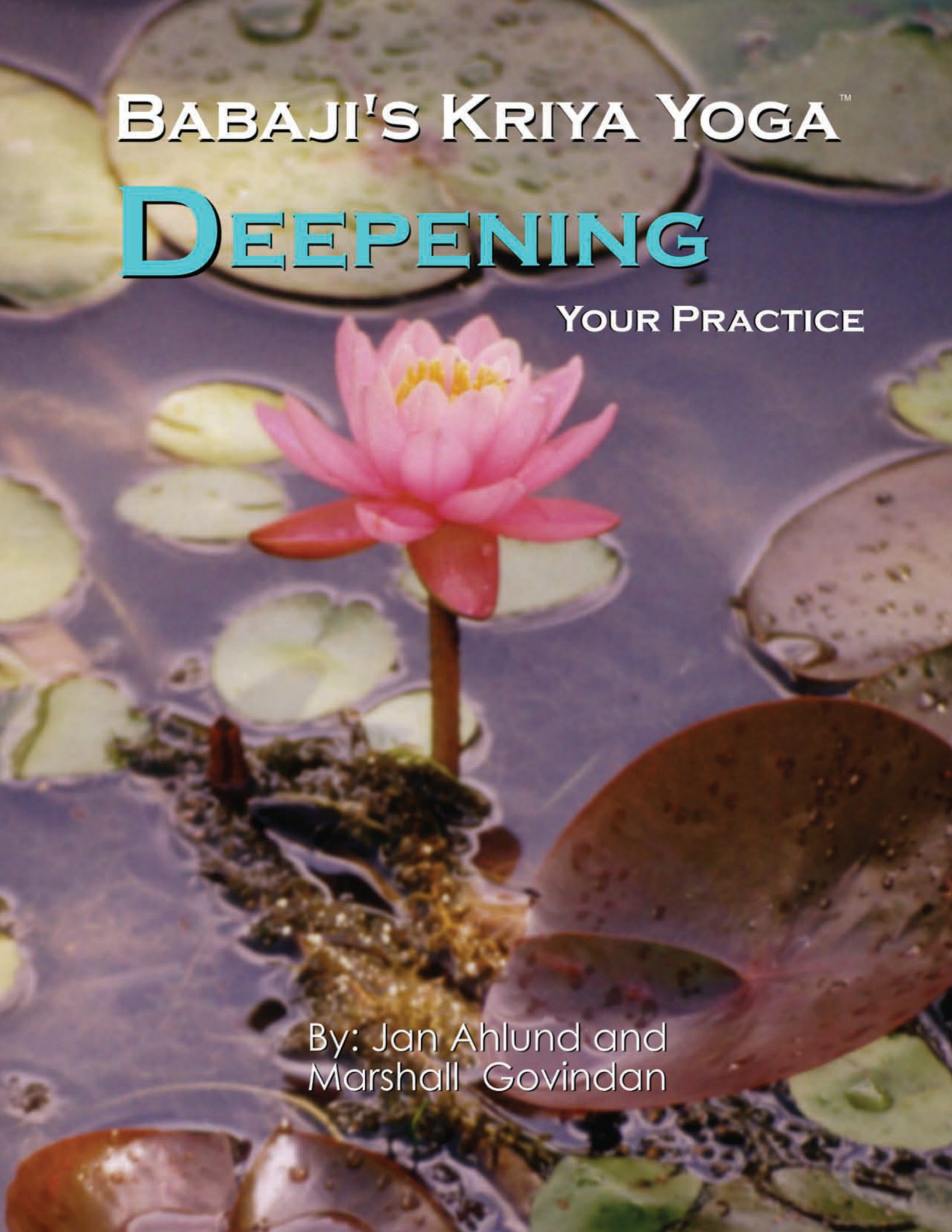


Babaji's Kriya Yoga™

Deepening

Your Practice

By: Jan Ahlund and
Marshall Govindan

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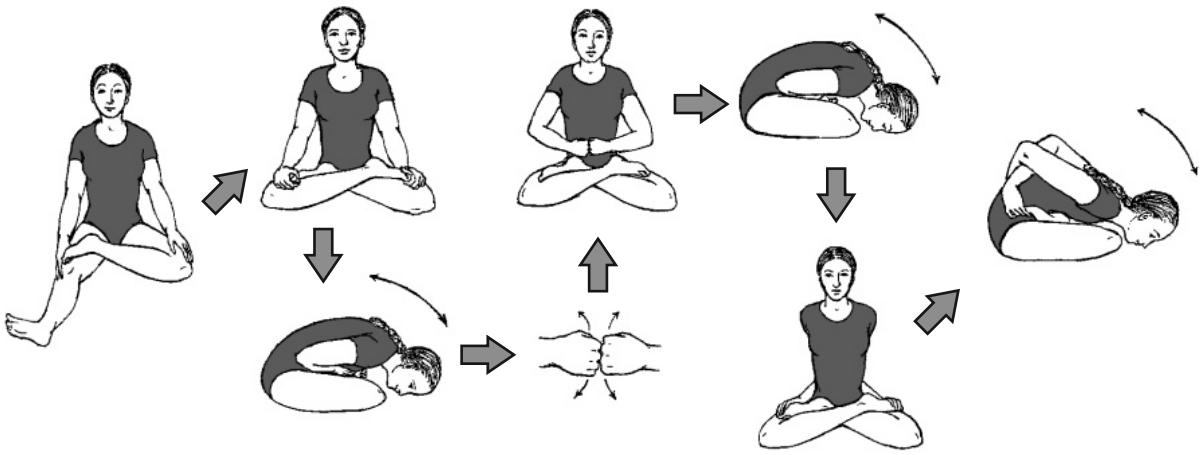
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The 11th Asana - *Yoga Mudrasana*, Yogic Symbol Pose



Yoga Mudrasana builds a strong abdominal wall and is beneficial for many abdominal ailments as it give a powerful compression to the abdomen. It increases circulation to the pancreas and helps improve its functioning. Intra-abdominal pressure with the closed fists in *nabi mudra* pressed against the abdomen creates an internal muscular massage, which regenerates organs of the abdomen and intensifies peristalsis. Increased circulation to the pelvic region strengthens reproductive organs. *Nabi mudra* massages the liver, gall bladder, spleen, small and large intestines and kidneys improving function.

Yoga Mudrasana stretches the spine, gently toning the spinal nerves, the sacral and lumbar nerves in particular and contributes to overall good heath. The deep back muscles of the erector spinae, which support the lumbar spine and the superficial latissimus dorsi of the mid-back are strengthened. The kriyas stimulate the parasympathetic nerve fibers in the lower back and the sympathetic nerves of the mid-back. The movement forward releases pressure on the spinal nerves giving them a profound stretch and also stimulates all the nerves of the body to the brain, improving function. When the chest is expanded, the joints in the shoulders and the heart and lungs benefit.

Sitting in lotus pose (*padmasana*) strengthens the joints in the legs and redirects energy upward. It creates a balance in the body that encourages physical and mental stillness. Practice of Yogamudrasana increases pranic energy, conserves it and increases the power of concentration. The pose calms the adrenal system and induces a deep state of relaxation. It is good for mental

stress and strain and general tiredness and fatigue. It is said that *Yoga Mudrasana* reduces fever in the body and passion in the mind. *Yoga Mudrasana* is "psychic union pose." It improves the positive and negative energies in the body, bringing a cooperative spirit to physical and mental energies and a general sense of tranquility to the body and mind. It is powerful enough to arouse energy at the base of the spine. It stimulates all the adharas from *muladhara* to *ajna*. It can develop an awareness of psychic energy. It is powerful preparation for meditation. It has the power to connect you to your subtle self.

****

Come to an easy crossed-leg seated position (*sukasana*) to prepare the hip joint for the full lotus. Make certain that you are sitting on the sitting bones (ischial tuberosity) and that your back is straight. Bring the soles of your feet together. On the exhalation, bring the heels as close to the body as comfortable. Begin to flutter your knees toward the floor. Feel the nice opening in your hips.

Take hold of your feet and bring your elbows against your thighs and lengthen your back, while releasing forward, exhaling. Do not use force. Try not to round your back. Visualize yourself breathing into your lower back and slowly releasing tension from your back and hip socket. Breathe. You can open your feet so the soles face upward and on exhalation, release a bit deeper. Imagine your chest releasing to the soles of your feet. You are increasing circulation in the pelvis. Keep extension in your spine. Inhale with the intention of increasing strength in the body. Exhale with the intention of relaxing tension in the muscles. Breathe and relax as much as you can for at least a minute. Slowly come up to sitting.

Bend your left knee, bringing both your arms around your leg to cradle it. Alternately, you can bring both wrists underneath your ankle. Gently rock the hip, to the left and to the right. Bring your leg as far as you can in both directions for at least thirty seconds. Then place the left foot as far over onto the right thigh as you can; your left ankle should be supported on the thigh. Rapidly rub or massage any tightness felt in the knee or hip. Hold the toes with the right hand, and lift the left knee upward and press it gently downward with the left hand. Coordinate the movement with your breathing, inhaling, lift your knee upward and exhaling press downward. Do not press your knee down to the floor if you feel tension in the knee cap; bring it only to a horizontal position. Relax your left leg and pat out any tension. Repeat these exercises on the other leg. Bend the right knee, taking right leg under the ankle or cradling it and rock it side to side. Place the right foot onto your left thigh and bring the right knee up and down, with the breath until the hip relaxes. Work with these stretches until you feel the musculature is warm and your hips are open enough to move safely into lotus pose or use a half lotus, sukasana (easy crossed-leg pose).

The Lotus: Sitting on your sitting bones, and with your spine straight, move into a full lotus. *Take hold of your right shin and ankle from underneath your leg, so you rotate the shin and thigh outward (don't grab your foot above your leg). Keeping your foot flexed, ease your right

foot as high and as far over on top of your left thigh as you comfortably can so that your right ankle is supported on your thigh. If the ankle bends so that the sole of your foot faces up at you, the ankle is weakened and there is an excessive pull on the ligaments and cartilage of the knee. Bend your left knee, flex your left foot, take your left ankle and shin from underneath and slide your left leg on top of your right. Relax your feet. If you don't experience comfort and stability in this posture, release your left leg out and cross it under you. If you experience pain in the right leg, sit in sukasana, easy pose (both legs crossed under you).

Tighten your pelvic floor and the navel center. Take hold of the big toe of each foot, your chest and shoulders are open, your shoulder blades down, your elbows next to the body. Begin spinal breathing. Bend forward slowly. Allow the *ujjayi* breathing to release tension as you move your forehead toward the floor. Stop the forward moving if you feel tightening in the musculature and breathe. You can utilize the kriyas, micro-movements, little pulsations, to inch your way further into the stretch.

Relax into this forward bend. Your deep *ujjayi* spinal breathing will continue to lengthen the spine. The contraction in the pelvic floor and abdomen will support your lower back and begin to direct energy upward. Bring your forehead to the floor as you can comfortably. Continue to settle into the posture, just by working with the breath for one to two minutes. Come up slowly, keeping your spine elongated.

Begin the second stage with *nabi mudra*. Bring your thumbs inside your palms, fingers folding over. Bring the fists together, the knuckles fitting in such a way that they can roll like gears meshing together. This massages the nerve endings and acupressure points between the base of the fingers and relaxes the hands. The hands can be held horizontally or vertically. This can help to conserve nervous energy that is normally released through the hands.

Now, bring your fists on either side of the navel center. Press deeply. Bend forward, slowly, lengthening not rounding your lower back. Keep your buttocks on the floor. Use micro-movements, little pulsations, in order to release forward more deeply. Again, bring your forehead to the floor and breathe, using the *ujjayi* and spinal breathing. Inhale and exhale slowly. Exhale away any discomfort. Be patient and persistent. The nerves will become strong. The electromagnetic power of the body and the working capacity of the body will increase if you practice this regularly. Relax in the pose as long as you like. Sit up.

To begin the third stage, again, tighten your pelvic floor muscles (*mulabandha*) and your navel center. Cross your arms behind your back and reach around as far as you can at your waist. Take hold of the toes on one or both sides, if you are flexible enough. Drop your chin to your chest. This creates a fully-banded lotus. (Alternately, you can bring your arms behind you, interlace your fingers, locking them, taking your shoulder blades close).

Bend forward, breathing out as you move. Begin with small micro-movements, bringing your forehead closer and closer to the floor in front of you. The aim is to bring your forehead on

the floor to stimulate the flow of energy mid-brain, into ajna. Breathe deeply and smoothly.

If your arms are interlaced behind you, bring them up as high as possible toward the head. Keep your fingers interlaced and shoulder blades close. A full stretch in the shoulders creates a muscular lock in the arms that helps move energy upward. Draw your eyes to concentrate at the "third eye" space between the brows. Continue to hold your head still as you breathe in the spine. Continue to stretch your arms upward as you breathe. Do not force this. If there are irregularities in the breathing, relax the stretch in the arms.

To release out of the pose, slowly rise to center. Release your hands and place them on your knees. Notice the quality of the breath and the deepening stillness in body and mind. Rest in stillness.

Release the crossed legs, and stretch them out. Massage out any tension in the knees and pat out both sides of the legs. Rock them from side to side to release tension in the hips. Lie onto your back and release your head from side to side to release any blocked energy. Relax on your back in *shavasana* for thirty seconds. Then, bring your arms above your head and your legs together and stretch. Point and flex your toes as you stretch in both directions. Inhale and come up to touch your toes, with your pelvic floor and navel tightened to support your lower back and your chin to your chest, to support your neck.





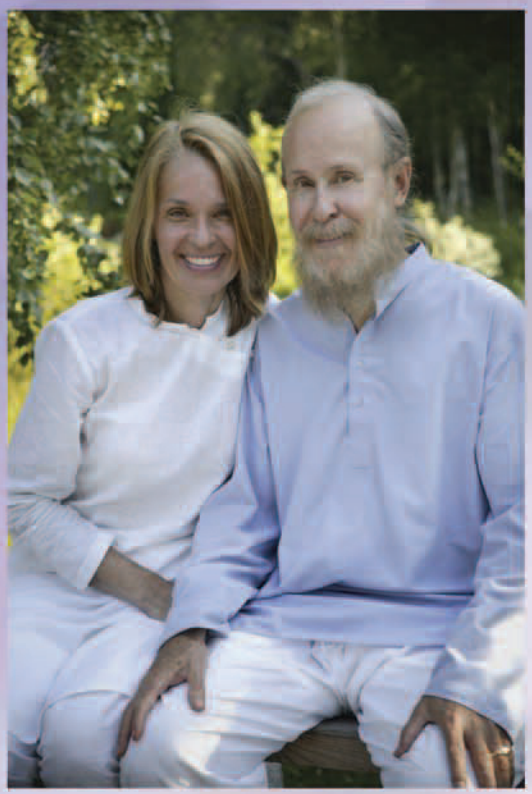




BABAJI'S KRIYA YOGA: Deepening Your Practice

Action with awareness is both the vehicle and the destination in all phases of Babaji's Kriya Yoga. Through it we become aware of That which is aware;" which is the one constant underlying all of our thoughts and experiences. Babaji's Kriya Yoga is a means of self-knowledge, of knowing our selves and the truth of our being. It brings "action with awareness" and a devotional spirit into our practice of asanas, pranayama, meditation, mantras and also into all our thoughts, words, dreams and desires and actions. This sadhana has enormous potential to make us more conscious human beings. It requires the willingness of the body, mind, heart and will, to align with the soul in aspiration of purification and perfection.

This book provides detailed instructions, diagrams and photographs in the practice of a particular set of 18 Yoga asanas or postures, known as "Babaji's Kriya Hatha Yoga." The essays and instructions herein enable the practitioner to go beyond the development and health of the physical body, and to transform the practice of yoga asana into a spiritual practice, inducing a higher state of consciousness. Unlike earlier publications related to Hatha Yoga, this volume will show you how to transform your Hatha Yoga practice into a means for Self-Realization. It introduces students to the Five-fold Path of Babaji's Kriya Yoga. This book is dedicated to Yoga students new to Kriya Yoga and also to Initiated students looking to deepen their own practice.



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