

TWUYA's YOGA BEYOND ASANA

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To bring the yogic consciousness in every person

An Initiative of THE WORLD UNITED-YOGA ASSOCIATION

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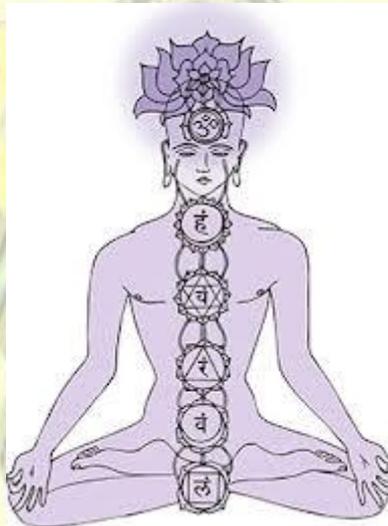
Editorial Advisor

Dr Yugandhar GR

Yoga For Physical Body, Mind & Spiritual

We mostly begin with a warm-up before any strenuous exercise, such as running or weight lifting. In the similar manner warm-up is necessary even before we start with our yoga moves to prevent the MUSCLE CRAMPS while practicing the postures. Warming up helps to become flexible and loosen the joints. Blood circulation runs thoroughly in the body and by our sweat, toxins will be removed.

Yoga effects at all levels, physically, mentally, emotionally, socially and spiritually.



What is yoga and How Yoga effects at all levels?

Being in the present moment and connecting with the divine is yoga. Union between the self-soul and supreme soul is called as yoga.

Yoga effects at Physical level

Yoga helps is to achieve stability and steadiness in life. In yoga maintaining the posture is important, so learning to be stable and steady is the key . How yoga's posture or asana effect? It affects us physically and mentally. Physical effect will be more and mental effect will be little, in this moment the mind will not run anywhere and consciousness starts turning inward a little. In the posture, the benefits of stretching and flexibility will improve not only the strength of muscles, but

also fitness would be improved. Stamina also will be improved by the practice of Pranayam and through postures.

Benefits of Yoga at Physical level

Consciousness & energy effects on physical level, muscle level, tissue level and organic level.

- Flexibility
- Stretching will be improved
- Toxic matter removed at muscle level
- Fitness will be enhanced at muscle level and physical
- Strength
- Stamina
- Balancing will be Improved
- Heal at Organic level (therapeutic)



Yoga effect at Mind level and Emotional level

Pranayam increases your vitality which in turn helps with your age process slowing down and thus yoga keeps you young.

When the mind gets disturbed due to worries and desires, then emotions inside are stirred up and this in turn will result in causing difficulties to the physical body. This will affect your confidence level in turn effecting your health also. If mind gets disturbed, then it causes fluctuation of Prana Shakti (the vital power or source of life-force).

Pranayam revitalizes the vital organs; it makes the functions balanced by coordination between the mind and vitality. There are other techniques for

detoxification and cleansing techniques at mental level and organ level through kriyas and pranayam.

This vitality or prana shakti slows down the age process and it affects the mind. The mind will be at peace and blissful. When the mind is calm, then the energy starts accumulating leading to peace, and by practicing the pranayam and meditation, more energy will be accumulated and more pure energy will be accumulated. This will help increase the joy. In this moment the mind will be stable and there will be no fluctuation of the mind. Mind when in the position of equanimity then consciousness starts expanding and the negative emotions vanish. When there is more energy at the mental level then the mind will be stable. Prana Shakti helps keeping the mind and emotions stable which in turn helps improving strength, resistance, power and memory.

Benefits of Yoga at Mind & Emotional

Consciousness & energy effects at Mind level & emotional level.

- Mind power will be enhanced
- Equanimity of mind will be improved
- Concentration will be improved
- Awareness will be improved
- Consciousness will be expanded
- Emotional will be comes under control
- Will power will become strong
- Immunity will become power full
- Stress relief

To be continued



Adarsh Narayandas

The Inherent Power Within

Residue of past lives is existing in every being. That is the basis of our unique constitution. This is more or less unchangeable unless, a conscious effort is taken to understand oneself and shed it from the root. Fears created out of this residue produce such reality in life, which re-confirms the inherent fear. It will bring situations and reasons to enjoy the state of fear. Love is the same. Hatred and enmity brings forth such realities. Sometimes people become possessive and cruel too, because of their inherent insecurities. These are the external expressions or in another words, gross manifestation of the inherent residue. When residue leaves, lightness happens, clarity and flexibility happens, finally, enlightenment happens. Those who lead a confused existence accumulate residue much more than the ones who have clarity in action. Those who are emotional by nature also accumulate much residue. Those who crave for sympathy or applause, those who constantly blame situation or other people for their seeming failures in carrying out responsibilities, those who constantly blame injustice in society without doing anything about it are filling themselves up with deep residue at each moment.

Where does the residue stay? Mostly in the lower region of our body. The lower part of the “shiv ling”. Shivling means our body minus legs, hands, neck and head. When energy moves through the body, vertically and horizontally, in alternate waves, the residue of thoughts, words and actions combined with emotions are dropped to the bottom. It gets accumulated or stuck at various locations of our system, of which the tangible gross is our body and intangible are the subtle meridians. It accumulates mostly around the root and the swadhishtana chakras and it in turn gets clogged over a period of time. This prevents the kundalini from moving anywhere. This is also why it is said that pushing Kundalini forcefully through manthras and practices could lead to lifetimes of agony. Removal of residue will automatically clear the path and will allow kundalini to raise to where it belongs or where it came from, effortlessly and without any artificial stimulus.

The clogging at the lower part of our system stays when conscious unhooking does not take place. Forgiveness, repentance, feeding the poor, sharing the wealth with the needy and under-privileged, spontaneous acts of kindness and

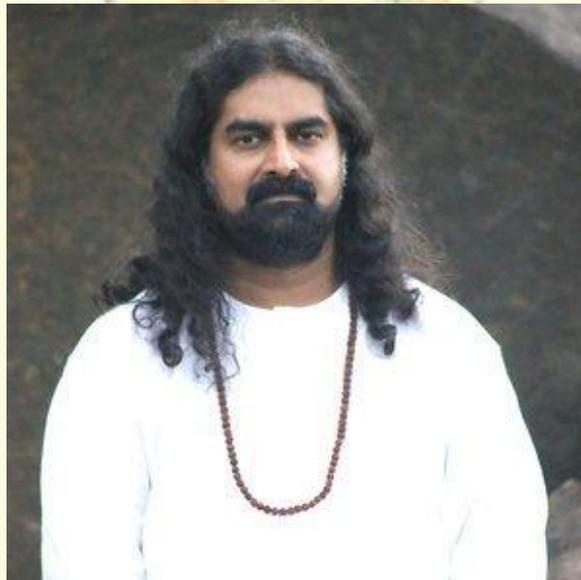
every aspects of truth and compassion reduce the residue. This is why such acts of kindness are well recommended in most paths of the world. Bhakti Yoga and Karma Yoga are powerful tools that reduce the residue.

What happens when residue leaves through sadhana or by the grace of the Master? Usually, all the hidden fears, anxieties and traumas will surface first. Sleeplessness, confusion and many such emotions can surface. **Only if a person is strong enough to handle unknown fears and hidden traumas can actually make use of this sadhana or practice.** Some tend to suppress the residue back into themselves out of overwhelming fear and confusion. Some prefer to change the guru. It takes an expert guide to take you through this time. This is quite a vulnerable time and the practitioner should be extremely objective, patient and kind.

When we embrace silence through practicing witness-hood, the same happens. The first that comes out from us are negative emotions such as fears and anxieties. We have to allow them to surface and go. We must sincerely let go. Many cannot. Some even cannot release their own illnesses. They hold on to everything and the whole exercise becomes futile. In some paths, there are practices such as talking nonsense to themselves, or shouting at the wall for minutes. This is to expel the hidden residue. But, understand that the nature also has the same power to hold. There are scientific proofs that if you scold or show anger to the water, it forms a different pattern within than when you speak words of love to it. Nature holds residue of events. This is why accidents happen almost at the same place always. Accident prone areas or death prone areas tell this story. Just like we always attract similar realities. We are indeed a part of the nature or nature is integrated into us.

Watch yourself, watch through emotions, use intellect more, try to bring up all the lower emotions through breath to the higher parts of the body. Remember yourself as a Shiv ling. Breathe from the back to the front and breathe from the front to the back, alternatively, in a gap of five minutes. This could bring forth the hidden residue from lower to higher and release it from the system. When this movement becomes fine and smooth, perfect distribution of energy takes place. Equanimity and balance happens in life. I could go on and on.

But, the fundamental truth of accumulation and release always remains. What you earn should be spent. What stagnates, decays. And residue slows us down and prevents us from being fluid in life. It makes us stiff. The earth and water element of our system such as root and swadhishtana suffer the most. Instability happens if earth is not stable. Contamination happens, if water is unstable or stagnant. Do not worry too much about the fire, which is the stomach center. If the lower ones are contaminated, “black smoke” of unburnt residue would contaminate the air and space, the higher chakras and obscure the heavens which are Ajna and Sahasrara. You are the world. You are the universe. **So, a conscious practice in cleansing yourself is the most important thing in everyday spiritual practice.** Likewise, if the guide is not confident, do not experiment. **Leave kundalini alone. Instead, concentrate on the removal of residue. This is important. Make a conscious choice. Understand yourself and the reasons of your actions. Are you after spiritual elevation or sensation? Any practice can give you some sensation. Only shedding or emptying will give you spiritual elevation. You are like a balloon tied to a stone. When the stone is removed, the balloon will float up in the air. When we are heavy and caged, limitations are experienced. Unlimitedness means freedom. This is the aim of true spirituality. Rituals of unconscious nature or running after sensations cannot deliver that.**



Mohanji

Swara Yoga (The almighty Breath)

At any given time, we only breathe through one nostril. You can check this for yourself right now by closing one nostril after another. The dominant nostril changes on its own accord every one to two hours. You can choose to do activities appropriate with the nostril as per the above table. But on occasions you might need to adapt the nostril to the activity, such as while doing meditation (left nostril) or undertaking a strenuous activity (right nostril). Here are some tips on how to change the active nostril.

Sleeping on the left side opens the right nostril, while sleeping on the right side opens the flow through the left nostril. Plugging the active nostril or the corresponding ear with a cotton plug can close it and open the other. Inhalation through the active nostril and exhalation through the inactive nostril helps to change the dominance. Cold water or hot water bath helps to change the dominant nostril. The swaras can also be opened by placing pressure on the opposite armpits (this is why many portraits of ancient sages always showed them meditating with a stick under their armpits!). There are other, purely mental methods.

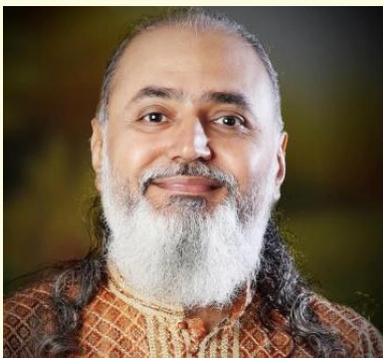
Swara yoga also deals with the third swara, the “shushumna” breath where the left and the right are perfectly balanced. It represents “Shiva” (pure consciousness) in the state of “so-hum”. Whenever the nostrils switch, both are open for seven to eight breaths. That is the time when the shushumna breath flows. No worldly activities are recommended in Shiva swara. One must meditate. Intuitive knowledge is received best during this state. A yogi tries to remain in shushumna swara for maximum duration.

The practice of swara yoga can produce miraculous results. Try these simple measures:

- If you want to alter an unwanted physical, emotional or mental state, just breathe through the more congested nostril. This prevents worsening of the symptoms and promotes rapid recovery. Swara yoga advises changing of the active nostril at the first sign of any physical, emotional or mental disturbance.

- Whenever it is desirable to influence the other person, if one's right nostril is operating, the person to be influenced should be positioned onto the right, below or behind. In case of left operating nostril, onto left, above or in the front.
- Get up each day at least half an hour before the sunrise. Find out the dominating nostril. Kiss the corresponding hand. With the same hand, touch or rub face, neck, chest, thighs and feet. Then while stepping out of the bed, the foot that corresponds to the operating nostril should be placed onto the ground first. Then one can proceed for the morning activities.
- To cure the common cold, breathe through the right nostril 21 times by blocking the left nostril. Also sleeping on the left side gives considerable relief; as it activates the right nostril.
- In case of acidity and fever, activating the left nostril helps. You can block the right nostril and breathe through the left nostril 21 times. Also sleeping on the right side helps to reduce fever.
- Swara medicines can be prepared with the knowledge of swara yoga. Swara medicines work at the vibrational level and can help the patients without any side effects.

Swara yoga is a practical science that can help us to get attuned to cosmic rhythms and to maximise the potential of the breath. Make the best use of it!



Prem Nirmal

Spiritual Truths regards Healing & Breathing

Q: Why does Master prohibit spiritual healing like Reiki or other types of healing and Yogic exercises when it helps people who are suffering? Lord Christ healed many people using His powers.

Ans: Because these methods of healing provide only temporary relief, and in the long term they turn out to be two times as painful and very dangerous. We must consider that disease have a karmic origin; they have their root in the impressions stored in the casual body of the sick person, due to erroneous actions committed in the past lives. The true cause is not the external symptoms of the illness, but rather rigorous application of the law of action and reaction.

This principle of nature operates for the purpose of leading man to perfection. Thus, the feeling of suffering, pain and disease is not the suppression of pleasure in itself, but it rather moves us closer to divinity, modifying erroneous conducts through this hard lesson. When someone is “cured” through psychic, spiritual, or supernatural powers or through so-called universal energy, the karma is not eliminated, but rather transferred to the healer, and in this way postponed to be suffered at the further time. And, since the patient does not consciously change his life-style---diet and mental habits, which cause the illness in the first place---he surely will have to suffer again at a later time, but now with greater karmic debt to the healer, who in the destiny karma of the sick person. There is high cost for this interference. Generally, the healer must take upon his own body the diseases and pains that he is curing. These consequences can appear immediately or they can be postponed for sometime or for other lives, but they cannot be escaped.

For this reason, spiritual healers usually are much tormented; in spite of the fact that their intentions may be very good and they wish to help humanity. They cannot heal their own selves.

It is true that great Masters like Jesus Christ were impelled by love to heal the sick, but to perfect this ability, they first had to pass through a long and intense process of purification and perfection. First they became perfect and complete, and even in this case they had to bear indescribable sufferings such as torture and crucifixion.

Truly, it is very naïve to think that, just by invoking divine presence, any person who pays for a class or who has a natural faculty to “heal” can be channel of God. We should first ask if there are still vestiges of ego, vanity, desire, ambition, violence, etc. in the mind of the healer. If so---and this is generally the case---we can be channels of any other thing but God, whose presence requires purity of mind and heart.

We should keep in mind that the correct way to help others is by having them help themselves. God is the only healing power and remover of karmas, and His active power lies within every human beings. This power is none other than the word, the inner current of Light and Sound that comes from the supreme source. “In Him was the life and the life was the Light of man. This is truly the Light that lights every man who comes to this world.” John 1:1-10

Thus, for this luminous life-giving Sound to project its power and generate health, one must remove the coverings of darkness that imprison the soul-power source. It is a task that only a Perfect Living Master can realize through the Initiation process, because only He has the capacity to handle karmas. Once this connection is activated, as person – in good or poor health – can reach health and wellness through the development of the soul’s faculties, which is the inner source of divinity and love. If in addition to this one eliminates negative life habits, such as the consumption of meat, eggs,

alcohol, cigarettes, and drugs, he can surely heal himself, through his own contact with the God power, without transferring his karmas to anybody.

In this manner, the meditation on the Inner Light and Sound is the best way to heal oneself and help others who are suffering, because through meditations we find that direct help from God.

Yogic breathing exercises are not to be continued. These keep our attention within the body but we are to rise above. If one is doing these breathing exercises, it is very difficult for the soul to rise above because of the attention is limited to movement of breath which is from naval plexus to nose.

The breathing control as practiced through pranayama is very dangerous for physical life. The higher subtle prana powers begin to work in the physical body, which is only meant for astral and casual bodies and our body is not meant to bear that vibration. I have seen persons who did the more pranayama and their nervous systems were totally broken. They did not know even if they had the body with them. Feelings of eating, drinking, heat or cold or going to the bathroom, etc. Is totally no more.

Breathing control is totally harmful and unnatural.



Sant Baljit Singh

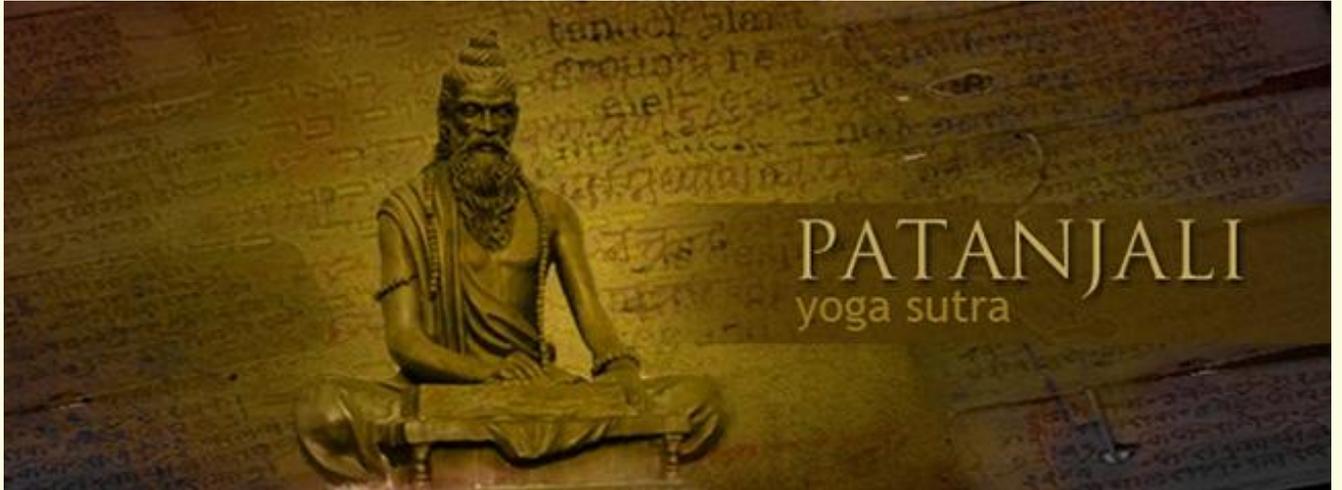
Spiritual Master

Patanjali Yoga Sutra 9

शब्दज्ञानानुपाती वस्तुशून्यो विकल्पः ।

Śabda-jñānānupātī-vastu-śūnyo vikalpaḥ.

शब्द word ज्ञान cognizance अनुपाती following upon



वस्तुशून्यः empty of substance; devoid of objectivity

विकल्पः fancy.

An image conjured up by words without any substance behind it is fancy.

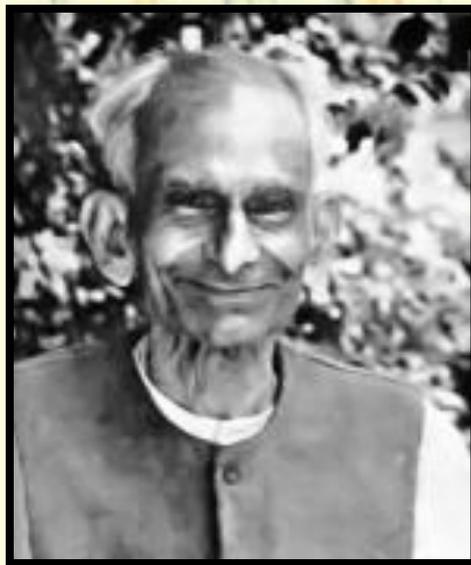
The first two categories of mental modifications exhaust all kinds of experiences in which there is some kind of contact with an object outside the mind.

These may therefore be called 'objective' in their nature. Now we come to the other two kinds of Vrttis in which there is no such contact and the mental image is a pure creation of the mind. Here again we have two subdivisions. If the mental modification is based upon a previous experience and merely reproduces it we have a case of

memory. If it is not based upon an actual experience in the past or has nothing to correspond to in the field of actual experience but is a pure creation of the mind then it is fancy or imagination. When we mentally review the events of our past life such mental modifications belong to the realm of memory.

When we read a novel our Vrttis belong to the realm of fancy. Of course, even in the case of fancy the mental images will be found on analysis to be derived ultimately from the sensuous perceptions which we have actually experienced sometime or other, but the combinations are novel and these do not correspond to any actual experience.

We may imagine a horse with the head of a man. Here the head of a man and the body of a horse have been perceived separately and belong to the realm of memory but the combination of the two in one composite image which does not correspond to an actual experience makes the mental image a case of Vikalpa. The two categories of memory and fancy on account of the absence of any contact with an external object which stimulates the mental image may be called 'subjective' in their nature.



I.K Taimni

Kundalini awakening ~ A western Perspective

Kundalini, “the coiled serpent”, or Lady K as I affectionately call her is much misunderstood, especially in the western world where she is barely known at all even among those teaching yoga and meditation, practices whose basal intention is to arise or Awaken Her. I found this out empirically and completely to my dismay.

Whilst I had former knowledge of Her, had studied Her where I was intuitively drawn to read about Her, and had purposely intended to arise Her through various practices, I found myself at a complete loss for finding external assistance when She arose. I was one of the lucky ones here as I was fully aware what was happening to me. A combination of those practices, academic study, as well as “Remembering” how to fully surrender to her kept my mind and body safe through the process. However, a prevailing lack of knowledge and purposeful mis-teachings regarding this Extraordinarily Powerful, ineffable, innate physio-psycho-spiritual process combined to leave me not only without assistance and support but physically, mentally, emotionally, and “legally” attacked, arrested, robbed of my beloved son, physically and emotionally abused, and imprisoned and poisoned against my will in a hospital that allegedly had my safety and best interests at heart.

The allopathic medical doctors known as psychiatrists whose “care” I found myself under, with the exception of one, certainly were neither capable of understanding nor comprehending any of my assertions and later pleas that I need not be medicated or jailed due to my Spiritual Emergence, of which I spoke clearly and with a compassionate, rational, and didactic tone. Clearly western “conventional” medicine and the majority of its’ practitioners are doing far more harm than good whether they are just “doing their job” innocently...or not. My experience is far too common so I am inspired to address it in order to educate about it, create an evolutionary shift in our society’s handling of it, and end the torture and abuse, for profit no less, of those arising Kundalini.

The western allopathic model of medicine approaches dis-ease, or rather the imbalance of physical, mental, emotional, and spiritual energies by “attacking” and suppressing the symptoms. This does not lead to the eradication of any of these imbalances although those that practice it are credited with the power of magicians



and having performed miracles for “curing” the symptoms. While this only leads to further systemic dis-ease, imbalance, and life force~all the time, it is particularly dangerous with Kundalini as She is life-force itself. Imagine trying to force a wild stallion to do as you bid against their will and intention. One can not overpower Power itself with power. While it might work with a gelding, with a stallion it must be Inspired through Love, respect, trust, and admiration. The same is true for Lady K. Those who abide in societies that are aware of Her are cared for, supported, nurtured, and kept safe during their Sacred Union process the same as a newborn child is meant to be in our world...for the birth of Lady K is the Re-Birth of the Divine Child Within into this external world. To make matters worse the conventional mental “health” system attempts to suppress Kundalini with toxic pharmaceuticals that are dangerous alone never mind to the immensely intensified sensitivities of someone amid this process. Simply put it is easy to kill someone with these psychotropics as their system’s responses are heightened. With the increased practicing of yoga and meditation in the west and its’ upsurge in the numbers of people experiencing Spiritual Emergency as a result of not being either aware of or prepared for it, it is of paramount importance to bring this information to light. In addition, there is organically a rise in the numbers of people experiencing Spiritual Emergence without any practice or intention to do so as well which adds to the gravity of the need for this wisdom to become common knowledge at this time.

Lady K is first and foremost a purification process and is the evolution of our nervous system, something not meant to be suppressed for so too many reasons to delineate, especially in these syntropic transformational times with much healing needed collectively on our planet, not to forget the importance for each individual. While She takes and guides us through Darkness into Light on a personal level, She also does the same for our planet, the cosmos, and the Multiverse/Omniverse. For humans to suffer the delusion that they have the capacity to suppress, prevent her, or even alter her course is displaying severe ignorance and lack of Respect for Her which I have tremendously acquired empirically. It also is completely self-destructive and in denial of our spirituality. It is now time to bring Her and her Wondrous Powers of Healing, Enlightenment, Bliss, and Love so that we may all share in her Gifts, known as Siddhis or “supernatural” powers/senses and Ananda, the Bliss of

Being. Our human family must embrace Her Lovingly, Respectfully, and with Courage in order to be Transformed by Her Grace into Divine Humans, our Destiny.

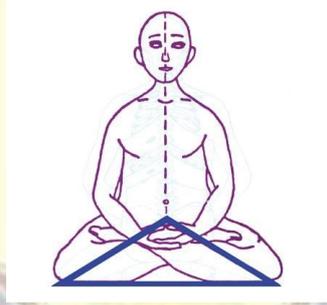
For those working in any of the fields that I have mentioned I must impart that it was not my intention to insult or judge you but to bring into your awareness more truth with which to do your jobs in a higher manner in Service to your fellow man and woman. Much in our world, our beliefs, our systems, and ways of being, is no longer valid. Lucky for us Lady K, like how a newborn babe in a mother's arms at her breast for the very first time erases all prior memory of pain and struggle as if it never existed, is here to assist humanity to experience the Infinite Love we all are made of so we may Co-Create a new story for humanity, a New Earth, and then some...of which we had absolutely no idea was even possible...as I say in one of my affirmations given to me by Her, "Where we are All as ONE Simply Drunk on GodDess and Gratitude and everything else Mother-Father GodDess have in store for all their Children whom they so do Love to Surprise."



© Lisa Vunk

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Meditation



Meditation is not....

Meditation is not Prayer/Worship

Meditation is not Concentration...not Meditation requires Concentration

Meditation is not Contemplation

Meditation is not just a Method

Meditation is not 'Doing'

Meditation a state of being which comes with emptying oneself

Meditation is choice less awareness born out of the awakening of energy of understanding

While there is no singular method which can be called as superior or ultimate, still many meditation methods advocate the importance of Breath

Here is a way ... Just Enjoy !!!

- ✓ Sit Straight (Sitting Straight makes the alignment of energy properly)
- ✓ Nose and Navel should be in straight line
- ✓ Close of your eyes with your hands on the lap
- ✓ Watch the rise and fall of abdomen with each breath (abdomen raises with every inhalation and goes within with every exhalation)
- ✓ Keep the mind's eye in the lower abdomen
- ✓ let the breath be smooth, soft, pause less/jerk less like the flow of oil
- ✓ Allow the letting-go phenomenon happen
- ✓ Let there be no expectation or craving for an experience
- ✓ Slowly the meditative process starts blossoming

With continuous passive attention on breath, with a feeling of letting-go, slowly the mind gets emptied and gets focussed on the inner eternal silence and the consciousness slowly gets internalized. This internalized consciousness has to be maintained throughout the day and night

The Mastery over breath is said to happen when the breath always happen in the abdomen even during normal daily activities of life. When the breath patterns are changed, mind also changes.

1st World Parliament on Spirituality Pic's



Thank You...