness in the ankles, knees and thighs.

Caution

As a friendly caution please do not attempt this pose if you have problems with your legs and knees.

Purvottanasana (Upward Plank Pose)



In this posture lay on your back, next anchor your feet and palms down on the floor. Afterwards slowly try to lift your whole body, while it is resting and balancing on your palms and feet as illustrated in the picture.

Benefits

This pose is excellent for strengthening your arms, wrists and legs . This pose also stretches the shoulders, chest, and front ankles.

Caution

Even though this pose looks easy, please be very cautious while attempting this pose because it can cause damage to your back.

Urdhva Mukha Pashchimottanasana

In this posture lay down on your back and use the device or a strip of cloth to lift your leg with your hands as shown in the picture. This posture can be done on both legs, while doing this pose just stretch your arms and lift your leg slightly.



Benefits

This posture is beneficial because it helps the brain calm down and relive stress. Physiologically this posture help stretches the spine, shoulders and hamstrings.

Biologically this posture stimulates the liver, kidneys, ovaries, and uterus. This pose also helps relieve the symptoms of menopause

and menstrual discomfort. Traditionally this posture was also used to increase appetite, reduces obesity, and cure diseases.



Parivrtta Upavistha Konasana (Twisted Seated Angle)



In this posture spread your legs apart in a triangle position. Next the upper part of your body , while bending your body stretch your arms towards your feet and try touch them with your fingers, as shown in the picture.

Benefits

This pose strengthens and stretches the legs, knees, and ankles. It also stretches the groins, spine, chest, lungs, and shoulders. Never the less, this pose stimulates abdominal organs. This posture has a lot of long term effects, including increasing stamina and improving digestion and aids elimination.



Ardhaparsvattasana (Spying Pose)

In this posture extend you feet about 3 to 4 feet apart with one foot in front of the body and the other one behind the body. Next, bring your upper body down with your arms stretching to the floor with palms down. As a reminder your arms should be next to the leg which is stretched in front of the body.





Benefits

This position helps expand the chest and the problems of the thigh are removed. This pose also overcomes constipation by stimulating the intestinal peristalsis.

Caution

Be very cautious while performing this pose because if it is not done correctly it will cause spine and lower back damage.

Parvaviravhadrasana (Side Warrior Pose)

In this position stand in a triangle position with your arms extending out to the side of your body at a shoulder level. While performing this slightly bend your body and lower it with the help of your knees. Next while meditating in this pose please turn your upper body from left side to the right side to its upmost turning position as illustrated in the picture.



Benefits

First this posture will help stretch the muscles of the thighs and hamstrings. It will also strengthen the legs, back muscles, shoulders and arms. Secondly this pose builds up and strength the abdominal muscles, pelvic and spinal region. In the process of strengthening the abdominal muscles it will improve digestion.



Warrior Pose





In this posture stand up and stretch one of your legs in front and keep the other one behind your body. While stretching your legs in the triangle position please push your chest out and spread your arms out to the sides of your body at a shoulder level, as shown in the picture.



Benefits

This posture is really helpful for stretching the chest and lung muscles. Never the less this pose can also help strengthen the shoulders and arms muscles. If this exercise is done regularly it will help shape up the upper body. Not only this posture will help the upper body but it will also work out the lower body.



With Arms Lifted



In this posture stand up and stretch one of your legs in front and keep the other one behind your body. While stretching your legs in the triangle position please push your chest out and spread your arms out to the sides of your body at a shoulder level, as shown in the picture. While meditating in this pose lift your arms slowly as if you are lifting the weight or picking up the sky.

Benefits

This posture is really helpful for stretching the chest and lung muscles. Never the less this pose can also help strengthen the shoulders and arms muscles. If this exercise is done regularly it will help shape up the upper body. Not only this posture will help the upper body but it will also work out the lower body.



Parsvaikapadasana (Raised Leg Pose)



This pose is performed similarly to the easy boat pose. Except, in this pose you have to lift one leg up with the support of your arm as shown in the picture. To perform this pose please sit down with a straight back and crossed leg. Next lift one of your legs and use your hands to either to hold your calves or feet which ever one you prefer, as illustrated in the picture. After this pose feels comfortable please turn your head to the side of which leg you are lifting and meditate.



Benefits

This posture is beneficial to strengthen the abdomen, hip flexors, and spine. It will also stimulates the kidneys, thyroid and prostate glands. This exercise is also good to help relieve stress and improves digestion.

Sukhanavasana (Easy Boat Pose)

Perform this pose while laying down. Next, Lift up your upper body slight and then left up your legs. After bother of this limbs are in the air extend your arms and anchor your hands to your legs to hold them steady. As illustrated in the picture.



Benefits

This pose helps strengthen the abdomen, hip flexors, and spine muscles. It is also good to perform this posture if you want to stimulate the kidneys, thyroid and prostate glands, and intestines. At last if this pose is done regularly it will relieve stress and improves digestion.

Caution

Please do not attempt this pose if you have back problems or have problem balancing on your back.



Urdhvabaddhakonasana (Cobbler Pose)

In this posture sit and cross your legs and make sure your back is straight. Next lock your feet together and then put your hands around your feet and close them together as shown in the picture.



Benefits

This posture stimulates abdominal organs, ovaries and prostate gland. It also helps bladder, and kidneys. If this posture is done regularly it will help heart muscles and improve blood circulation. This posture will also help stretch the inner thighs, groins, and knees. The cobbler pose will also help relief Asthma and other lung problems. This pose is also helpful for pregnant women because if it is done until the third trimester it will ease child birth.

Ardha Chandrasana (Half Moon Pose)

In this posture stand on one leg and level the other leg in the air and keep the arm on the side of the leg you lifted locked near your middle part of your body while the other hand touches the ground as shown in the picture.



Benefits

This position strengthens the abdomen, ankles, thighs, buttocks, and spine. It also stretches the groins, hamstrings and calves, shoulders, chest, and spine. As well as improving coordination, sense of balance, helps relieve stress and improves digestion.

Sitting and Side Twisting



In the posture bend down and sit while your thighs and calves are touching. Next bring your right arm over your head and bend to the left side to touch your right hand to your left hand as shown in the picture. This posture can be performed on the other side of the body by switching sides.

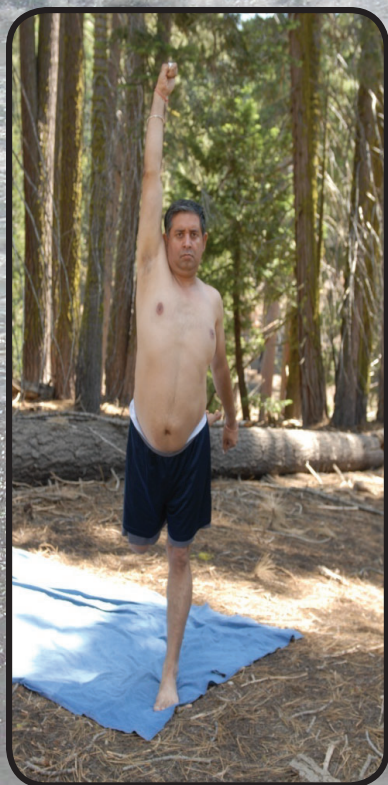
Benefits

This posture help stretches the spine, shoulders, and hips. It also massages the abdominal organs. If this pose is done regularly it will Relieves lower backache, neck and back pain. It is also especially good in the second trimester of pregnancy for strengthening the lower back



Pavavraheadrasna Warrior Pose With One arm and Leg Lifted

To perform this posture please balance on one leg, while balancing lift one leg up and bring it behind your back. Next lift your arm straight towards the sky as shown in the picture.



Benefits

This posture will help stretches the chest and lungs, shoulders, neck, belly and groins. This pose also helps with strengthening the thighs, calves and ankles.

Sitting Position With Hands Above the Head



In this posture sit down and cross your legs to one side and keep your back straight. Next put both of your hands in the air and join them to do the prayer position as shown in the picture.

Benefits

This pose help opens the hips and stretches the spine. It also promotes roundedness and inner calm and relieves physical and mental exhaustion and tiredness.

Last but not least It intensifies the state of serenity, tranquility, and eliminates anxiety.

The following positions
are **HIGHLY** restrictive.

If attempted, should
be approached with
EXTREME CAUTION.

Ashtanga Parnama Asna (8 Limb Laying Down Prayer Position)



Start by laying flat on the floor on your stomach. Make sure that your hands are directly below your shoulders. Gently arch your back as you bend your elbows. Exhale as you lower your chest to the floor between your hands. You may need to adjust the position of your knees to allow your chest to lay on the floor. Stretch the front of your neck and place your chin on the floor. Your face should be looking forward. Move your shoulder blades down and back. Your elbows should be close to your sides. Curl your toes under and place the balls of your feet on the floor, with your toes pointing forward. Press your tailbone up, toward the ceiling to lengthen your spine. Hold this position for 10 to 30 seconds.

Benefits

This posture provides a good stretch for your neck and upper back. It also strengthens and tones your arms without the strain of doing a normal push-up.

Breathing Exercise Withholding Breath

Caution

This exercise is very dangerous and if you are to attempt it you should be extremely careful.



To perform this pose lay flat on the ground on your back but remember to put a lot of cushion on your back. Now comfortably breathe and relax. Next have a person less or equal to your weight get on top of your stomach slowly. The person getting on top should carefully transfer his weight from the ground to the stomach

Benefits

— This posture helps the abdomen expands and improves the venous return to the heart. It also Improves stamina in both disease and athletic activity. but not least It intensifies the state of serenity, tranquility, and eliminates anxiety.



Special thanks to 290 Pound person on chest Mr. Shalender Singh Dang

Dhanur Asana (Bow Position)



To perform this posture please lay flat on your stomach and lift your legs with your arms while keeping your stomach on the ground and also lift your head up.

Benefits

This posture is really beneficial because it strengthens the kidneys. Secondly it strengthens back muscles and last but not least it strengthens thigh muscles.

Dugdha Neti

Caution

If this exercise is not done correctly it can cause severe damage to the brain and the whole body.



Pour cow milk mixed with butter oil (dhesi ghee) through one side of your nose and wait until it comes out the other side.

Benefits

This exercise helps clean the whole system inside of your nose. It also cleanses and fixes eye problems, nose wall problems, congestion, and brain problems including it improves vision.

Special Note: A yogi having good practice of Dugda Neti should also drink this milk instead of letting it to come out of the nostrils, doing so, will help in asthma as well.

Jal Neti



Caution

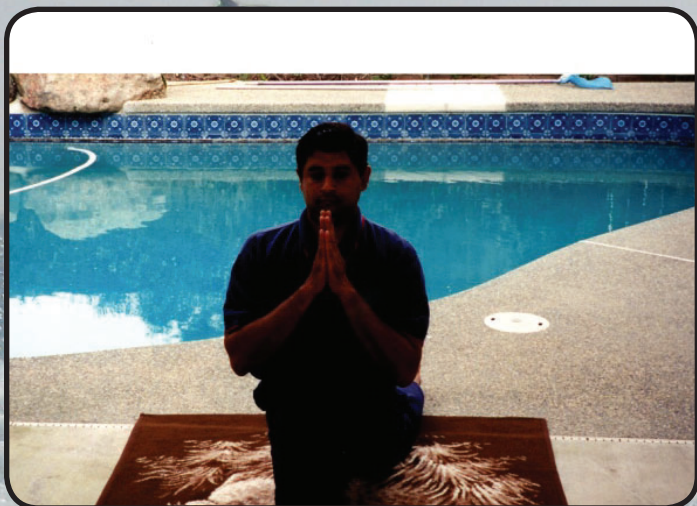
If this exercise is not done correctly it can cause severe damage to the brain and the whole body.

Pour water through one side of your nose and wait until it comes out the other side.

Benefits

This exercise helps clean the whole system inside you. It also cleanses and fixes eyes, nose, congestion, and brain problems.

One Leg Forward Bending Prayer Position (Ekapada Pararthana Asna)



Sit on your knees and put both your hands together in a prayer position keeping your back straightened.

Benefits

This posture stretches the thighs, groins, back, abdomen, chest, shoulders, and neck muscles. This pose also stimulates the abdominal organs. Once done with this asana one feels Openness to the shoulders and chest. This posture also has therapeutic applications for Urinary disorders.

Padamasna Meditation (Lotus Pose Meditation)

Benefits

The benefits of the full Lotus position is that it increases concentration and it tones-up muscles of the leg, hips and backbone



To perform this posture sit on your buttocks keeping your back straight and legs crossed both feet pulled in crossed position {it is not an easy sitting position} as shown in the picture. Then relax and stretch your arms towards your knees to perform the relaxed meditation.

Shalba Asana



Lay flat on your stomach and close your legs and put your arms near your side and slightly lift your head.

Benefits

This pose tones up kidneys, liver, pancreas and other organs of digestive system. It also Cures constipation, indigestion, diarrhea, diabetes, acidity and wind troubles. After done with this asana this pose makes spine more flexible, cures slip disk and back pain. For long term this pose strengthens legs, lungs and heart muscles if this exercise is done regularly.

Sutra Neti, 1&2

Caution: It is against the law to insert a foreign object into the human body unless you are a medical doctor. We do not recommend anyone to do this exercise. The reason we put this as one of the exercises is because, we want to include this ancient cleansing exercise. Please do not attempt this because it is extremely dangerous to the human body if it is not done correctly.

Put a catheter in your nose and pull it through your mouth and move it back and forth.

Benefits

This exercise helps clean the whole system inside you. It also cleanses and fixes eyes, nose, congestion, and brain problems.





Part 5

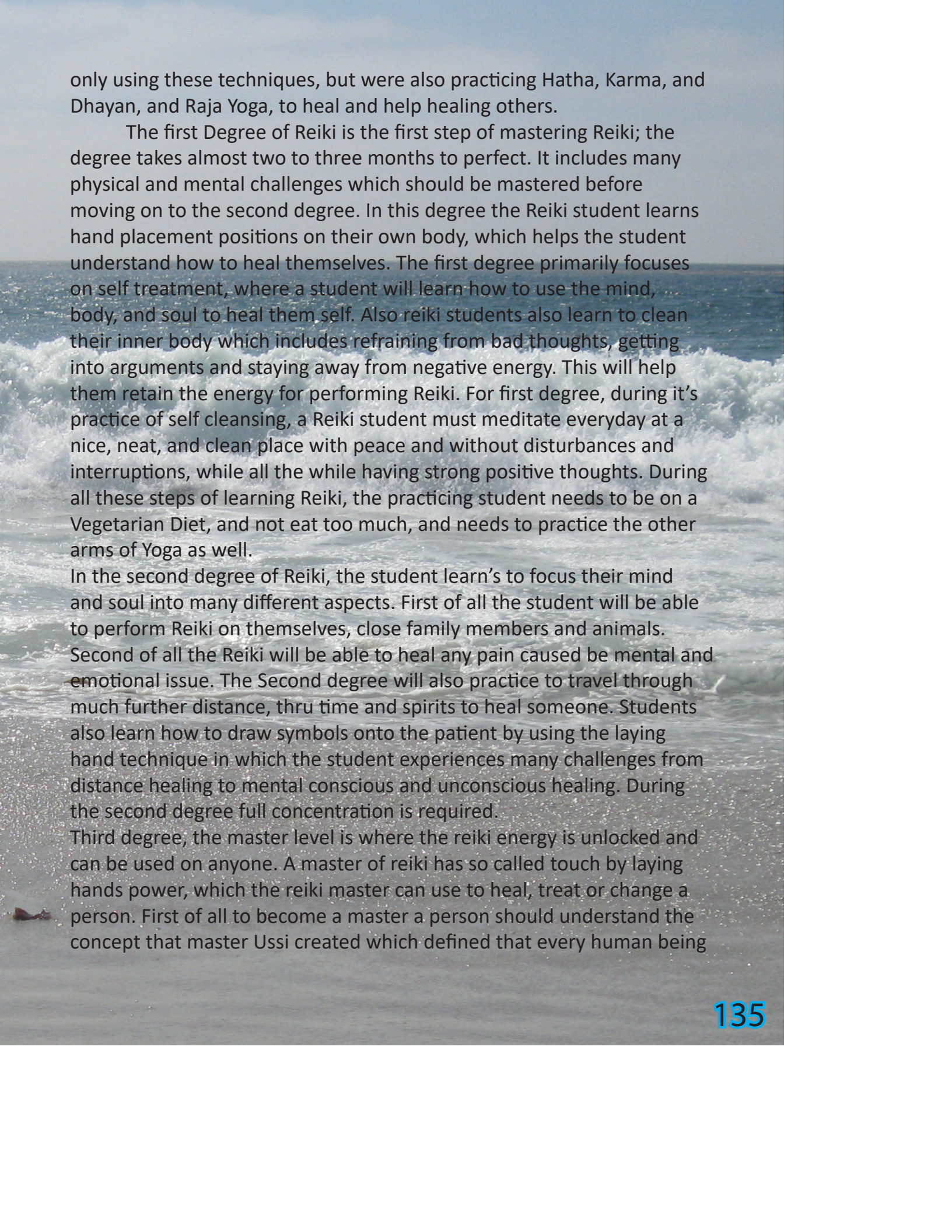
Reiki Yoga

History of Reiki

Reiki yoga combines powerful relaxation techniques of the Japanese with the Ancient Indian yoga techniques which are spiritually designed to heal the body, mind, and soul of a human being. Reiki has been used for many years to heal the body, mind, soul, and our spiritual being by using the powerful technique of inner energies, these energies are also considered as a magnetic power of a human body. Reiki originated in 1922, when Master Ussui went on a spiritual awakening on Mount Kurama, but he was enlightened by discovering reiki. After its discovery reiki was taught to about 2000 students which became master of reiki from teachings of Master Ussui, but not long after Reiki's success Master Ussui passed away from a stroke on March 9 1926. After Master Ussui's death, the success of reiki lied in the hands of its students. Most students parted their own ways but some dedicated their life to Reiki and were able to get Reiki to where it is today, after working on it, and discovering new paths and techniques.

When Reiki began it was just one part traditional spiritual practice, but after Ussui's death Reiki became so popular and made its way to the western world, soon it was used in many different forms and techniques to help the ill get better. Reiki began only as a one part reiki, but it was separated into Japanese traditional reiki and western reiki. Both of which are still very hard to learn and understand. Both Reikis involve a degree in which students have to graduate from their own will, duly supervised by a master, to become a master and be able to perform reiki on others and on themselves.

A master reiki is able to practice and perform reiki by "laying on hands" technique. Using the spiritual power of the hand, reiki master is able to relieve much of the symptoms that a patient might have concern within their inner body. Most Reiki specialist's are only able to perform certain techniques depending on their level and training. Depending on what degree the reiki is at he or she will only perform certain techniques and spiritual means. Ancient Indian Yogi's were not

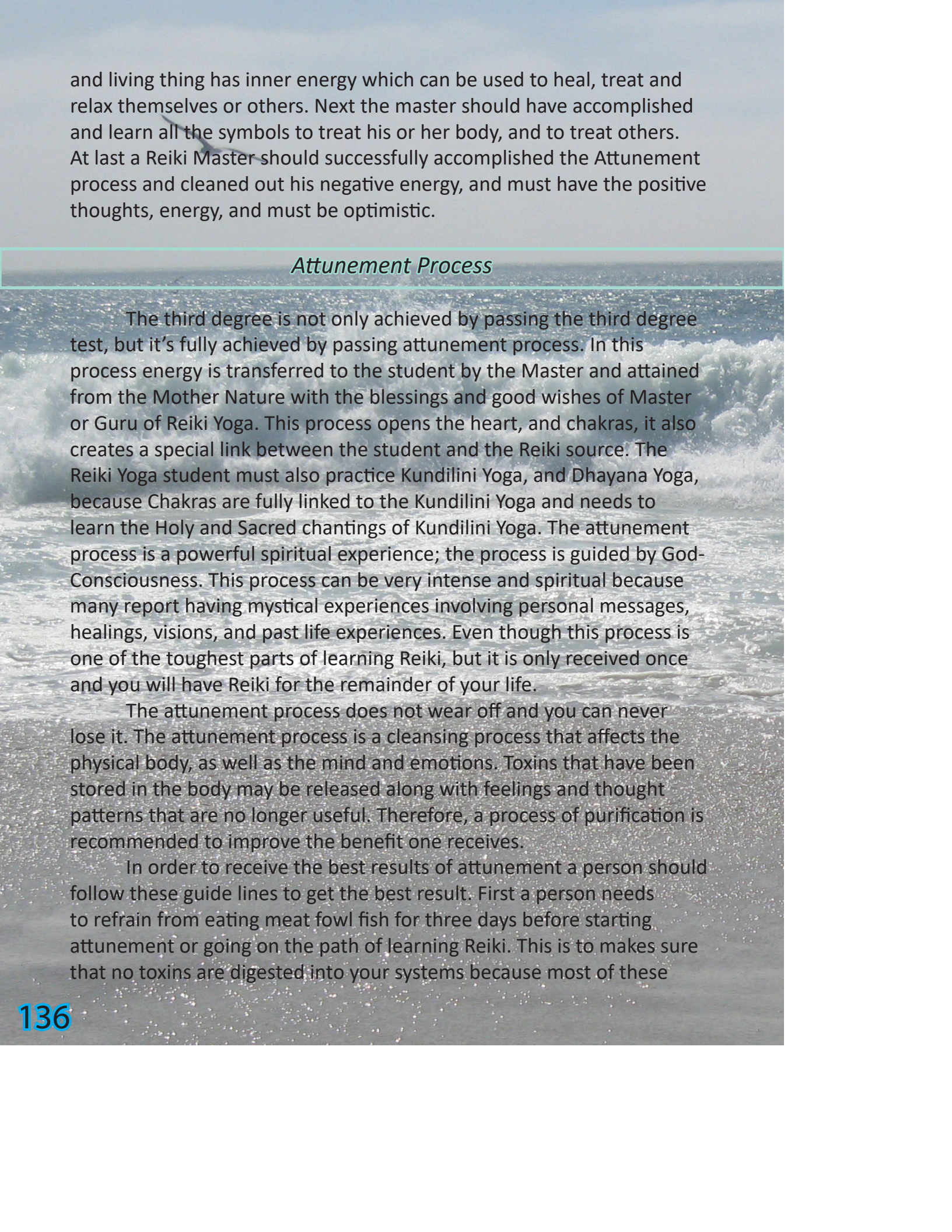


only using these techniques, but were also practicing Hatha, Karma, and Dhayan, and Raja Yoga, to heal and help healing others.

The first Degree of Reiki is the first step of mastering Reiki; the degree takes almost two to three months to perfect. It includes many physical and mental challenges which should be mastered before moving on to the second degree. In this degree the Reiki student learns hand placement positions on their own body, which helps the student understand how to heal themselves. The first degree primarily focuses on self treatment, where a student will learn how to use the mind, body, and soul to heal them self. Also reiki students also learn to clean their inner body which includes refraining from bad thoughts, getting into arguments and staying away from negative energy. This will help them retain the energy for performing Reiki. For first degree, during it's practice of self cleansing, a Reiki student must meditate everyday at a nice, neat, and clean place with peace and without disturbances and interruptions, while all the while having strong positive thoughts. During all these steps of learning Reiki, the practicing student needs to be on a Vegetarian Diet, and not eat too much, and needs to practice the other arms of Yoga as well.

In the second degree of Reiki, the student learn's to focus their mind and soul into many different aspects. First of all the student will be able to perform Reiki on themselves, close family members and animals. Second of all the Reiki will be able to heal any pain caused be mental and emotional issue. The Second degree will also practice to travel through much further distance, thru time and spirits to heal someone. Students also learn how to draw symbols onto the patient by using the laying hand technique in which the student experiences many challenges from distance healing to mental conscious and unconscious healing. During the second degree full concentration is required.

Third degree, the master level is where the reiki energy is unlocked and can be used on anyone. A master of reiki has so called touch by laying hands power, which the reiki master can use to heal, treat or change a person. First of all to become a master a person should understand the concept that master Ussi created which defined that every human being



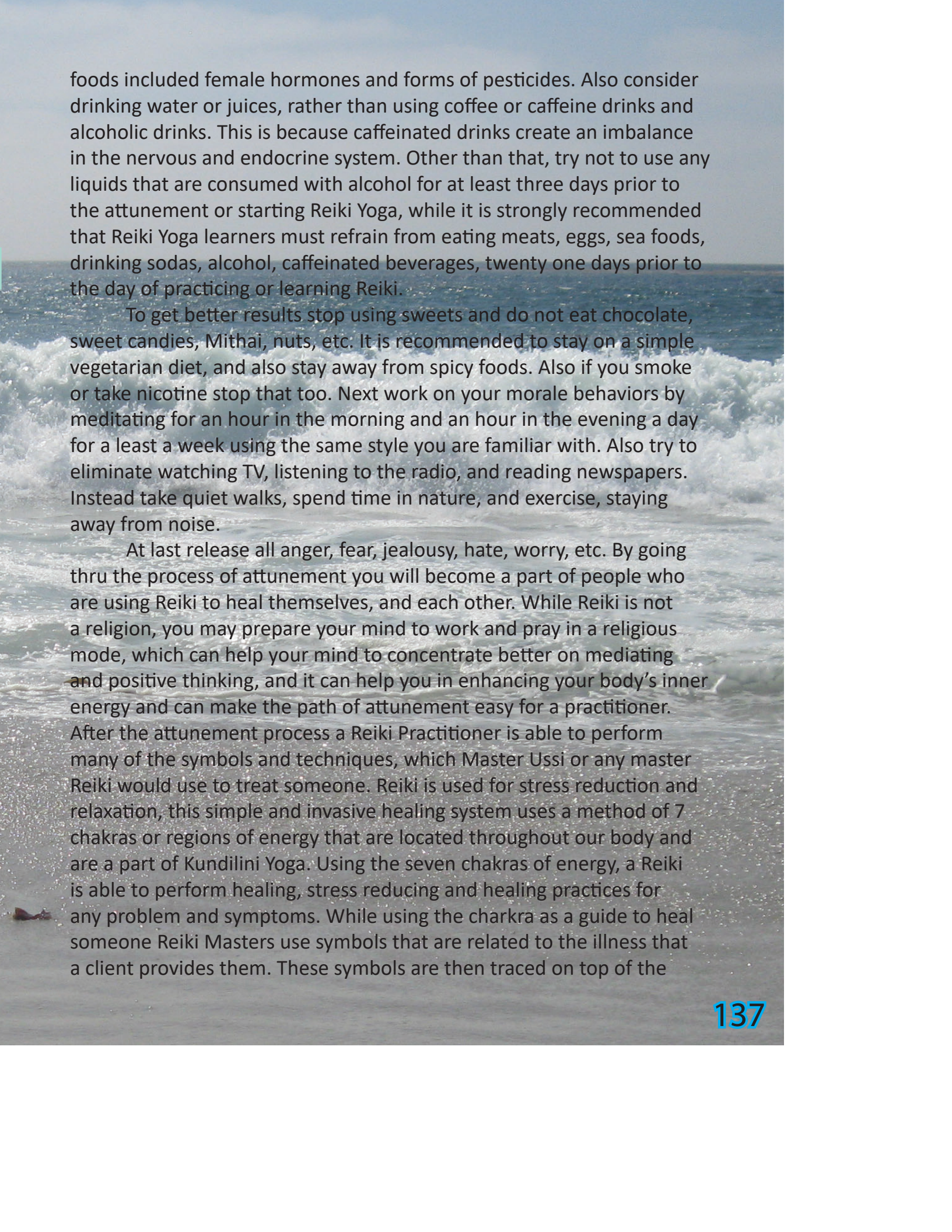
and living thing has inner energy which can be used to heal, treat and relax themselves or others. Next the master should have accomplished and learn all the symbols to treat his or her body, and to treat others. At last a Reiki Master should successfully accomplished the Attunement process and cleaned out his negative energy, and must have the positive thoughts, energy, and must be optimistic.

Attunement Process

The third degree is not only achieved by passing the third degree test, but it's fully achieved by passing attunement process. In this process energy is transferred to the student by the Master and attained from the Mother Nature with the blessings and good wishes of Master or Guru of Reiki Yoga. This process opens the heart, and chakras, it also creates a special link between the student and the Reiki source. The Reiki Yoga student must also practice Kundilini Yoga, and Dhayana Yoga, because Chakras are fully linked to the Kundilini Yoga and needs to learn the Holy and Sacred chantings of Kundilini Yoga. The attunement process is a powerful spiritual experience; the process is guided by God-Consciousness. This process can be very intense and spiritual because many report having mystical experiences involving personal messages, healings, visions, and past life experiences. Even though this process is one of the toughest parts of learning Reiki, but it is only received once and you will have Reiki for the remainder of your life.

The attunement process does not wear off and you can never lose it. The attunement process is a cleansing process that affects the physical body, as well as the mind and emotions. Toxins that have been stored in the body may be released along with feelings and thought patterns that are no longer useful. Therefore, a process of purification is recommended to improve the benefit one receives.

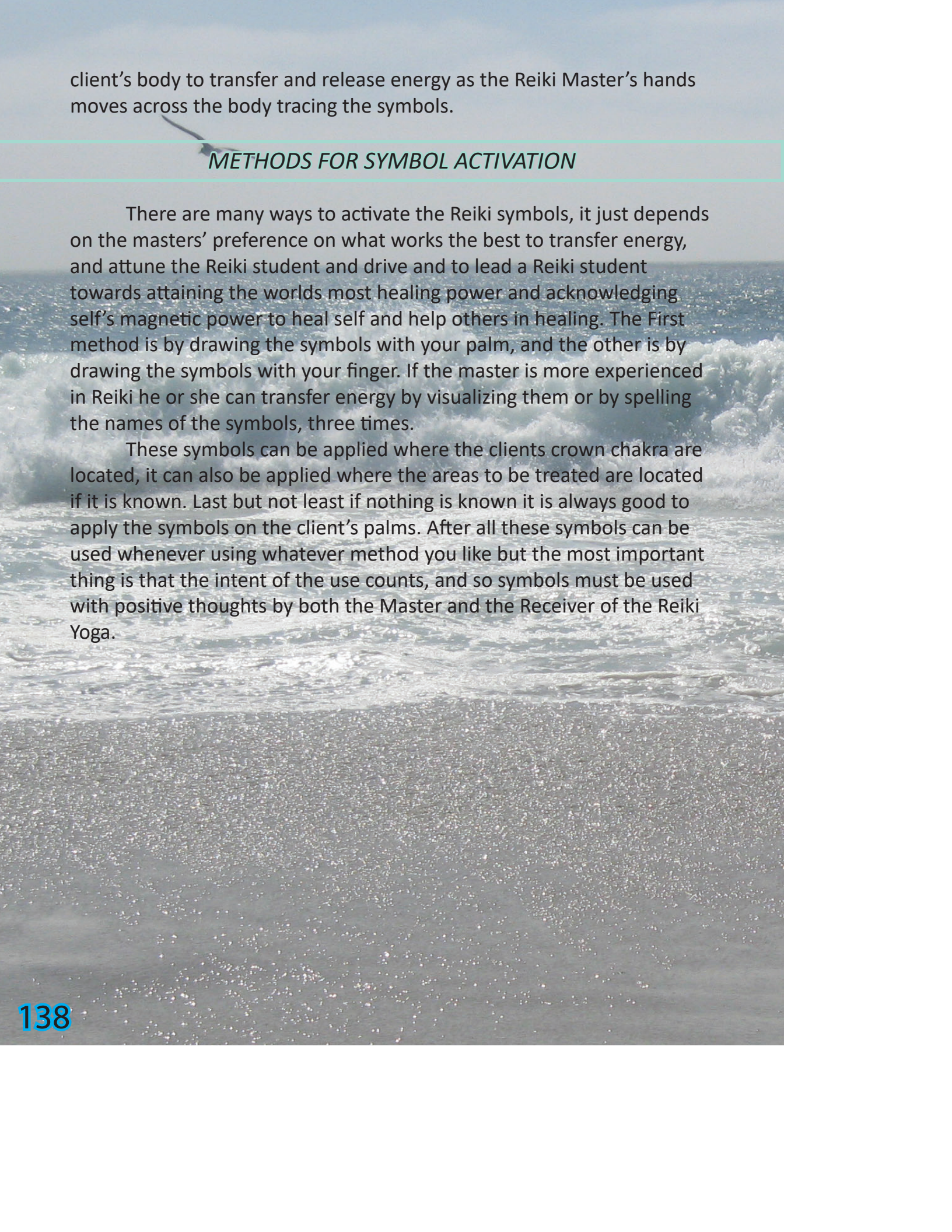
In order to receive the best results of attunement a person should follow these guide lines to get the best result. First a person needs to refrain from eating meat fowl fish for three days before starting attunement or going on the path of learning Reiki. This is to makes sure that no toxins are digested into your systems because most of these



foods included female hormones and forms of pesticides. Also consider drinking water or juices, rather than using coffee or caffeine drinks and alcoholic drinks. This is because caffeinated drinks create an imbalance in the nervous and endocrine system. Other than that, try not to use any liquids that are consumed with alcohol for at least three days prior to the attunement or starting Reiki Yoga, while it is strongly recommended that Reiki Yoga learners must refrain from eating meats, eggs, sea foods, drinking sodas, alcohol, caffeinated beverages, twenty one days prior to the day of practicing or learning Reiki.

To get better results stop using sweets and do not eat chocolate, sweet candies, Mithai, nuts, etc. It is recommended to stay on a simple vegetarian diet, and also stay away from spicy foods. Also if you smoke or take nicotine stop that too. Next work on your morale behaviors by meditating for an hour in the morning and an hour in the evening a day for a least a week using the same style you are familiar with. Also try to eliminate watching TV, listening to the radio, and reading newspapers. Instead take quiet walks, spend time in nature, and exercise, staying away from noise.

At last release all anger, fear, jealousy, hate, worry, etc. By going thru the process of attunement you will become a part of people who are using Reiki to heal themselves, and each other. While Reiki is not a religion, you may prepare your mind to work and pray in a religious mode, which can help your mind to concentrate better on mediating and positive thinking, and it can help you in enhancing your body's inner energy and can make the path of attunement easy for a practitioner. After the attunement process a Reiki Practitioner is able to perform many of the symbols and techniques, which Master Ussi or any master Reiki would use to treat someone. Reiki is used for stress reduction and relaxation, this simple and invasive healing system uses a method of 7 chakras or regions of energy that are located throughout our body and are a part of Kundilini Yoga. Using the seven chakras of energy, a Reiki is able to perform healing, stress reducing and healing practices for any problem and symptoms. While using the charkra as a guide to heal someone Reiki Masters use symbols that are related to the illness that a client provides them. These symbols are then traced on top of the



client's body to transfer and release energy as the Reiki Master's hands moves across the body tracing the symbols.

METHODS FOR SYMBOL ACTIVATION

There are many ways to activate the Reiki symbols, it just depends on the masters' preference on what works the best to transfer energy, and attune the Reiki student and drive and to lead a Reiki student towards attaining the worlds most healing power and acknowledging self's magnetic power to heal self and help others in healing. The First method is by drawing the symbols with your palm, and the other is by drawing the symbols with your finger. If the master is more experienced in Reiki he or she can transfer energy by visualizing them or by spelling the names of the symbols, three times.

These symbols can be applied where the clients crown chakra are located, it can also be applied where the areas to be treated are located if it is known. Last but not least if nothing is known it is always good to apply the symbols on the client's palms. After all these symbols can be used whenever using whatever method you like but the most important thing is that the intent of the use counts, and so symbols must be used with positive thoughts by both the Master and the Receiver of the Reiki Yoga.

Reiki Symbols

When tracing the symbols cup your hands slightly, put your fingers together and let your palms touch lightly, At last make sure your palms are facing the patient.

Choh-Koo-Ray



“choh-koo-ray”

The first symbol of Reiki is, the power symbol, it stands for God and Man Coming Together” or “I have the key” this symbol is used to increase power. It also helps to draw energy around you and focuses it where it is needed. To activate this symbol draw it three times on the client’s body where the patient complains of having problems then draw it on yourself three times too, while doing so recite Gods names so your mind and soul energy is concentrated towards

the God, this will help transfer any negative energies out of the body, and chant “Om”. This symbol can be used for all purposes, anywhere and on anything for on the spot treatments, it will clean negative energies and will provide spiritual protection. This symbol can also work on food, water, medicine and herbs. Nevertheless, this symbol empowers other Reiki Symbols, to seal energies after the treatment, etc.

Sei Hei Ki

The second symbol, symbolizes God and Man Coming Together to activate the key to the universe. This symbol is primarily used for mental and emotional healing and for Psychic protection and cleansing for the mind. Not only does it help psychologically but it is also used for balancing the right and left brain, which helps heal past traumas and clears any emotional blockages. The sei hei ki symbol is also good for removing addictions and negative energies from addicts, and from the mind, body and soul of the receiver.



“sei hei ki”

Hon Sha Ze Sho Nen



The meaning of this symbol is that the God in me greets the God in you to promote enlightenment and peace. This Symbol is used to send Reiki over distance and time to anyone and anything to heal from any negative problems.

“Hon Sha Ze Sho Nen”

Tam-A-Ra-Sha



“Tam-A-Ra-Sha”

This symbol is for balancing and unblocking the path of energy, the use of this symbol is able to ground and balance energy. It also helps to unlock the energy chakras so more energy can be allowed to move through out the body. If this symbol is signed it is able to reduce and dissipate any pain and negative energies in the body.

Dai Ko Myo

Dai Ko Myo is the most powerful symbol, it is only used by an experienced Reiki Master. This symbol is able to heal the soul, and since it is one of the most powerful tools in Reiki Yoga, it will be able to heal the illness from the original source. On the other hand, this symbol can even provide enlightenment and peace, but using this symbol as a Master of Reiki, it will bring great happiness to the patient, but it will bring profound life challenges for the Master.



“Dai Ko Myo”

Reiki Hand Positions for Treating Others and Self Treatment

Once performing these positions remember that once the position is achieved be sure to connect your inner energy with the patients malfunction energy, so it can be cured through attunement and good energy, positive energy, and positive thoughts.

Treating Others Head Positions

Note: Keep hands one inch above the body, and use your positive magnetic energy. **DO NOT HOLD OR TOUCH BODY.**



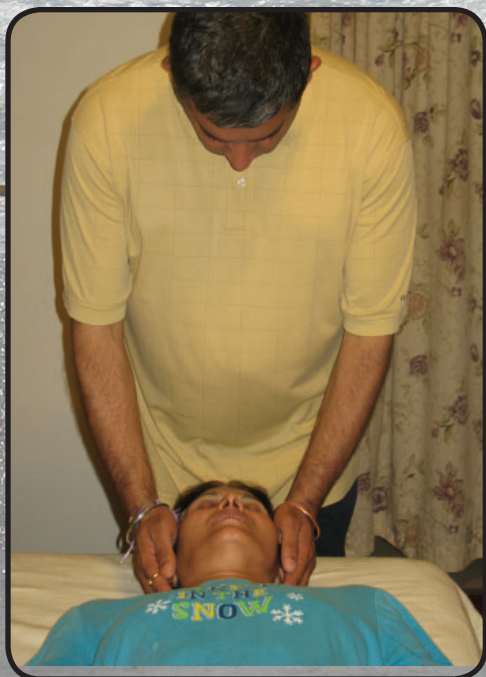
To perform this Reiki position put your hands together at the base of the nose with your palms facing the patients eyes, but remember not to touch the eyes. Once in the position let your inner energy travel through and cure any of the malfunctions that are include, such as face, sinus, ear, nose and throat, lymph, stress, colds, pituitary gland, hormone imbalances and all kinds of lymphatic diseases.



For this position place your hands over the patients head, and slowly extend your fingers tips over the patient's right and left temples (do not touch the temples, keep your hands one inch off the body), so it seems as if the top of the head is being cupped.

Benefits

This will help cure Stress, tiredness, headache, brain-problems, pituitary gland, immune defense imbalances, mental and emotional problems.



For this Reiki position slightly cup your hands over the patient's ears, with your palms facing the ears.

Benefits

This Reiki position will help treat, ear, nose and throat problems; it will also cure cold and flu.



To perform this position place your hands slightly under the patients head by cupping your hands under the patients head.

Benefits

This position is used to treat patients with ear, nose, and throat problems.

Body Positions

Note: **No Physical contact should occur.** Keep your hand(s) slightly above the body, for every position.



To perform this position hold your hands and fingers so they form a tent above the throat.

Benefits

This will help treat chakra five, throat, thyroid gland, thymus, parathyroid, Anxiety and disability to communicate and express oneself.

Hold the hands
over the collarbone and
breastbone.

Benefits

This will treat any lungs,
thymus, throat, asthma,
allergies, and the disability to
accept things.



To perform this position
place one hand over and the
other under the breast and
meditate.

Benefits

This will treat Chakra four,
heart, thymus, lungs, asthma,
allergies, circulation problems,
immune system, emotional
problems etc.



This is the Breast position to perform this position place hands above or below breasts.

Benefits

This position will treat Chakra four, heart, thymus, lungs, asthma, allergies, circulation problems, immune system, emotional problems etc.



This position is called Solarplexus position, to perform this position place your hands under the breasts and over the lower ribs.

Benefits

This will help treat Chakra three, the sternum system, lungs, pancreas, liver, spleen, and gallbladder and any digestive problems, stress, worry, nervousness, control etc.



To perform this position please Place your hands comfortably in the middle of the stomach area, approximately around the navel area.

Benefits

This will help treat Chakra two, digestive organs, liver, spleen, gall bladder, kidneys, adrenal gland.

To perform this position places your hands by the pubic bone. Angle your hands so they follow the groin.

Caution

Please do not encroach a person's integrity.

Benefits

This position will help heal Chakra one and two it will also help the reproductive system, testicles, ovaries, kidneys, adrenal glands, urinary problems. It will also help when tired, weight problems, and sexual problems.



Legs and Feet Positions

Note: **No Physical contact should occur.** Keep your hand(s) slightly above the body, for every position.

This Reiki position works on the kneecaps, to perform this Reiki yoga position place one hand above the kneecap and one hand under the knee. But remember to treat each knee separately.



Benefits

This position will help treat knee injuries, disability to bend, headache, stiffness in the neck and any energy blockage to the lower body.

This reiki position is used on ankles, and each ankle should be performed separately. To perform this position just holds your hands in the position most comfortable for you.



Benefits

This ankle position will help treat energy blockages, problems with neck, throat, thyroid gland and lymph.

Benefits

This will position will help treat the feet containing reflex zones for all the organs in the body.



This position should be performed on each foot separately. To perform this place one hand on the sole of the foot and the other on top of the foot as this will close the foot from top and bottom.

Back Positions

Note: **No Physical contact should occur.** Keep your hand(s) slightly above the body, for every position.

Place your hands right on top of your clients back while he or she is lying upside down. As shown in the picture remember to make a triangle above the back while your hands are close together.



Benefits

This position will help treat neck, shoulders and any problems with in the upper body. This back position is also very well used to release any stress, headaches and responsibility problems.

This position is similar to the back position but this is performed by placing your hands over the shoulder blades. Comfortably place both hands sides ways on to the shoulder blades.



Benefits

This will help treat heart, lungs and disability to express feelings.



Benefits

This will help treat any stress, allergies, and relationship problems. It will also treat heart, kidneys, adrenal glands, lymph and diaphragm.

To perform this position, place both hands approximately at the middle of the back above the kidneys.

To perform this position place both hands, palms down Lower back, below the waist, side waist.

Benefits

This will help treat the first Chakra, pelvic area, reproductive system and digestive system.



Benefits

The effect of this Reiki position can heal chakras one thru five. This position will also heal any back problems throughout the whole spine.



To perform this position place one hand at the neck and one hand covering the tail bone. Then comfortably relax and meditate.

Self-Treatment

Head Positions



Put your hands together, place both palms on each eyes but remember to place your fingers on the temples of the fore head.

Benefits

This position will help third eye chakra to relax it will also release any negative energies of the face, sinus, ear, nose, throat.

To perform this Reiki positions place both wrists together with the right and left hands' palms over the temples.

Benefits

This position will help treat stress, tiredness, and headache, brain-problems connected to epiphysis, pituitary gland, immune defense, hormone imbalances, and nerves.



Hands at the side of the head, slightly cupped over the ears.

Benefits

Treats ear, nose and throat problems, colds, balance, hearing. The ears have many points used in acupuncture, these points will affect a variety of problems.



Benefits

Treats Stress, worry, headache, colds etc. Brain, neck and back problems, spinal nerve problems.



Put your hands together like in a "bowl" and cover the back of your head.

Body Positions



Benefits

Treats Chakra 5.
Throat, thyroid
gland, thymus,
parathyroid.
Anxiety and
disability to
communicate
and express
oneself.

Hold hands and fingers so they form a “tent” above the throat.
(Don’t touch the throat, doing this is usually unpleasant.)

Hold the hands over the collarbone and breastbone.



Benefits

Treats lung
area, thymus,
throat, asthma,
allergies, the
disability to
accept things.

Benefits

Treats Chakra 4.
Heart, thymus,
lungs, Asthma,
allergies,
circulation
problems, immune
system, emotional
problems etc.



Breast Position

Solar plexus position, under the breasts and over the lower ribs.

Benefits

Treats Chakra
3. The sternum
system, lungs,
pancreas, liver,
spleen, gallbladder.
Digestive problems,
stress, worry,
nervousness,
control etc.





Place the hands in the middle of the stomach area, approximately around the navel area.

Benefits

Treats Chakra 2. Digestive organs, liver, spleen, gallbladder, kidneys, adrenal gland. Depression, emptiness, disability to feel happiness.

Hands by the pubic bone. Angle your hands so they follow the groin.

Benefits

Treats stress, allergies, relationship problems. Heart and lung area, kidneys, adrenal glands, lymph and diaphragm.



Back and Leg Positions



Hands approximately at the middle of the back above the kidneys.

Benefits

Treats stress, allergies, relationship problems. Heart and lung area, kidneys, adrenal glands, lymph and diaphragm.

Lower back, below the waist.

Benefits

Treats Chakra 1, pelvic area, reproductive system, digestive system etc. Relationship and emotional problems.





Kneecaps, place one hand above the kneecap and one hand under the knee. Treat each knee separately.

Benefits

Treats Knee injuries. Disability to bend (mentally). Headache, stiffness in the neck. Energy blockage in the lower body.



Ankles, do each one separately. Hold your hands in the position most comfortable for you.

Benefits

Treats energy blockages, problems with neck and throat, thyroid gland and lymph. Problems in the pelvic area.

Treat each foot separately. One hand should cover the sole of the foot, otherwise hold in the most comfortable position for you.

Benefits

The feet contain reflex zones for all the organs in the body. All the organs and chakras will be treated





Part 5

Poses for Pregnant Women

Benefits of Yoga

Practicing yoga not only helps physically prepare a woman for childbirth, but it also positively influence her mental and emotional state to prepare her for this life-changing experience. Pregnancy has lots of risk, though these risks are always worth taking. The practice of yoga can help your mind and body to prepare for labor. Yoga for pregnancy not only helps in easy labor or giving birth for mother, but it also beneficial to mother during pregnancy and after delivering a baby. It benefits in so many ways.

Reducing Stress

Stress is the most and very common issue that women go through during pregnancy. Stressful women cant enjoy their pregnancy. Some pregnant women end up taking antidepressant medications which effect the baby. To have a healthy baby pregnancy should be stress free. It also minimize common pregnancy symptoms such as morning sickness and constipation. You can get that benefit by exercise or doing yoga on regular basis.

Strengthen Stamina

Practicing yoga will increase strength, energy and stamina in pregnant women which will be used during labor.

Good or Normal Breathing

Yoga helps you to breath normally to release tension and also helps to manage pain during labor. It also provides proper blood flow to all the body tissues and also to the baby.

Benefits to Unborn Child

Yoga benefits to the unborn child keeping baby mentally and physically healthy.

Keeps You in Good Shape

Yoga keeps mother and child in good body weight. Yoga prevents mothers to have excessive weight gain during or after labor. After all yoga helps you to have a risk and complication free pregnancy and labor.

Before practicing any yogic exercise
consult with your doctor.

Basic Standing Posture



Stand with your feet a little bit apart and the edges of your feet have to match up. Straighten your legs by making your front thigh muscles more tighter. Lift the tailbone down and lift the hipbones up. Lift the breastbone and move it forward. Next drop your shoulders and relax your arms. After look directly forward. Every thing should be in line. Later you have to adjust the position as pregnancy progresses.

Benefits

This improves your posture and relieves any lower back pain strain by balancing the muscles and aligning the vertebrae.



Reclining Pelvic Tilt

Lie on your back and bend your knees and place your feet flat on the ground. Your feet should be apart and parallel. Extend your arms at your sides with your palms facing down. Breathe in and lift your chest and allow your lower back to arch and lift slightly off the floor. Breathe out, press feet firmly, and flatten lower back to the ground. Tighten your buttock and let the tailbone lift slightly off the



ground. Repeat this about five or ten times. Inhale and release lower back, breathe out and press your lower back. When your done roll onto one side and sit up.



Benefits

This position relieves tension in lower back muscles.

Bridge Pose

Lie on your back and place your feet on the ground. Make sure they are parallel and apart. With your palms down, stretch your arms alongside your body. Press your lower back to the ground. Breathe in and tighten your buttocks. After press down with your arms and feet, lift the hips off the ground, and raise the tailbone upward. Repeat this about two or three times. Curl your tailbone off the ground. Lift the pelvis higher than abdomen,



and squeeze your knees together. Release it gently and roll onto one side and push up to a sitting position.

Benefits

This pose relieves the lower back pain by strengthening abdominal and buttock muscles.

Cat Stretch

Kneel on the ground. Position your knees directly under the hips and a few inches apart. Place hands in line with your shoulders and fingers facing forward and make sure to look straight ahead. While breathing in, look up, lift buttocks, and lower you back slightly. While breathing out, look down, tuck buttocks under, lift back, and allow your upper back to round upward. Repeat this five times and breathe in and release back downward. Breathe out and lift back upward. Keep your arms straight and release and sit back in your heels, widen legs, stretch spine forward between your legs, and rest your forehead on the ground.



Benefits

This position releases the lower back tension, and is excellent during back labor.

With Leg Lift



Kneel on the ground. Put your knees directly under your hips and a few inches apart. Place your hands in line with your shoulders, fingers facing forward. While breathing in, look up, lift your buttocks, tilt top of front pelvis down and allow your lower back to slightly go down.

While breathing out, look down, tuck buttocks under, lift back, and allow your upper back to round upward. Return to normal position on hands and knees. Look forward and maintain natural spinal curves. Extend your left leg on the ground. Turn your toes under to stretch calf muscles. Lift leg off the ground, hold, and alternately point and flex your feet. Lower your leg and repeat with the right leg.

Benefits

This position strengthens back, buttock, hamstring, calf and shin muscles.

Lower Back Stretch To Wall

Stand with your back against the wall and keep your feet a few inches apart from the wall. Separate your feet, bend your knees a little bit, and rest your hands on your thighs. Keep your feet parallel to each other and knees facing straight ahead. Breathe in and lengthen the spine. Breathe out and tuck tailbone under and flatten the lower back to the wall. Breathe normally and maintain the stretch of the lower back against the wall. Use this position when your back is tired. You can

also rest your hands on the wall and interlock the underneath abdomen for supporting in the last trimester. To strengthen your thighs, bend your knees, lower your buttocks until your thighs are almost parallel to the floor, and press your lower back to the wall. To release, strengthen legs, and stand in upright position.

Benefits

This pose relieves your lower back fatigue and strengthens your legs.



Shoulder Stretch With Support



To perform this pose place a item the height of your waist on with cussions. Next kneel on the mat or pillows while doing so please separate knees a comfortable distance apart. Next please place your elbow securely on the chair seat. Then lift

your forearms towards the ceiling and press your palms together. Afterwards when your are comfortable in the position Allow your neck to relax and drop between your arms toward the floor.

Breathe normally relax and lift your buttocks towards the ceiling and tilt your pelvis.

Benefits

This posture relieves pain during back labor.

Forearms on Wall Shoulder Stretch



Interlock your fingers and keep your forearms high up on the wall, and walk back until your legs are directly under your hips. Place your feet parallel to each other and make your front thigh muscles tighter and release your head between your arms. You can rest your head lightly on the wall.

Breathe in and press your forearms to the wall. Breathe out and lower your shoulders and upper back toward the wall. To make your shoulders stretch more keep your forearms at the same height on the wall and move the thighs backward.

When your shoulders are stretched rest in upright position.

Benefits

This position helps to remove tightness and fatigue in the upper back and the shoulders.

Shoulder Stretch On Counter

Place your elbows securely on the edge of the counter or table. Position your elbows no farther than the width of your shoulders. Walk your feet back until your legs and directly under your hips and spine is parallel to the floor. Press your palms together and allow your head to relax in between them. Breathe in and tighten your front thigh muscles and lift your buttocks bones toward the ceiling. Breathe out and lower your shoulders and spine to the floor. Keep softening your shoulder joints with each breathe you take, To get out of this position, lower your hands on the counter, push back, stand upright, lower your arms to the sides, and rest.



Benefits

This pose if done every day can help stretch the shoulders and the lower back. It also relieves any abdominal pressure due to weight of uterus.

Shoulder Stretch Kneeling to Wall

Face wall, kneel 12 to 18 inches away from the wall, bring your feet together, and lower your buttocks toward the floor. Widen your legs to a comfortable distance apart and sit on your heels. Stretch your arms

straight up the wall and place your palms on the wall, relax your head between your arms, and rest your forehead on the wall as well. After reach up with straight arms while stretching the upper body forward toward the wall. Move your tailbone down and lessen the curve in your lower back. Let go of tightness in shoulders each time you breathe out. To release, push from the wall, bring your knees together, sit on your heels, and relax your arms to your sides.



Benefits

This position helps to relieve the shoulder stiffness, reduce upper back roundness, and open up the rib cage.

Seated Shoulder Stretch

Benefits

This pose will help you stretch your tight shoulders and open your chest. This posture is good throughout the whole pregnancy, but it is especially ideal for the third trimester.



In this pose please place the front edge of a chair one to two feet from the wall. Next sit on the front half of the chair with your knees and legs comfortably distanced apart. Now please extend your arms straight up the wall in front of you. Afterwards relax and slowly drop your head against the wall.

Standing Shoulder Stretch To Wall

To perform this place your arms straight up wall with palms flat on the wall. Afterwards walk backwards until your legs are directly under your hips. But remember while doing this posture please have your palms steady against the wall. To increase the benefits of this exercise please exhale and inhale while resting your forehead against the wall in front of you.

Benefits

This pose includes many benefits, first of all it stretches almost all of the lower body. Secondly, this pose relieves stiffness in the upper body.



Right Angle Pose To Wall



To perform this posture please extend your arms straight towards the wall, Next place your palms on the wall, while pressing all of weight towards the wall. Next walk feet backwards until your arms and back are parallel, also until your legs are directly under your hips. After this pose feels comfortable start meditating and slowly bring your head down in between your arms.

Benefits

This posture will help relieve lower back tension, it will also be really beneficial during the third trimester when the heaviness of the uterus cause lower back pains.

Downward Dog Pose

To perform this posture please kneel 3 to 4 feet in front of a wall. Next widen your knees and sit back on your heels. After wards please place your palms down on to the floor. Keep most of weight on the hands and lift your hips and knees off the floor. Please perform the next step only if your are already comfortable with the first steps. Afterwards please straighten your legs and lift your buttocks straight toward the ceiling.

Benefits

This posture is good for pregnant women because it strengthens the upper half f the body and stretches the lower half of the body.



Downward Dog Pose With Chair



Please perform this posture with the right and proper props, such as the chair. Please place the chair securely and tightly against a wall. Next grasp edges of the chair seat. With your palms down on top of the chair seat. After wards slowly walk your feet backwards until your legs are directly under your hips. After this part of the posture feels comfortable please slowly lift your buttock bone toward the ceiling.

Benefits

This can be beneficial for pregnant women because it relieves lower back pains and strengthens your lower back. Not only does it help your back but it also stretches your hamstrings and calves.

Chest And Shoulder Stretch With Chair



Perform this posture by placing a steady chair against the wall, Please pad the floor and the chair with soft pillows and blankets. Sit on the floor and extend your

arms behind your back on top of the chair then interlock your fingers, finally rest your arm on the chair. If this pose is difficult please adjust the chair and the blankets on the floor to feel comfortable. Also please keep your legs straight on the floor right in front of the body during the whole pose. Once this pose is comfortable relax and start meditating.

Tree Pose

In this pose stand straight with the support of the wall behind your back. Next place on the wall palms down, then push your weight against it. Once you are comfortable lift one of leg and bring it on the balanced foot above the knee. But remember that when you lift your knee bend it and place it comfortable on your balanced leg's thigh.



Benefits

This pose is easy to perform and it will benefit your lower body.



Eagle Pose



In this pose stand straight with the support of the wall behind your back. Next place on the wall palms down, then push your weight against it. Once your weight is transferred to the wall please lift one leg than the other. Afterwards please move one leg forward and cross it over the other leg, but remember to lift the crossed leg above the ground just a little bit. This pose can be done to both legs when they are switched.

Benefits

It prevents cramps in the calves, and stretches and strengthens your legs.

Alternate Leg Stretch With Chair

Please perform this pose with a steady and a strong chair. To perform this posture place the chair four feet away from the wall. Next move in between the wall and the chair, afterwards place your hand on the top back of the chair and then stretch your legs until heels are touching the wall. Next move one leg forward and place it between the chair and the anchored heel.



Benefits

This posture will help stretch back of legs, shoulders and back.

Standing Alternate Leg Stretch

Benefits

Even though this pose is hard but it has a lot of benefits because it stretches all major parts of your body such as legs, shoulder and muscle. It also improves a women's posture during and after pregnancy.



To perform this pose please move back to a wall and anchor one of your heels against the wall. Next move the other leg about four feet ahead of the anchored leg. After wards calm yourself down and then bring your arms behind your back. Once they are comfortably behind the back slowly close your palms together so you have a prayer position behind your back. Next if you feel comfortable please bend forward and meditate. This is a really hard pose and should be attempted with proper preparation.

Triangle Pose



To perform this posture please stretch your legs as far as you think it feels comfortable, while standing. Afterwards please stretch and extend your arms to both sides of your body. When this part of the pose is comfortable please use your arm, and extend it out to your feet, but please remember to extended your right arm to your right leg and your left arm to your left leg. After you extend your arm use the other arm and raise it straight towards the ceiling while bending.

Benefits

This posture will benefit the hips and thigh muscles because it will stretch them and strength them. It will also elongate your spine.

Warrior II Pose to Wall



To perform this posture please anchor one feet to the wall and move the other one four feet away. Afterwards please bend your knee and place your hand on the bent knee. Finally transfer your weight to your bent knee and twist your body to one side.

Benefits

This pose will be really beneficial because it will open the groin area, it also stretches and strengthens your legs.

Warrior II Pose with Chair

In this pose please have a seat on a strong steady chair, next move your body to one side. After wards please bend one of your legs and keep the other one straight on the other side of the chair. Please remember while doing this pose please keep your middle part of the body straight and on the chair.



Benefits

This pose is really helpful because it stretches the groin area and inner thigh muscles to prevent cramps.

Extended Warrior II Pose With Chair

In this pose please have a seat on a strong steady chair, next move your body to one side. After wards please bend one of your legs and keep the other one straight on the other side of the chair. Please remember while doing this pose please keep your middle part of the body straight and on the chair. This pose is really helpful because it



stretches the groin area and inner thigh muscles to prevent cramps. After this part of the pose feels comfortable please extend your arms to the sides of the body at a shoulder level, but remember to keep them straight and leveled.

Side Angle Pose To Wall

To perform this posture by stretching your legs four feet apart, while doing this slightly bring your body down. Next bend one of your legs form the knee into a right angle, but remember to place the foot of this leg solidly on the ground. Afterwards Move your arm and place on to the bend leg. Next shift your weight towards the legs.



Benefits

This posture helps benefit the legs and the back because it stretches the inner muscles of the thigh and the back.

Side Angle Pose With Chair

To perform this posture please sit on a chair but remember to turn your whole body to the front side of the chair. Afterwards place one of your leg to one side of the chair and the other one on the other side of the chair while doing this, Next bend one of your leg form the knee into a right angle, but remember to place the foot of this leg solidly on the ground. Afterwards move your arm and place on to the bend leg. Next shift your weight towards the legs.



Benefits

This posture helps benefit the legs and the back because it stretches the inner muscles of the thigh and the back.

Half Moon Pose with Wall



This pose is good for the first and second trimesters, but remember to be really cautious while performing this posture because it involves a lot of balancing. To perform this posture, please stand on one of your legs. Next, place and push the other leg against a wall which is close to you. While lifting your leg, please turn your upper part of the body to the opposite side of your legs and place one arm on the floor and lift the other one straight towards the ceiling.

Benefits

This pose is beneficial because it improves balance and opens the hip area.

Warrior I

Pose to Wall

In this pose please face to the wall. Afterwards lift your arms to shoulder level and push your palms against the wall. Next lower your body and move one leg forward which ever one you prefer in a right angle and then stretch the other leg straight behind your body.



Benefits

This pose will stretch and strengthens thigh muscles and it will create stamina.

Wide Leg Stretch To Wall



Caution

This posture can cause severe damage if a back or leg muscle is pulled so be really careful while attempting this posture.

In this pose place your back against a wall then spread your legs four feet apart, After wards when you feel comfortable please bend your upper body from hips and place fingertips on floor under shoulders. Also try to push your buttock muscles and legs against the wall.

Benefits

This posture is beneficial because it will lessens fatigue and stretches your lower body.

Head to Floor Wide Leg Stretch

Caution

This pose should be performed really carefully because it can cause damage to your back if it not done correctly.



In this pose please place your back towards a wall then spread your legs about four feet apart, Next bend your upper body and bring it forward enough where it is comfortable. Once in this position please comfortably interlock your fingers and then place your interlocked hands on the ground. Now in this pose place your head on top of your interlocked hands.

Benefits

This pose can be really beneficial because it stretches the thigh and hamstring muscles.

Hero's Pose



To perform this posture please sit down with your calves touching the thighs, but also remember while in this pose do not let your buttock muscles touch your feet keep them separated by extending the feet outwards. Afterwards have your back straight and start meditating while sitting in this position. Also keep your arms straight towards the floor on the side of your bodies, with palms down.

Benefits

This posture will help stretch the muscles in the lower part of your body. It will also help prevent varicose veins.

With Arms Overhead



To perform this posture please sit down with your calves touching the thighs, but also remember while in this pose do not let your buttock muscles touch your feet keep them separated by extending the feet outwards. Afterwards have your back straight and start meditating while sitting in this position. Once this pose feels comfortable please lift your arms over your head straight towards the ceiling and interlock your hands, palms up towards the ceilings.

Benefits

This posture will help stretch the muscles in the lower part of your body. It will also help prevent varicose veins.

Reclining Hero Pose



Please prepare the surroundings of where you are going to perform this exercise, first place a blanket on the floor and place pillows on the back on same side you are going to lay on. Perform this posture but sitting down while the thighs and calves of the

body are touching. Next slowly bring your upper body to the ground and lay on the floor while the pillows and supporting the upper body. Last but not least stretch your arms and place your hands on your feet.

Benefits

Perform this posture during the first trimester of your pregnancy, to improve your digestion and stretch the front thighs.

Half Reclining Hero Pose

To perform this pose please prepare the floor you are going to perform this exercise on. First place a blanket on the floor and pillows behind your back. Afterwards sit down with your calves and thighs touching together, but remember to place your buttock muscles in between your legs so the feet's are to the side. Next place and slightly lean your back towards the pillows. Bend your arms then rest your lower forearms on the pillows, Last but not least, start meditating so this

posture will help your breathing and the muscles of front thighs and chest. **This posture can be performed in the first and second trimester of your pregnancy.**



Reclining Alternate Front Thigh Stretch

This posture is similar to the reclining hero pose, but in this posture only stretches alternate front thigh muscles. Please lay down and rest your upper body and head on the pillows. Next stretch your legs straight ahead of your body, and then bend one of your legs which ever one you prefer and place it under your thigh, so the calve and thigh are touching. Afterwards extend your arms palms down, ahead of your body. Last but not least start meditating and rest.



Standing Front Thigh Stretch With Chair

To perform this posture please place a steady chair in front of your body, next balance the whole body while holding the chair with one hand, afterwards lift one of your legs behind your back and pull your arm behind your body and hold your leg. This posture aids balance, it also strengthens and stretches almost all of the muscles in the lower body. This posture can be performed during any time of your pregnancy.



Benefits

This posture aids balance, it also strengthens and stretches almost all of the muscles in the lower body.

Kneeling Front Thigh Stretch With Chair

Benefits

This pose is very helpful stretching groin and thigh muscles.



To perform this posture carefully place a chair to wall. Kneel on floor placing left knee on pillow and right knee foot on mat with toes under chair. Press down on chair seat, lift chest and straiten your spine. While marinating lift of chest tuck of tailbone, slide left knee backward. Center of the thigh muscles will be stretched out.

Kneeling Front Thigh Stretch

In this pose please place a soft pillow on the ground. Afterwards bend one of the knees and place it on the pillow with your lower leg behind your body. Next lift the other leg bring it in front of the body and bend it. Last but not least balance yourself and but of your hands on the side of the hips and start meditating.



Intense Front Thigh Stretch To Wall



In this pose place your back against a wall, afterwards bring one of your legs behind your back, bent from the knee, and with the help of the wall please push it against it so your calves and thighs are touching. Next please bring the other leg in front of your body, bend it from the knee. Last but not least please place your palms on the wall behind you.

Benefits

This posture is really beneficial if someone want to stretch their thigh and lower body muscles.

Seated Alternate Front Thigh Stretch

In this posture sit down on a mat with one leg touching your calves and thighs. Afterwards please place the other leg straight forward in front of your body. Next sit straight and place one hand on the side of the body and the other one on the knee stretched in front you.

Benefits

This posture stretches the muscle in one leg, while stretching the thigh muscles on the other leg.



Alternate Front Thigh Stretch With Chair



In this posture sit down on a mat with one leg touching your calves and thighs. Afterwards please place the other leg straight forward in front of your body. Next sit straight and place one hand on the side of the body and the other one on the knee stretched in front you. After wards please place a chair in front of you and hold the chair with your hands.

Benefits

This posture stretches the muscle in one leg, while stretching the thigh muscles on the other leg, Also holding the chair will help you stretch your back, spine and arms.

Elevated leg And Front Thigh Stretch

Benefits

This posture will benefit the legs because it will relieve any fatigue. It will also reduce cramping and improve circulation throughout the lower body.

In this posture please sit down in front of a wall about four to five feet away, afterwards place both of your hands behind your body with palms down then slightly bend your body with the help of the hands. Next place one leg under your thighs so the calves and thighs are touching each other and next lift the other leg and anchor it on the wall.



Half Squatting Pose to Wall



To perform this pose please place your back against a wall bend knees, separate feet and move feet forward. afterwards push your buttock muscle against the wall. Once this feels comfortable please squat down until thighs are almost parallel to the floor. Now please place elbows and forearms on inner thighs and gently press knees apart.. After all this pose should be performed all throughout a women's pregnancy.

Benefits

This posture helps strengthen front thigh muscles, it also stretches inner thighs and elongates the spine.

Supported Squatting Pose



To perform this pose please place a soft cushiony pillow by a wall, Next Sit on the pillow and widen the knees apart and turn feet apart. Afterwards place elbows to inner thighs and press palms together. Once this is comfortable please place more pressure on the elbows and stretch the inner thighs.

Benefits

This posture will be really beneficial throughout the whole pregnancy because squatting brings relaxation, also it helps pelvic muscles to relax. Last but not least it will help squatting during labor which may facilitate birth.

Squatting Pose To Wall



In this pose please stand with back to wall, then separate feet and bend knees and then squat with back resting on the wall. Afterwards place elbows to inner thighs and press palms together. Once this is comfortable please place more pressure on the elbows and stretch the inner thighs.

Benefits

This posture will be really beneficial throughout the whole pregnancy because squatting brings relaxation, also it helps pelvic muscles to relax. Last but not least it will help squatting during labor which may facilitate birth.

Bound Angle Pose

This pose may be done with back to the wall or on rug. First sit on a small pillow and bend knees outward and press the soles of feet together hold ankles and bring feet closer as much as possible. Afterwards place hands on the floor beside the hips. Inhale and lift entire spine upward then breath out and relax inner thigh muscles. if this become too comfortable place hands on the inner thigh to extend the stretch ability.



Benefits

This posture will be beneficial because it will increase hip flexibility and is a comfortable position during labor.

Hip stretch With Feet on Wall

In this pose please lie down and place some pillows under your head so your head is well supported and higher than your hips. Please remember to lie down in front of a wall two feet away from where your head is going to be placed, then bend and widen your knees . place your feet on wall. Adjust the difference between wall and feet making sure you have enough space to stretch. Then lower



your feet and hold your inner knees and press toward floor. This pose should only be performed in the first trimester of the pregnancy.

Benefits

It will help the hips of the body prepare for labor.

Reclining Knee To Floor Pose

In this pose lie down on a soft surface, with enough pillow support under your head. Afterwards please lift one of your legs which ever one you prefer, bend the lower half of the leg and bring it slightly on top of your stomach. Straighten and extend other leg on floor and start stretching keeping the other leg stretched as well on floor.

Benefits

This posture is really beneficial because it stretches thigh muscles and increase hip joint flexibility.



Reclining Shin to Chest Pose

In this pose lie down on a soft surface, with enough pillow support under your head. Afterwards please lift one of your legs which ever one you prefer, bend the lower half of the leg and bring it slightly on top of your stomach, adjust your leg until toes and knee facing ceiling and straighten left leg on the floor.

Benefits

This posture is really beneficial because it stretches thigh muscles and increase hip joint flexibility.



Leg Over Hip Stretch

To perform this posture please sit down with legs out stretched. Next fold left leg under the right leg and cross the right leg over the left. Once this part of the posture is comfortable please align the knees over each other. Afterwards evaluate your body from the buttocks if it is necessary and place both hands on the opposite knees



Benefits

This posture will help stretch sides of the hips and it may relieve sciatica.

Shoulder Stretches In Leg Over Pose

Caution

This posture should not be performed if a person has problem stretching arms,

To perform this posture please sit on a mat with right leg over the left leg, butt remember to have both knees aligned vertically. Next have a straight back and interlock your hands, then lift your arms straight towards the ceiling. To intensify the exercise a bit more please bend left elbow and slide it



back of the left hand up back and attempt to anchor your hands if it's possible.

Benefits

This is a really beneficial pose because it removes shoulder stiffness.

Intense Hip Stretch

Caution

Please do not attempt this pose if you have problems with hip flexibility.

Benefits

This posture helps stretch outer buttock muscles and it increases hip flexibility while making it stronger.



To perform this posture sit on a mat with legs stretched. Next bend the left knee and form a right angle with the left thigh and shin. Afterwards bend the right knee, and place right shin directly on top of the left shin. If this pose is difficult please pull both feet closer to the body.



Reclining Alternate Leg Hamstring Stretch



To perform this posture please lie down flat on the floor. Next bend one of your knees which ever one you prefer, place a belt around the foot and then straighten the leg towards the ceiling. The leg which is not being lifted should be stretched straight ahead of you on the floor. Try to keep the legs in this position as long as it is comfortable and then switch to the other leg.

Benefits

This pose helps stretch hamstrings and calf muscles and releases back tension.

Reclining Alternate Leg To side Stretch

Caution

This pose is really dangerous and should be done properly so do not attempt it if a person has leg muscle problems.

Benefits

This posture will help the hamstrings and inner thigh muscles.



In this posture please lie down and support the upper body with a lot of pillows. Next choose of your legs which ever over the exercise will feel comfortable to perform first. Now slowly bend your knee and place a belt on the ball of the foot and now bring the leg to the side of the body so it creates a sort of a right angle.

Easy Hamstring Stretch In Chair

To perform this posture please place a chair to wall and a small pillow on floor. Sit on front edge of chair and hold both back sides of chair. Bend right knee and place foot on floor. Extend left leg and rest heel on pillow on floor. Hold down on chair seat,



stretch arms backward by holding sides of chair. Breath in, bend forward slightly from hips, lift chest, and elongate spine. Breath out, extend left heel and pull toes backward toward knee. Reverse pose. After stretching for few minutes relax on chair.

Hamstring Stretch With Heel On Chair



To perform this posture you will have to place a chair to wall and a small pillow on chair for comfort. Start slowly by bending your left or right knee which ever you prefer, raise leg and place heel on chair safely and straighten your leg. Position other leg straight under hip and then stand upright with hands on hips. Inhale and lift chest.

Exhale and keep your hips back straight. Try to tighten your front thigh muscles and straighten both legs. To change position slowly and carefully remove your leg from chair and change position and repeat.

Benefits

This pose help hamstring and calf muscles.

Seated Alternate Leg Stretch To Wall



In this posture place a mat on floor. Sit on the mat with stretching your legs outward. You can elevate your buttocks with a pillow if necessary. Bend your right knee and place sole of right foot against inner left thigh. Extend and straighten your left leg and then place strap around ball of left foot with holding with your both hands. Inhale, lift chest and extend spine. Exhale, pull back on strap extend heel and bend forward from hips. Change position and repeat.

Benefits

This posture strengthens back muscles and stretches calf and hamstring muscles.

Seated Alternate Leg Stretch With Chair

To perform this posture you will have to sit on a mat front of a chair. Elevate buttocks with a pillow. Extend legs under the chair hold sides of chair and bring chair closer until soles of feet touch back rung of chair. Inhale straighten arms, lift chest and extend spine. Exhale extend heels.

Benefits

This pose strengthens back and stretches hamstrings.

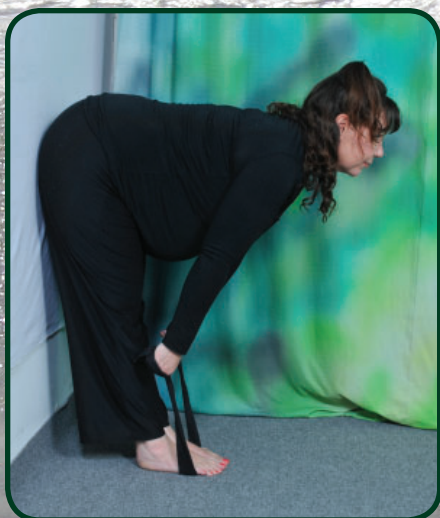


Standing Hamstring Stretch To wall

To perform this posture sit with back to wall. Bend forward from hips and place strap under soles of feet. Straighten both legs and stretch tighten front thigh muscles. Inhale pull up on strap and straighten elbows. Exhale push buttocks bones to wall stretch chest forward keeping spine.

Benefits

This pose relieves heaviness of uterus, stretches hamstrings muscles evenly and strengthens back muscles.

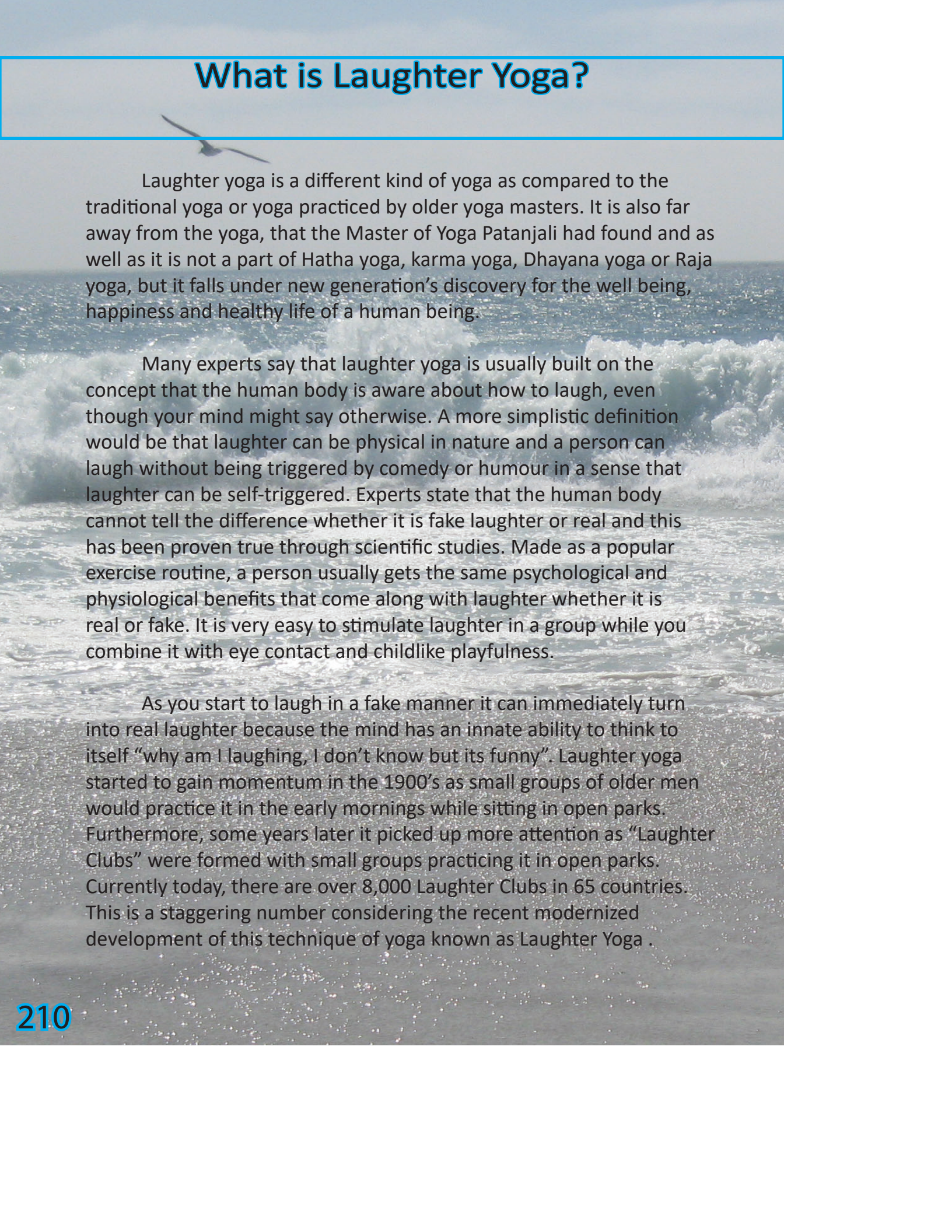




Part 6

Laughter Yoga

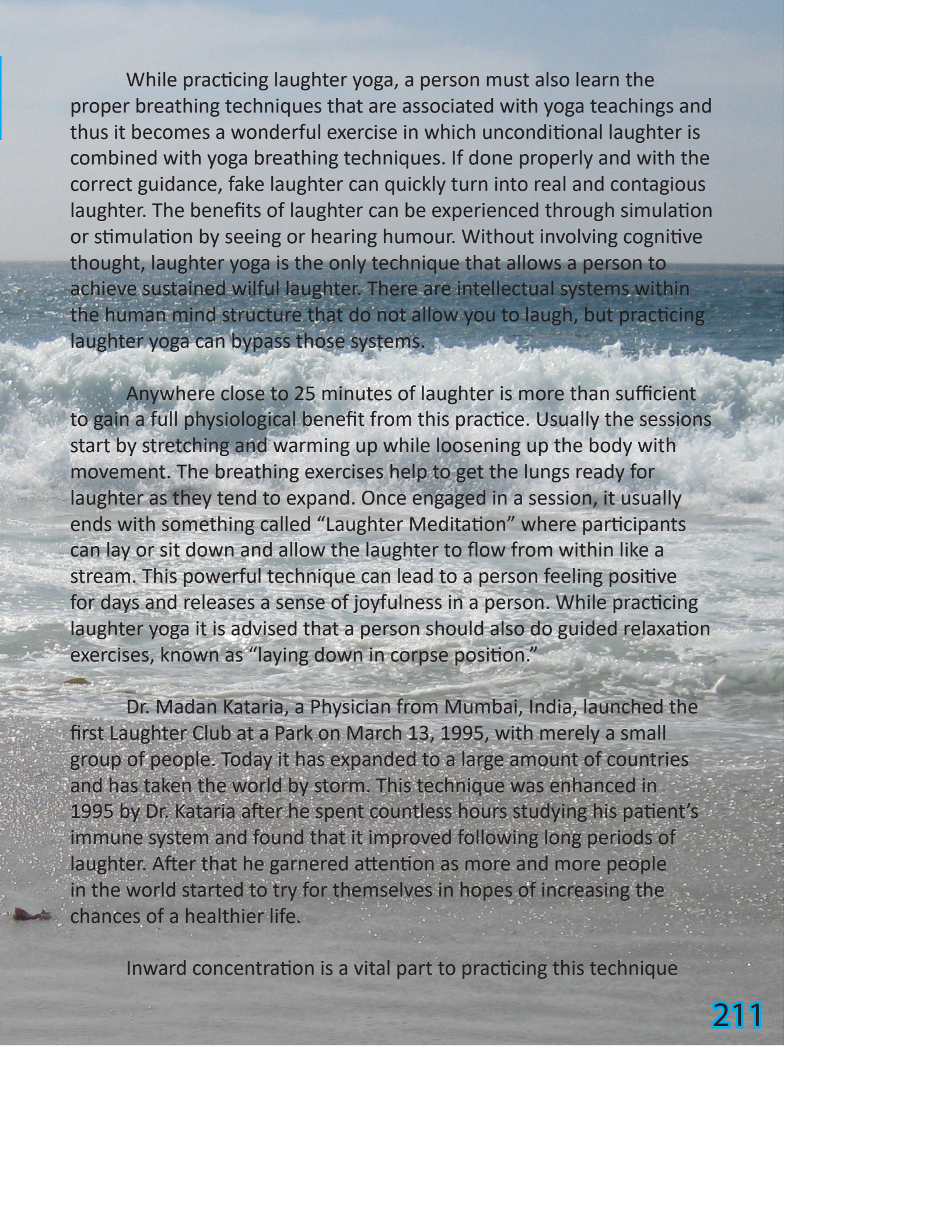
What is Laughter Yoga?



Laughter yoga is a different kind of yoga as compared to the traditional yoga or yoga practiced by older yoga masters. It is also far away from the yoga, that the Master of Yoga Patanjali had found and as well as it is not a part of Hatha yoga, karma yoga, Dhayana yoga or Raja yoga, but it falls under new generation's discovery for the well being, happiness and healthy life of a human being.

Many experts say that laughter yoga is usually built on the concept that the human body is aware about how to laugh, even though your mind might say otherwise. A more simplistic definition would be that laughter can be physical in nature and a person can laugh without being triggered by comedy or humour in a sense that laughter can be self-triggered. Experts state that the human body cannot tell the difference whether it is fake laughter or real and this has been proven true through scientific studies. Made as a popular exercise routine, a person usually gets the same psychological and physiological benefits that come along with laughter whether it is real or fake. It is very easy to stimulate laughter in a group while you combine it with eye contact and childlike playfulness.

As you start to laugh in a fake manner it can immediately turn into real laughter because the mind has an innate ability to think to itself "why am I laughing, I don't know but its funny". Laughter yoga started to gain momentum in the 1900's as small groups of older men would practice it in the early mornings while sitting in open parks. Furthermore, some years later it picked up more attention as "Laughter Clubs" were formed with small groups practicing it in open parks. Currently today, there are over 8,000 Laughter Clubs in 65 countries. This is a staggering number considering the recent modernized development of this technique of yoga known as Laughter Yoga .

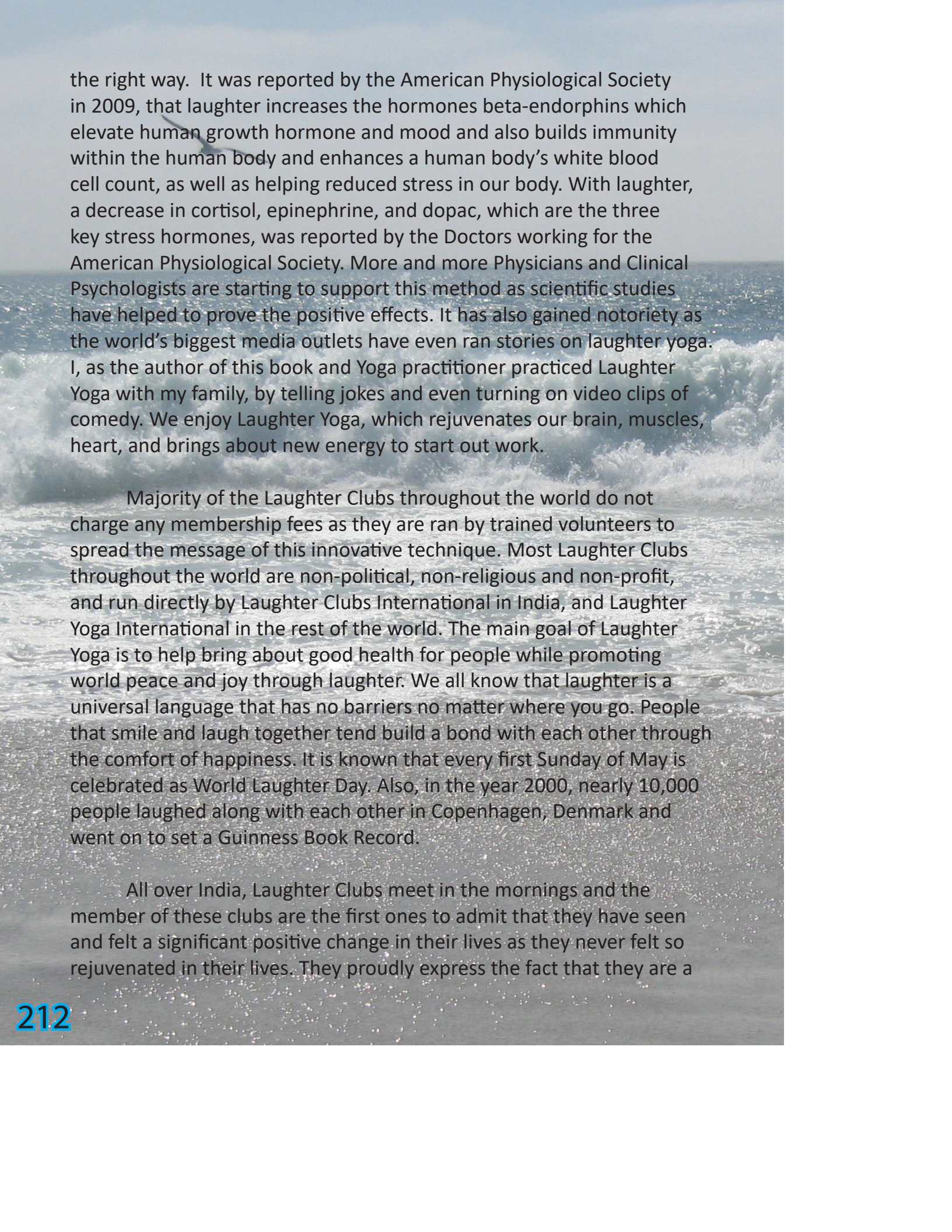


While practicing laughter yoga, a person must also learn the proper breathing techniques that are associated with yoga teachings and thus it becomes a wonderful exercise in which unconditional laughter is combined with yoga breathing techniques. If done properly and with the correct guidance, fake laughter can quickly turn into real and contagious laughter. The benefits of laughter can be experienced through simulation or stimulation by seeing or hearing humour. Without involving cognitive thought, laughter yoga is the only technique that allows a person to achieve sustained wilful laughter. There are intellectual systems within the human mind structure that do not allow you to laugh, but practicing laughter yoga can bypass those systems.

Anywhere close to 25 minutes of laughter is more than sufficient to gain a full physiological benefit from this practice. Usually the sessions start by stretching and warming up while loosening up the body with movement. The breathing exercises help to get the lungs ready for laughter as they tend to expand. Once engaged in a session, it usually ends with something called “Laughter Meditation” where participants can lay or sit down and allow the laughter to flow from within like a stream. This powerful technique can lead to a person feeling positive for days and releases a sense of joyfulness in a person. While practicing laughter yoga it is advised that a person should also do guided relaxation exercises, known as “laying down in corpse position.”

Dr. Madan Kataria, a Physician from Mumbai, India, launched the first Laughter Club at a Park on March 13, 1995, with merely a small group of people. Today it has expanded to a large amount of countries and has taken the world by storm. This technique was enhanced in 1995 by Dr. Kataria after he spent countless hours studying his patient’s immune system and found that it improved following long periods of laughter. After that he garnered attention as more and more people in the world started to try for themselves in hopes of increasing the chances of a healthier life.

Inward concentration is a vital part to practicing this technique



the right way. It was reported by the American Physiological Society in 2009, that laughter increases the hormones beta-endorphins which elevate human growth hormone and mood and also builds immunity within the human body and enhances a human body's white blood cell count, as well as helping reduced stress in our body. With laughter, a decrease in cortisol, epinephrine, and dopac, which are the three key stress hormones, was reported by the Doctors working for the American Physiological Society. More and more Physicians and Clinical Psychologists are starting to support this method as scientific studies have helped to prove the positive effects. It has also gained notoriety as the world's biggest media outlets have even ran stories on laughter yoga. I, as the author of this book and Yoga practitioner practiced Laughter Yoga with my family, by telling jokes and even turning on video clips of comedy. We enjoy Laughter Yoga, which rejuvenates our brain, muscles, heart, and brings about new energy to start out work.

Majority of the Laughter Clubs throughout the world do not charge any membership fees as they are ran by trained volunteers to spread the message of this innovative technique. Most Laughter Clubs throughout the world are non-political, non-religious and non-profit, and run directly by Laughter Clubs International in India, and Laughter Yoga International in the rest of the world. The main goal of Laughter Yoga is to help bring about good health for people while promoting world peace and joy through laughter. We all know that laughter is a universal language that has no barriers no matter where you go. People that smile and laugh together tend build a bond with each other through the comfort of happiness. It is known that every first Sunday of May is celebrated as World Laughter Day. Also, in the year 2000, nearly 10,000 people laughed along with each other in Copenhagen, Denmark and went on to set a Guinness Book Record.

All over India, Laughter Clubs meet in the mornings and the member of these clubs are the first ones to admit that they have seen and felt a significant positive change in their lives as they never felt so rejuvenated in their lives. They proudly express the fact that they are a

part of these clubs and even try to educate those who are not aware of such techniques. Some say that at first these clubs were frowned upon because no one believed that laughing a lot can have a positive effect on their lives until they tried it for themselves over a small period of time. Members also say that they haven't felt this happy in years and feel that a new source of energy has been exerted into their bodies. The members who attend the sessions each and every morning and some have not missed any sessions in five years. Practicing laughter yoga for a short period of time each and every day has helped these members gain the sense of being happy again. Most of these participants tried numerous anti-depressants before trying laughter yoga and have stated they no longer require the use of anti-depressants because laughter yoga is much more beneficial.



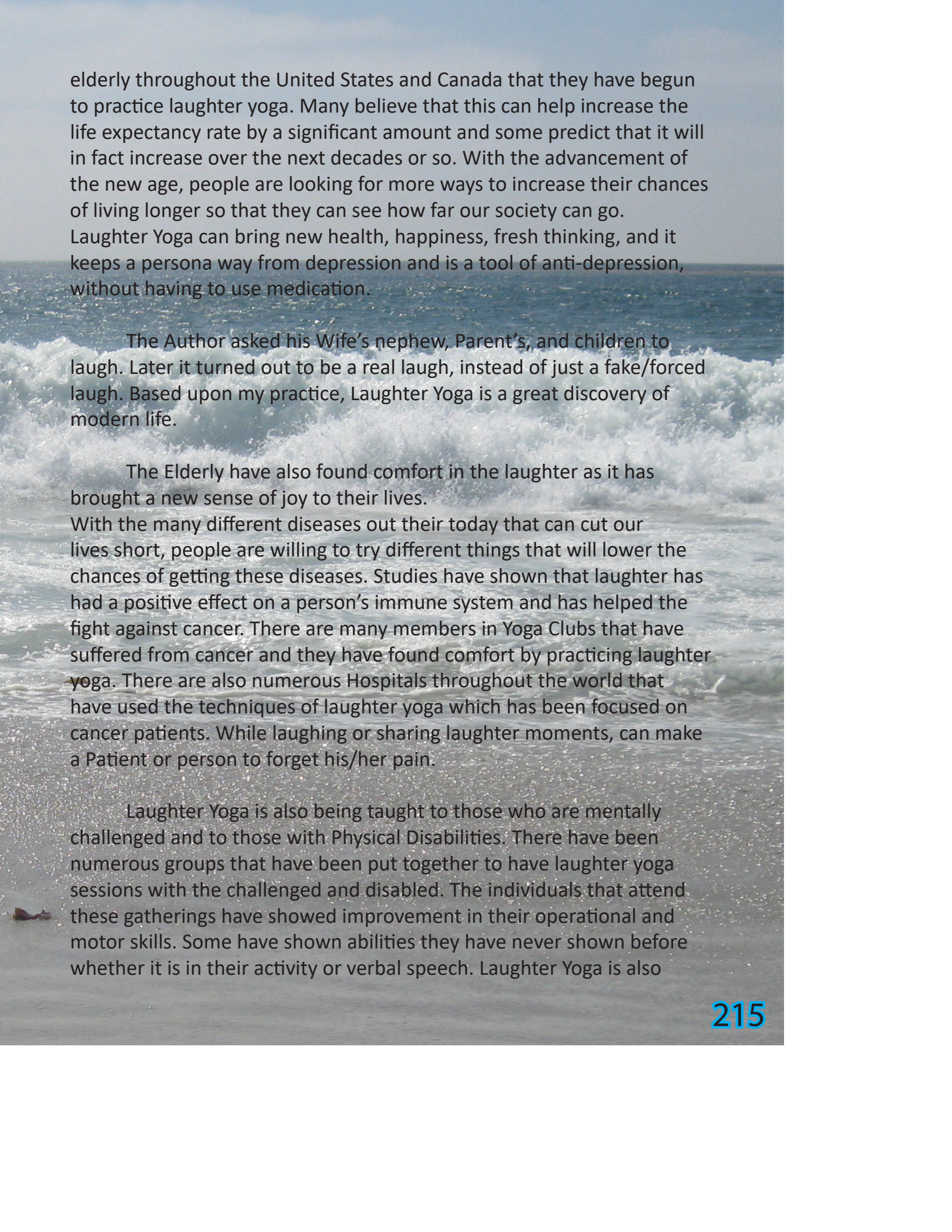
Significant changes in health have been reported by people throughout the world and these individuals feel that they have greatly lowered their levels of stress. A decrease in respiratory illnesses has also been noted by these participants and even depression has decreased as well. Professional studies and scientific observations in Austria, Bangalore, India and in the United States have all attributed to the fact that the laughter yoga significantly improves the human body. A positive and hopeful feeling is also achieved through this technique and it becomes less likely for a person to fall into stress and depression once the person

becomes an avid participant in laughter yoga.

Many Educational Institutions throughout the world have tried these techniques and have found them greatly beneficial. There are also students in colleges throughout the United States that are experiencing the benefits of laughter yoga for themselves as well. A proven fact is that a simple routine like this has helped to create a positive learning environment for the students and has attributed to less stress during their days in college. Students have seen the effects of laughter yoga as they have also built up the positive energy to allow them to learn more and take in more information from their professors. Some Schools in India have also set aside brief periods of 15-20 minutes throughout the school day to allow students time to partake in laughter yoga activities. Further, some teachers also have their students participate in laughter yoga for the first 5 minutes of class and the last five minutes of class. Through this practice it has been shown that a positive and energized learning environment has been achieved for the students.

Experts on laughter yoga also feel that laughter can lower the stress and problematic situations that may arise in a professional workplace. They have conducted research and have found that it can be greatly beneficial to large companies that employ hundreds of workers, but have not yet found a way to get the major corporations to implement these techniques into their environment. In the past few years, sessions have been offered to employees of large businesses and the feedback has been very positive. This idea has gained popularity in numerous companies in Denmark, India, US and many other nations. It is a very powerful idea for improving employee and staff performance in the workplace. This was recently proved to be true by studies in India and the USA, which showed a significant reduction in stress and productivity enhancement by the staff after just a few weeks of Sessions.

Even with all the health problems that a person tends to face towards the later stages of their lives, laughter yoga has been greatly beneficial to those in their elderly years. There are many facilities for the

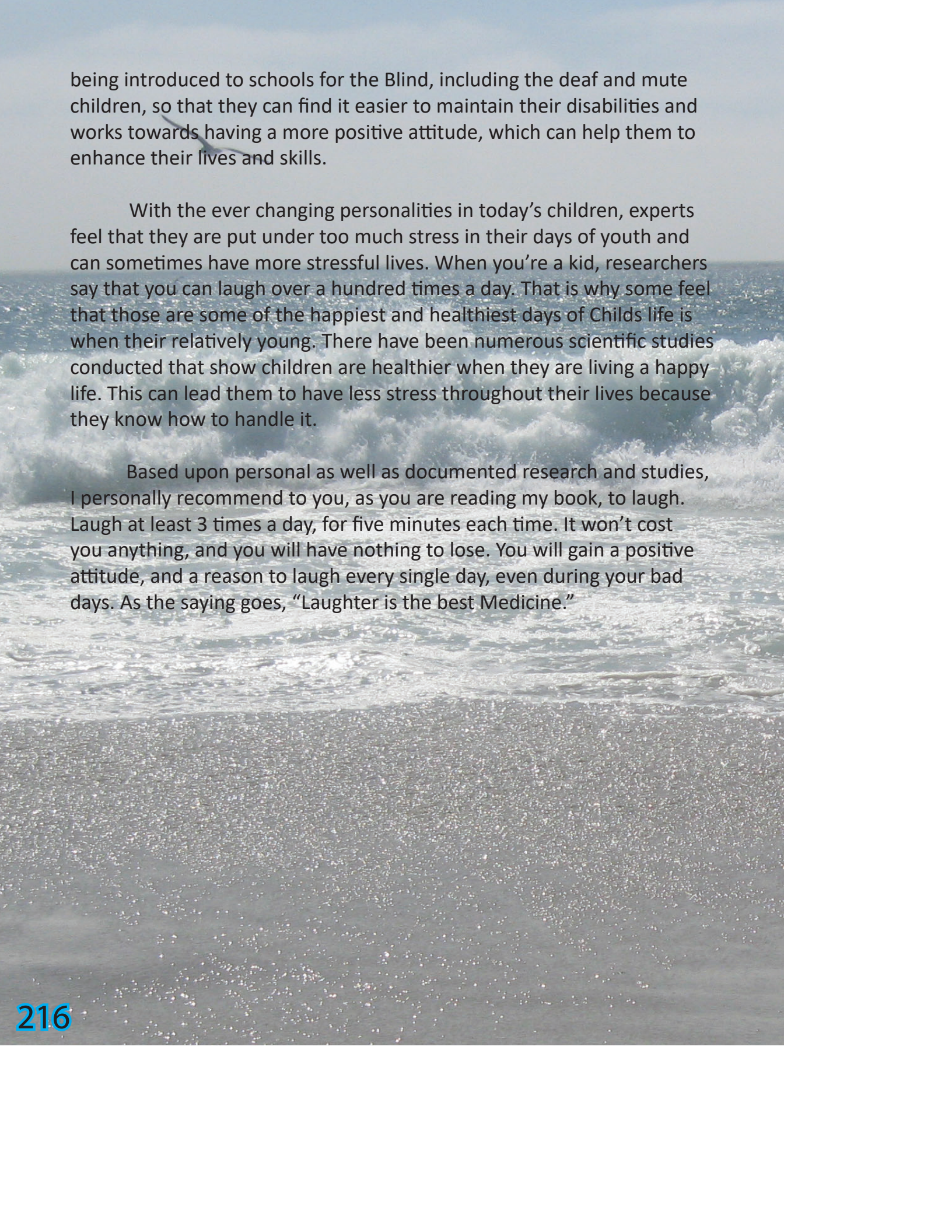


elderly throughout the United States and Canada that they have begun to practice laughter yoga. Many believe that this can help increase the life expectancy rate by a significant amount and some predict that it will in fact increase over the next decades or so. With the advancement of the new age, people are looking for more ways to increase their chances of living longer so that they can see how far our society can go. Laughter Yoga can bring new health, happiness, fresh thinking, and it keeps a person away from depression and is a tool of anti-depression, without having to use medication.

The Author asked his Wife's nephew, Parent's, and children to laugh. Later it turned out to be a real laugh, instead of just a fake/forced laugh. Based upon my practice, Laughter Yoga is a great discovery of modern life.

The Elderly have also found comfort in the laughter as it has brought a new sense of joy to their lives. With the many different diseases out there today that can cut our lives short, people are willing to try different things that will lower the chances of getting these diseases. Studies have shown that laughter has had a positive effect on a person's immune system and has helped the fight against cancer. There are many members in Yoga Clubs that have suffered from cancer and they have found comfort by practicing laughter yoga. There are also numerous Hospitals throughout the world that have used the techniques of laughter yoga which has been focused on cancer patients. While laughing or sharing laughter moments, can make a Patient or person to forget his/her pain.

Laughter Yoga is also being taught to those who are mentally challenged and to those with Physical Disabilities. There have been numerous groups that have been put together to have laughter yoga sessions with the challenged and disabled. The individuals that attend these gatherings have showed improvement in their operational and motor skills. Some have shown abilities they have never shown before whether it is in their activity or verbal speech. Laughter Yoga is also



being introduced to schools for the Blind, including the deaf and mute children, so that they can find it easier to maintain their disabilities and works towards having a more positive attitude, which can help them to enhance their lives and skills.

With the ever changing personalities in today's children, experts feel that they are put under too much stress in their days of youth and can sometimes have more stressful lives. When you're a kid, researchers say that you can laugh over a hundred times a day. That is why some feel that those are some of the happiest and healthiest days of Childs life is when their relatively young. There have been numerous scientific studies conducted that show children are healthier when they are living a happy life. This can lead them to have less stress throughout their lives because they know how to handle it.

Based upon personal as well as documented research and studies, I personally recommend to you, as you are reading my book, to laugh. Laugh at least 3 times a day, for five minutes each time. It won't cost you anything, and you will have nothing to lose. You will gain a positive attitude, and a reason to laugh every single day, even during your bad days. As the saying goes, "Laughter is the best Medicine."

The background of the page is a photograph of a beach. In the foreground, the wet sand is glistening with water droplets. A wave is breaking, creating white foam that stretches across the middle of the frame. The ocean extends to the horizon under a clear, light blue sky.

Part 7

Meditation

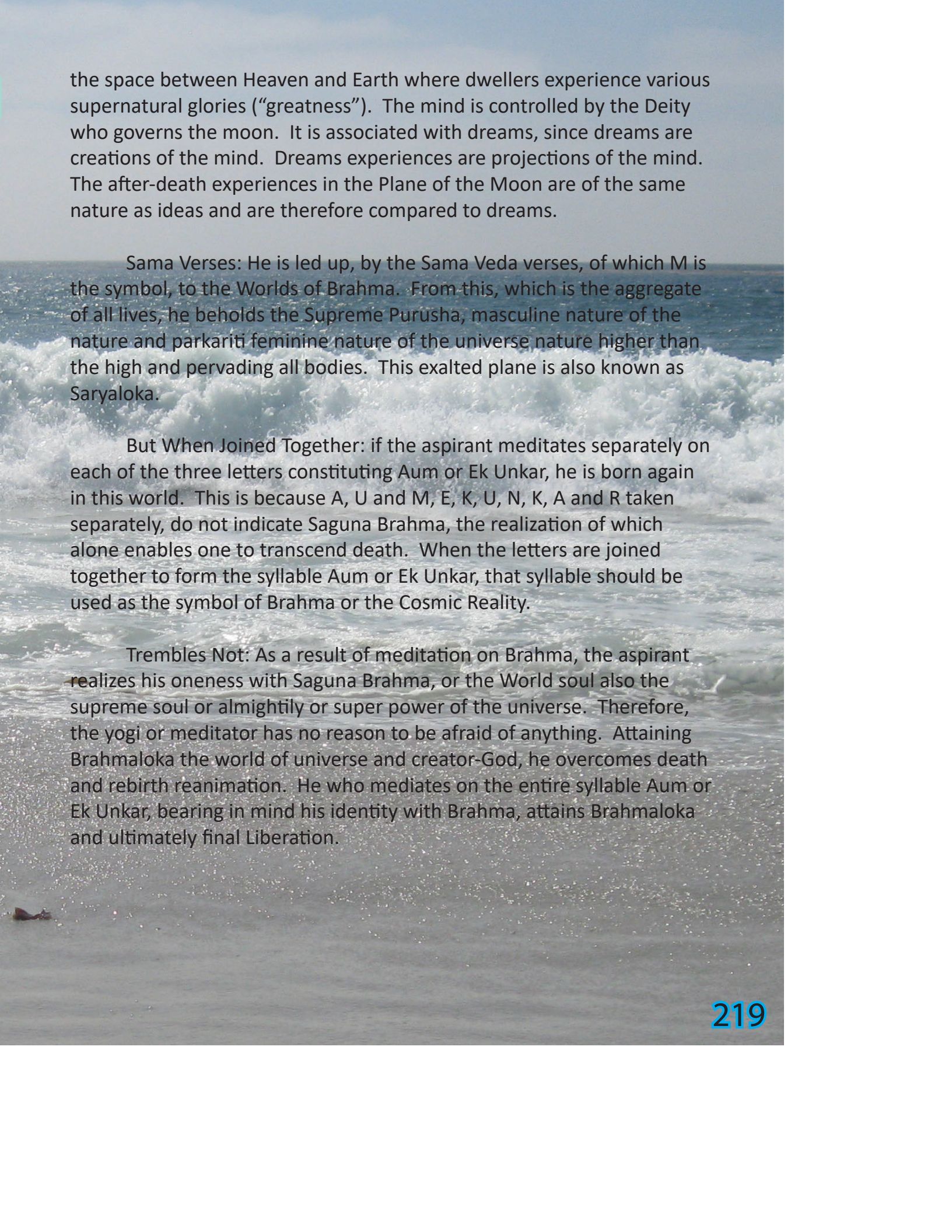
Meditation

Meditation: - Meditation means the continuous flow of the mind toward Atman (internal soul or manna) through the total exclusion of all ideas foreign to it. The aspirant should meditate on Aum or Ek Unkar with great love, regarding it as the symbol of Brahma, picture of Brahma (the god of birth), as a life long until death.

Which World: Many are the worlds that spiritual seekers may attain after death. Aum or Ek Unkar is the symbol of both the Lower Brahma and Higher Brahma. Brahma may be worshiped by the aspirant in both aspects. From the Lower Brahma, a yogi, he can attain the Higher Brahma by gradual stages. The Supreme Brahma, also called the Higher Brahma, is devoid of all characteristics and can not be known through words or thought. Aparabrahman (high brahama), or the lower, 'other' Brahman, is the first manifestation of the Absolute, or pure Consciousness in maya (the physical objects in life).

Brahma, being transcendental in nature, cannot be directly comprehended by the mind. Therefore, many indirect meditations on Brahman are laid down in the scriptures. One such is meditation through a symbol, or pratika, which means mediation on one aspect of an all pervading entity, or on something associated with it, as the thing (a physical symbol) itself. Aum or Ek Unkar is the most immediate symbol of Brahma through concentration and chanting. It is much more effective than any other symbol. By contemplating the Supreme Brahma through Aum Ek Unkar, one realizes the highest plane, and by using Aum or Ek Unkar as a symbol of the lower Brahma, one attains a lower plane, so a yogi or yoga practitioner or mediator must use the word Aum or Ek Unkar.

Plane of the Moon: the second syllable, U, is the symbol of the verses of the Yajur Veda leading up to the Somaloka, soma means moon and loka means world, so the of moon or plane of the Moon, located in



the space between Heaven and Earth where dwellers experience various supernatural glories ("greatness"). The mind is controlled by the Deity who governs the moon. It is associated with dreams, since dreams are creations of the mind. Dreams experiences are projections of the mind. The after-death experiences in the Plane of the Moon are of the same nature as ideas and are therefore compared to dreams.

Sama Verses: He is led up, by the Sama Veda verses, of which M is the symbol, to the Worlds of Brahma. From this, which is the aggregate of all lives, he beholds the Supreme Purusha, masculine nature of the nature and parkariti feminine nature of the universe nature higher than the high and pervading all bodies. This exalted plane is also known as Saryaloka.

But When Joined Together: if the aspirant meditates separately on each of the three letters constituting Aum or Ek Unkar, he is born again in this world. This is because A, U and M, E, K, U, N, K, A and R taken separately, do not indicate Saguna Brahma, the realization of which alone enables one to transcend death. When the letters are joined together to form the syllable Aum or Ek Unkar, that syllable should be used as the symbol of Brahma or the Cosmic Reality.

Trembles Not: As a result of meditation on Brahma, the aspirant realizes his oneness with Saguna Brahma, or the World soul also the supreme soul or almightily or super power of the universe. Therefore, the yogi or meditator has no reason to be afraid of anything. Attaining Brahmaloaka the world of universe and creator-God, he overcomes death and rebirth reanimation. He who mediates on the entire syllable Aum or Ek Unkar, bearing in mind his identity with Brahma, attains Brahmaloaka and ultimately final Liberation.