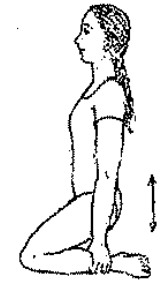
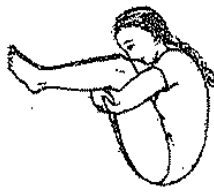
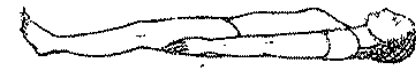
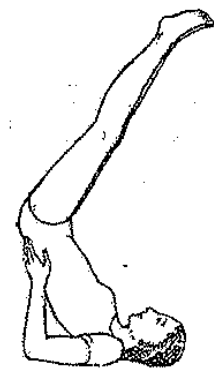
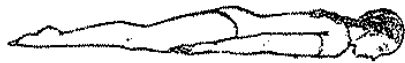
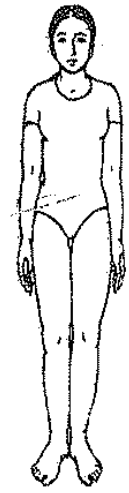
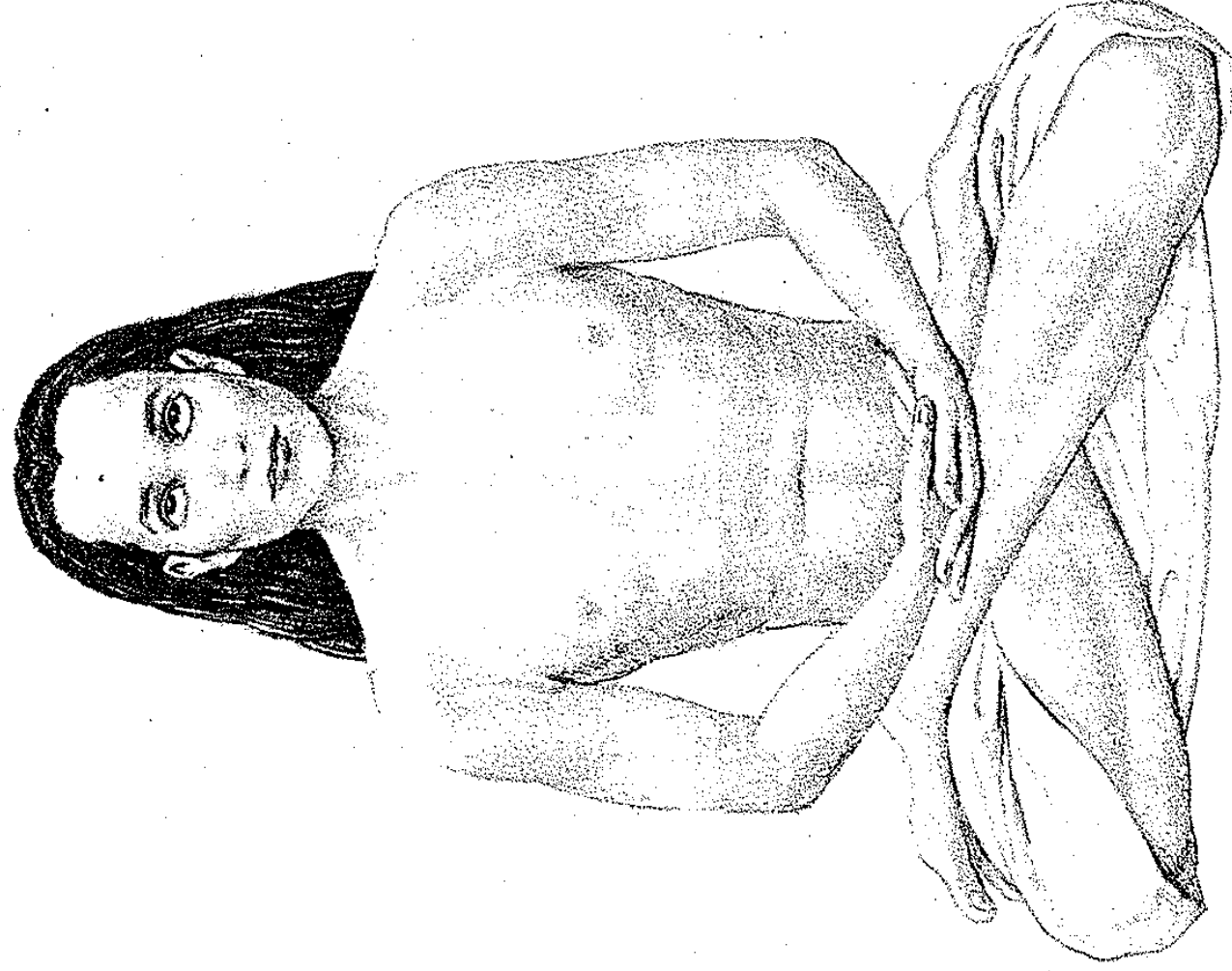


# BABAJI'S KRIYA HATHA YOGA

18 POSTURES OF RELAXATION & REJUVENATION

By M. GOVINDAN





マハアヴァター・ババジ

ヒマラヤの奥地に数世紀にわたって、現存する神人で、古代インドのヨガの秘法を、唯物主義の現代に復活させた。(ヨガナンダが自ら指導して画家に描かせたもの)

## ACKNOWLEDGEMENT

The author would like to gratefully acknowledge the fact that he learned these 18 postures from Yogi S.A.A. Ramaiah of Tamil Nadu in 1970, who in turn learned them from Satguru Babaji Nagaraj. Babaji selected these postures from among those he learned in ancient times to form an efficient system which is complementary to the goals of his Kriya Yoga. In 1958, Yogi Ramaiah published "Kriya Hatha Yoga: Profusely Illustrated Asana Guide", and in 1990, a second edition. In practicing these postures regularly since then, the author has enjoyed wonderful health and peace of mind.

The sections on "benefits" and "contra-indications" are based upon the authors notes taken in a July 1975 asana instructors course taught by Yogi Ramaiah in Richville, New York, as well as other sources.

The author is grateful to Barbara Miller who provided the line drawings which illustrate this text.

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## THE 18 POSTURES OF KRIYA HATHA YOGA

Kriya Hatha Yoga, the scientific art of mastering the physical body, through "asanas", "bandhas", and "mudras", is the point of departure for the student of Kriya Yoga. An "asana" is a posture which produces relaxation. A "mudra" is a gesture, movement or position which affects the flow of life force, known as "prana". It also refers to a corresponding psychic attitude. A "bandha" is a psycho-muscular energy lock which redirects the flow of pranic energy and awakens the "chakras" or psycho-energy centers. They were developed by the Siddhas, the ancient masters of yoga, and practiced to strengthen the chakras and energy channels, "the nadis", and to eliminate energy blockages. They were also developed to permit the transmission of gradually increasing amounts of pranic energy, as well as to strengthen the immune system and to keep the body free of functional disorders.

"Hatha" is derived from two root words, "Ha", meaning "sun", and "tha" meaning "moon". These correspond to the masculine or "yang" and feminine or "yin" sides of our human nature. "Hatha yoga" today is mostly associated with physical postures or asanas. In the traditional teachings of the Siddhas, it was taught as an adjunct to breathing exercises. The postures also help to secure mental concentration and to integrate the two major aspects of our personality, the assertive, rational, masculine aspect, and the receptive, intuitive, feminine aspect. A lack of flexibility on one side of the body or the other, is often noted by the beginning student of yoga. By practicing the Kriya Hatha Yoga postures, this imbalance is eliminated. The lack of flexibility is associated with energy

blockages in the nadis. After some practice, the student of yogic breathing can actually feel the flow of energy throughout the network of nadis during each breath.

It is relatively easy to control the physical body in comparison to the mental or vital bodies, as the latter are much subtler and less subject to the exercise of human will. The postures, bandahs and mudras bring about a state of relaxation on all five planes. They massage the internal organs and glands and stabilize the physical body. They are effective in the prevention and cure of many diseases, functional disorders such as diabetes, respiratory conditions and hypertension, as well as emotional instability. They can thus eliminate one of humanity's most common sources of misery, "poor health". They also help the physical body to be calm during meditation. The postures enable one to regulate the debilitating effects of stress and maintain one's balance in all situations. Their practice with continuous awareness introduces the student to meditation.

For his Kriya Hatha Yoga, Babaji has selected 18 postures with several variations from among the thousands of postures which exist in classical hatha yoga. These 18 cover all of the parts of the body effectively and efficiently and are complementary to the objectives, of the other phases of his yoga. Ideally they should be learned and practiced prior to learning and practicing pranayama and meditation. They remain an important part of ones practice throughout ones life, even during the final stages of spiritual development and transformation.

योग

In practicing the 18 postures, one should keep in mind the following principles:

1. Do the postures in stages, to avoid straining the muscles by going too quickly into the final stage; if you reach a stage which is too difficult, go back to the preceding stage. The ability to do more difficult stages will gradually develop. There is nothing competitive about doing the postures. No matter what ones degree of flexibility, one will benefit just as much as the next person, if one practices them regularly to the best of ones ability.
2. Do the postures in pairs. Each posture has a counterpose, in which the muscles which were tensed in the preceding posture are relaxed in the following pose. For example posture #3 and #4 go together, as do #5 and #6, etc. This reduces the time necessary for relaxation after each pose, and develops the body in a balanced way. If you do not have time to do all of them, do several, but always with their counterposes.
- ③ Breathe at a natural rate. Never hold the breath, if you do, you will be quickly out of breath. Frequent holding of the breath will weaken the heart, by reducing the flow of oxygenated blood to it, ultimately resulting in cardiac failure.
- ④ Relax after each posture for as much time as you held the posture. Relaxation is the first purpose in doing the postures. If it is not done with this objective in mind, it is simply gymnastics, and there will be a tendency for the student to become egotistical about their ability to do the postures.

5. Most of the postures have a static phase and a phase, known as the "Kriya", involving movements. Start by allocating a fraction of a minute to the static phase and at least a half dozen repetitions for each movement, and gradually increase the time and repetitions. Doing a posture for one or two minutes each will maintain your health. You may do it longer to treat a particular condition. Do not exceed 5 minutes in the posture. If the body begins to tremble, stop the posture.

⑥ Focus on the physical body, its sensations and tension. Relax the muscles not needed to hold the posture in place. Do the postures slowly and deliberately, as a witness. Remain continually aware of your body and its reactions. Do not allow the mind to wander to other subjects.

7. Every day, practice all 18 postures, or at least some of them, preferably in the morning or evening (or both) before breathing and meditation

## 1. SALUTATION POSE

- a. Stand heels together, toes apart
- b. Kneel down
- c. Place the crown of head on floor, hands at side
- d. Place the palms together in front of head
- e. Raise the feet, balancing on knees and forearms
- f. Chant "Om Kriya Babaji Nama Aum"
- g. Repeat previous stages in reverse order

**Indicated for:** lumbar lordosis du 脊椎前弯

**Contra-indicated for:** prolapsed disc du 脱臼 (collapsed spinal disc, or slipped disc)

**Benefits:** awakens the psychic center at the top of the head (sahasrara chakra); diminish egoism.



(a)



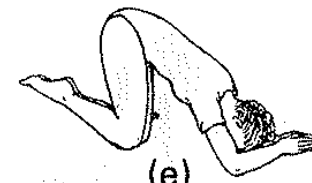
(b)



(c)

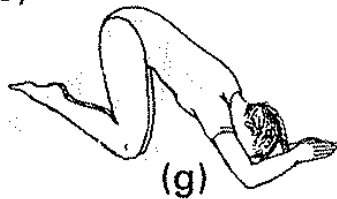


(d)



(e)





## ② SCIENCE OF SUNWORSHIP

It should be done ideally every day before 9 a.m. outside with the body fully exposed to the sun's ray, wearing the minimum amount of clothing, while water from a bath in a stream, lake or ocean is dribbling down the body as a filter to the infrared rays. 137-1572 2018  
赤外線

**At each of the following stages repeat "Om Kriya Babaji Nama Aum"**

- a. Stand heels together, toes apart, palms together high above head
- b. Place palms together at the eyebrow center
- c. Place palms together at the throat center
- d. Place palms together at the heart center
- e. Place palms together at the navel center
- f. Place palms together on top of head while kneeling down
- g. Salutation pose
- h. Right knee forward, left leg stretched back, back arched, look up, tops of feet on the floor
- i. Feet together, heels close to the floor, arching hips up with hands on floor and head down
- j. Lower hips to floor, arch back, look up and back
- k. Lower head to floor

*Repeat "j" to "a" in reverse order ("h" = left knee forward, right leg back)*

- l. Chant the following song in Tamil and Sanskrit as you turn around slowly in a clockwise direction, with the palms together outstretched above the head, exposing all parts of the body to the sun's rays.

## SONG OF THE SCIENCE OF SUNWORSHIP

(Translation:)

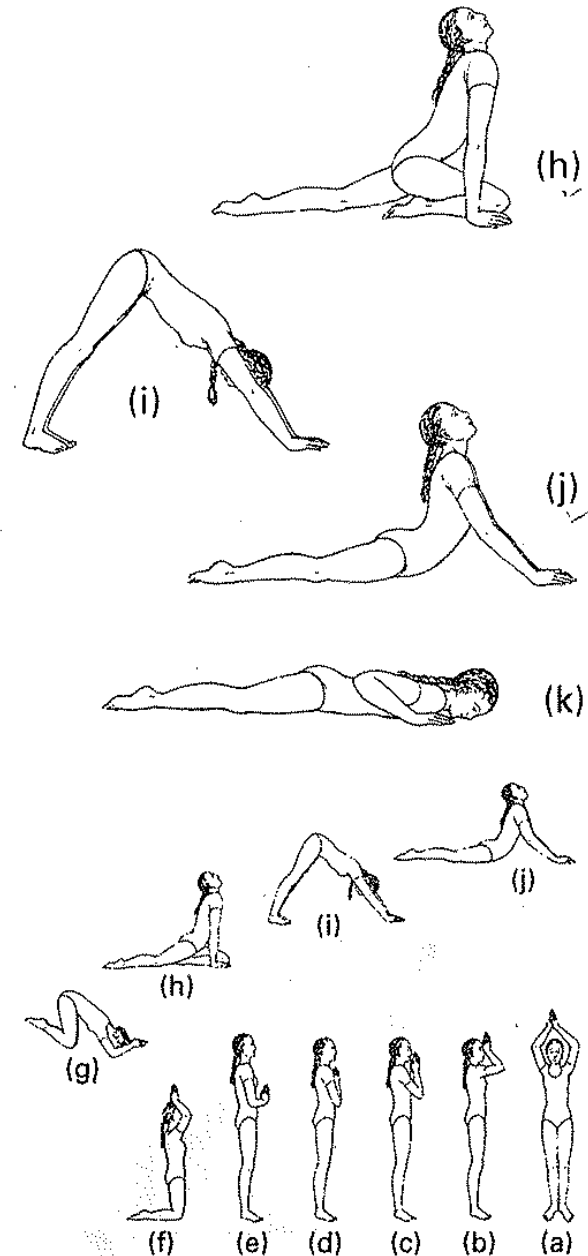
•Deepam Jyoti Parabrahman.....Bowling to the Light of Supreme God  
 Deepam Sarvam Tamobagam .....I take refuge in God's Grace  
 Deepanay Sathyatheey Sarvam .....Through That Truth all will be done  
 Nyarua Deepam Namosthuthey .....Salutations to the Sun  
 Kaalai Deepam Namosthuthey .....Salutations to the Light of morning  
 Ucchi Deepam Namosthuthey ..... " " .....mid day  
 Santhyaa Deepam Namosthuthey ..... " " .....evening  
 Nisi Deepam Namosthuthey ..... " " .....night  
 Anbu....." " .....Divine Love  
 Ahimsa....." " .....Non-violence  
 Asana....." " .....relaxing postures  
 Prana....." " .....mastery of breathing  
 Dhyana....." " .....mastery of the mind  
 Jnana....." " .....Supreme Selfknowledge  
 Mantra....." " .....sacred syllables  
 Bhakti....." " .....love for the Divine  
 •Babaji....." " .....Babaji  
 Annai....." " .....Mataji  
 Amman....." " .....Amman  
 •Yoga.....The Scientific Art of perfect God-Truth Union

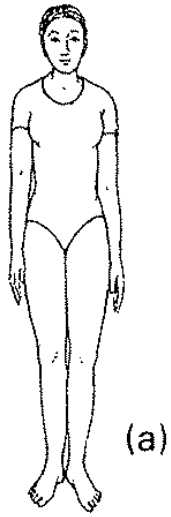
**Benefits:** When done in the sunlight: production of vitamin D, essential for bone formation; treatment for acne; overcoming lethargy; acceleration of the healing of cuts, and various skin diseases like psoriasis. It also warms up the body and helps to awaken the chakras.

**Contra-indicated for:** skin cancer.

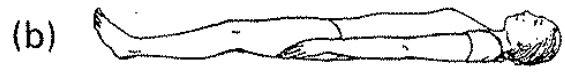
Shanthy Mantra ; Om Shanthy. Shanthy Shanthy.

Shalera Sat Nam Sadhu Jaa Em-Aum Spirit Swami Kami Amin Amma

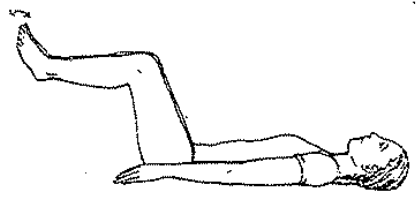




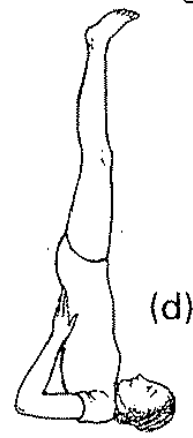
(a)



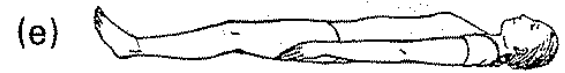
(b)



(c) ✓



(d)



(e)

8. SHOULDER STAND (SARVANGASANA)

- a. Stand heels together, toes apart
- b. Lay down on the back
- c. Raise legs, keeping seat on floor, legs bent, move toes
- d. Complete the pose, raising the trunk straight up, chin to chest, hands supporting back. To protect the neck, form a triangle between the shoulders and the head, by bringing the elbows closer
- e. Lower the body and relax

**Indicated for:** stimulating the thyroid gland (hypothyroidism); swollen sinuses; chest colds, sore throat, dental disorders; improvement of eyesight and memory; varicose veins; pinched nerve in the cervical vertebrae; facial paralysis; toning up the entire body, and promotion of a youthful form; sciatica nerve strain; maintaining the reproductive organs in a healthy condition; improved circulation; headache; stimulating the vishuddi chakra.

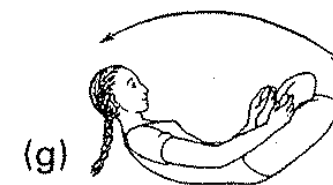
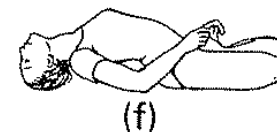
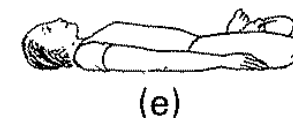
**Contra-indicated for:** slipped cervical vertebrae.

## ~~X~~ FISH POSE (MEENASANA)

- a. Stand heels together, toes apart
- b. Sit down crossing the right leg in front
- c. Place right foot on left thigh, push right knee up and down
- d. Place left foot on right thigh, push left knee up and down (alternatively, cross feet underneath thighs)
- e. Bend forwards, roll onto back, lower hands and knees to floor
- f. Raise shoulders, prop yourself up on elbows, arch back, place top of head on floor, remove elbow supports, place hands on feet or thighs
- g. Lower back, rock and roll forwards and backwards on back with head tucked forwards.
- h. Stop, sit up, lower feet, stand up

**Indicated for:** hyperthyroidism; kyphosis (hunchback); activating the pituitary and pineal glands; improving eyesight; rheumatoid arthritis in the back; lethargy.

**Contra-indicated for:** pinched nerves in the cervical vertebrae and for spinal bifida (disformed vertebrae); knee contractures.





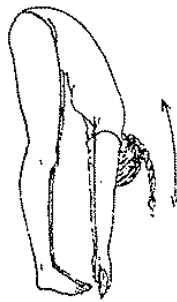
(a)



(b)



(c)



(d)



(f)

### 5. STANDING CRANE POSE (NINDRA KOKKUASANA)

- Stand heels together, toes apart
- Stretch hands above head
- Bend forwards from the hips, fingertips on or near the floor
- Gentle bouncing motion up and down
- Stop the motion, remain down
- Stretch arms up, standing up

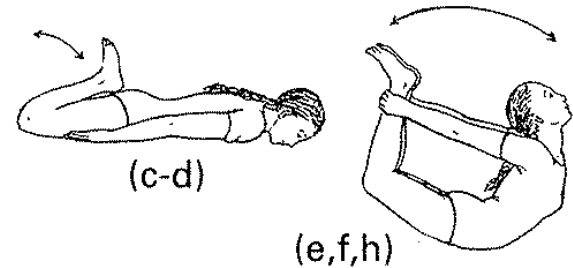
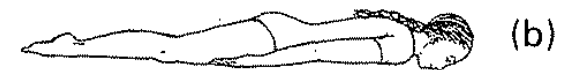
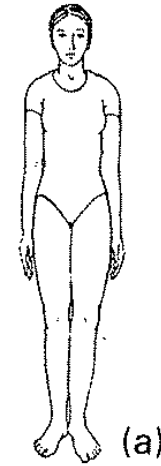
**Indicated for:** removing contractures from hips and knees; obesity; restoring youthful buoyancy; increasing memory, digestion; increasing energy; also increases one's capacity to stand for long periods; diabetes.

**Contra-indicated for:** prolapsed lumbar discs.

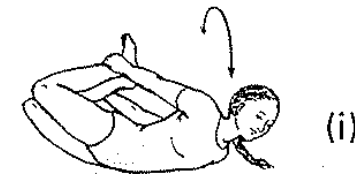
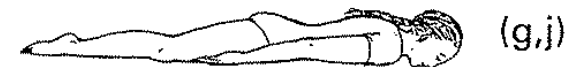
## ⑥ BOW POSE (VILASANA)

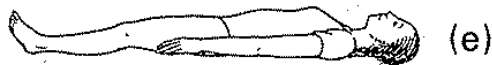
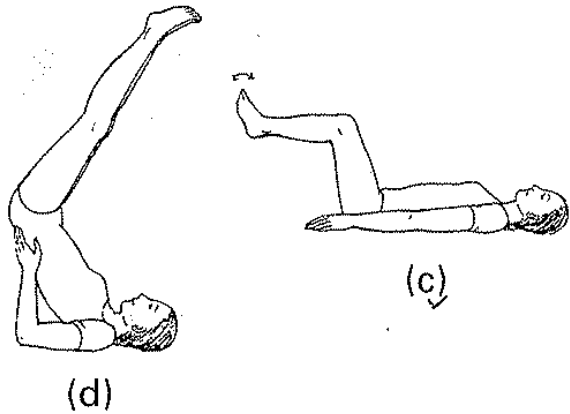
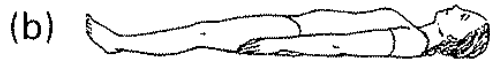
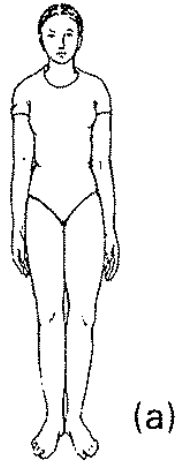
- a. Stand heels together, toes apart
- b. Lay down on front
- c. Begin motion trying to touch heels to seat
- d. Grab ankles
- e. Pull legs, head, and shoulders up, arching back
- f. Begin rocking motion forwards and backwards
- g. Stop motion, lower back
- h. Pull up with arched back
- i. Roll from side to side (this may be done with arms crossed on the back, if it is too difficult to grab the ankles).
- j. Return to center and relax

**Indicated for:** prevention and cure of diabetes; constipation; hepatitis; obesity; jaundice; the activation of all of the internal organs; giving some relief from prolapsed discs; thinning the waist; overcoming lethargy; toning up all muscles; awakening of the manipura chakra; fatigue, headaches and moodiness caused by pre-menstrual syndrome (P.M.S.).



(e,f,h)





## 7. TOPSY TURVY POSE (VIBAREETHAKARANI ASANA)

- a. Stand heels together, toes apart
- b. Lay down on back
- c. Raise legs, keeping seat on floor, move toes
- d. Raise back, placing hands on hips, legs directly over elbows or the head
- e. Lower body in stages and relax

**Indicated for:** bronchitis; <sup>肺の</sup>pulmonary tuberculosis; <sup>気腫</sup>emphysema; tonsillitis; strengthening the heart; massage of lymph glands and heart; helps hypertension.

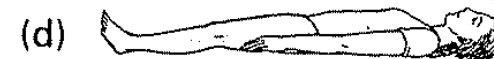
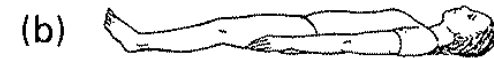
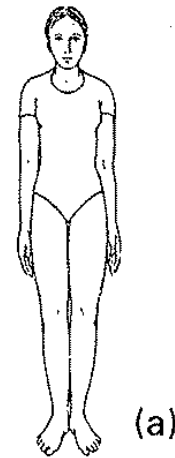
**Contra-indicated for:** prolapsed disc and spinal bifida.

## 8 HALF FISH POSE (PATHI MEENASANA)

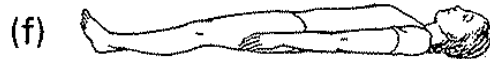
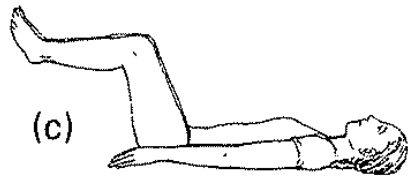
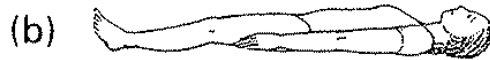
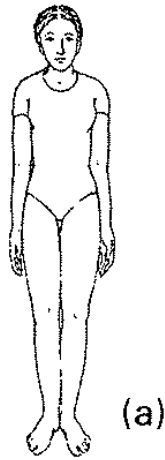
- a. Stand heels together, toes apart
- b. Lay down on back
- c. Raise shoulders, arch back, place top of head on the floor
- d. Lower back and relax

**Indicated for:** those who cannot do fish pose; insomnia.

**Benefits:** widens pelvis, giving more space for organs (important for childbirth); stimulates pituitary and pineal glands; prevents flat back; corrects kyphosis (hunchback); relieves sciatic nerve strain; prevents insomnia; preparation for sessions of auto-suggestion; reducing required time for sleep.







## 9 PLOUGH POSE (KALAPOY ASANA)

- a. Stand heels together, toes apart
- b. Lay down on back
- c. Raise legs up, keeping seat on the floor
- d. Raise back as in Shoulderstand. To protect the neck, form a triangle between the shoulders and the head, by clasping the hands together and pulling the fist down to the floor. Slowly stretch feet back behind head, keeping back straight, bring toes onto or near floor
- e. Rock on the shoulders back and forth
- f. Lower back and legs to floor in stages, relax

**Indicated for:** scoliosis (deviation of the vertebral column to one side; flexion of the trunk; after childbirth it is essential to prevent lumbar lordosis; relief of contractures of the ligaments in the back; massage of the heart and the internal organs; obesity; before the second month of pregnancy; strengthening the sphincter muscles which are important in the control of sexual energy; relief of pinched nerves in the vertebral column; awakening of the vishuddi chakra in the neck.

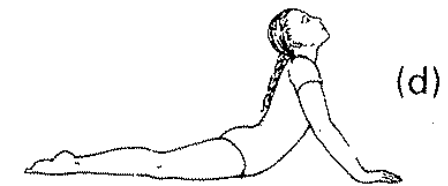
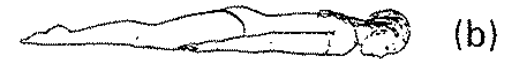
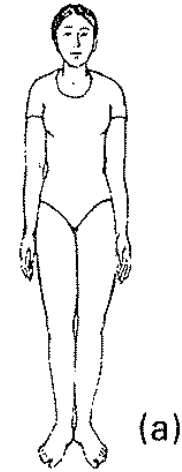
**Contra-indicated for:** after the fourth month of pregnancy; one can substitute crawling on the hands and knees to prevent scoliosis.

## 10. SERPENT POSE (PAAMBU ASANA)

- a. Stand heels together, toes apart
- b. Lay down on front, hands by the thighs
- c. Lift head, shoulders and torso, repeat several times
- d. Place palms on the floor by shoulders, slowly raise and arch back, peeling oneself off the floor, look back, straighten arms, keep pelvis on the floor
- e. Lower back and head, stretch hands out in front palms together
- f. Arch back, raise head, stretch arms to sides, clap hands together, repeat

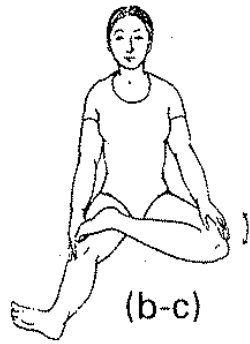
**Indicated for:** lower back pain; kyphosis (hunch back); lumbago; constipation; awakening of the kundalini energy in the muladhara chakra at the base of the spine; massage of the reproductive organs and relief of problems associated with menstruation; facilitating childbirth; expansion of the chest and vital capacity.

**Contra-indicated for:** lordosis; pinched nerves in the spinal column; spinal bifida.





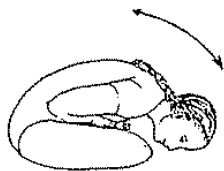
(a)



(b-c)



(d)



(e)



(f)



(g)



## 11. YOGIC SYMBOL POSE (YOGA MUDRASANA)

### First variation:

- Stand heels together, toes apart
- Sit down, crossing left foot in front of right
- Place left foot on right thigh, push left knee up and down with left hand
- Place right foot on left thigh, push right knee up and down with right hand alternatively, cross feet underneath)
- Grasp hold of the great toes, bend forwards, keeping buttocks on the floor, elongate back, gently bounce several times, bring forehead closer and closer to the floor, till touching, then nose, till touching, then chin. Sit up and relax.

### Second Variation:

- "Nabi mudra": put two fists together, and roll them like gears meshing together, massaging the nerve endings at base of fingers
- Stop movement, place fists together in the abdomen, bend forwards several times, pressing fists into lower abdomen against heels if they are on thighs

**Third variation:**

- h. Cross arms behind back and reach towards opposite great toes, grabbing them if possible.
- i. Bend forwards several times
- j. Lower arms and feet, relax

**Indicated for:** permitting the kundalini energy to rise without obstruction; stability.

First variation:

for the correction of lumbar lordosis; rheumatoid arthritis in the back; expansion of chest capacity.

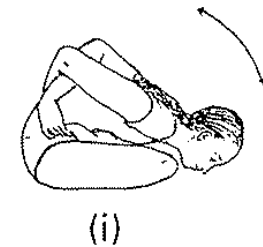
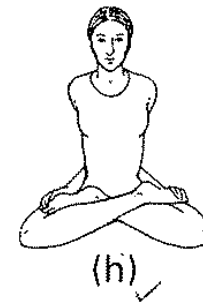
Second variation:

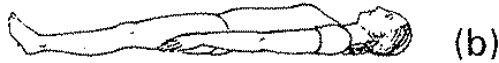
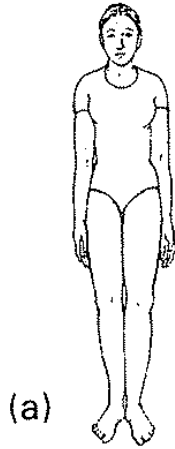
(with the two fists together) - constipation; strengthening and relaxing the nerves of the hands; awakening of the manipura chakra in the navel region.

Third variation:

(with arms crossed behind the back) correction of contractures in the shoulders, elbows, wrists; the transmission to and conservation of energy in higher centers.

**Contra-indicated for:** knee contractures.





## 12. HALF WHEEL POSE (PATHI CHAKRA ASANA)

- a. Stand heels together, toes apart
- b. Lay down on back
- c. Place feet near buttocks, shoulder width apart, knees up
- d. Place hands near shoulders, elbows up
- e. Raise trunk, placing top of head on the floor, distribute weight evenly between feet, hands and head
- f. Lower back and return to position in "d"
- g. Lower arms to sides, lower legs to floor
- h. Turn head and neck side to side and relax

**Indicated for:** activating the pituitary and pineal glands; awakening of the sahasrara chakra at the top of the head; improving the memory; avoiding senility; kyphosis (hunch back); very good for herniated disc or slipped disc (prolapsed) in the vertebral column; agilitating and toning up the muscles.

### 13. SITTING CRANE POSE (AMARNTHA KOKKUASANA)

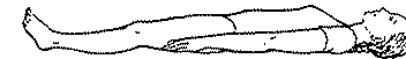
- a. Stand heels together, toes apart
- b. Lay down on your back
- c. Stretch arms above the head, sit up stretching hands towards the ceiling, elongating back, then lower arms and head, and stretch hands above and beyond the feet in a gentle rocking motion. Keep head down and keep legs flat on the floor.
- d. Stop the motion, grab great toes, or ankles, pull back forward and hold
- e. Lay back, stretching the arms above the head
- f. Lower the arms to the sides and relax

**Indicated for:** reducing excess fat around the waist; healing of hemorrhoids and diabetes; reducing the swelling of the prostate gland in men; increasing peristalsis of the intestines and constipation; gastritis; difficulties in digestion; toning up the muscles and internal organs including the liver, the kidneys, the stomach and the pancreas; rheumatoid and osteo-arthritis in the vertebral column; warming up the body before sports activities to avoid muscles cramps; stimulating the appetite; contractures of the muscles on the posterior side of the hips; lumbar lordosis; muscular pain in the back; awakening of the swadisthana chakra at the coccyx.; infertility and reproductive organ disorders in women.

**Contra-indicated for:** kyphosis (hunchback); during attacks of sciatica nerve pain, but indicated for preventing its reoccurrence.



(a)



(b)



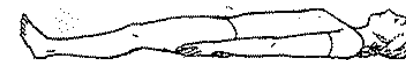
(c.1)



(c.2)



(d)



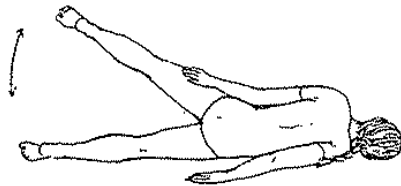
(f)



(a)



(b-c)



(d-e)



(h-i)

#### 14. GRASSHOPPER POSE (VITTEL ASANA)

- a. Stand heels together, toes apart
- b. Lay down on your front
- c. Place the right hand a few inches away from the right hip
- d. Raise the left leg from the hip and roll over onto the right side keeping the left hand on the left thigh
- e. Move the left leg up and down in a scissors motion. Bend the right leg, keep the side of the head on the floor; keep left leg straight
- f. Stop the motion, roll back to the center and lower the leg
- g. Place the left hand a few inches away from the left hip
- h. Raise the right leg from the hip and roll over onto the left side keeping the right hand on the right thigh
- i. Move the right leg up and down in a scissors motion. Bend the left leg, keep the side of the head on the floor; keep right leg straight.
- j. Stop the motion, roll back to the center and lower the leg
- k. Raise both legs together from the hips, hold and then lower them down and relax. Repeat three times.

**Indicated for:** natural childbirth without pain, best posture for strengthening the muscles of the buttocks; backache; strengthening the muscles of the legs and hips; diabetes; improving the circulation to the genital and reproductive organs, and thus for treating infertility in women, and impotence and prostrate conditions in men; awakening of the muladhara chakra, the psychic center in the genital region as well as the kundalini energy stored there; toning and massaging the internal organs; liver, kidneys, pancreas.

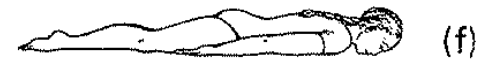
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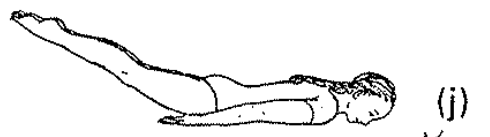
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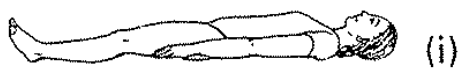
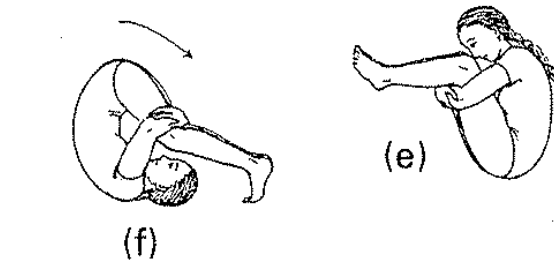
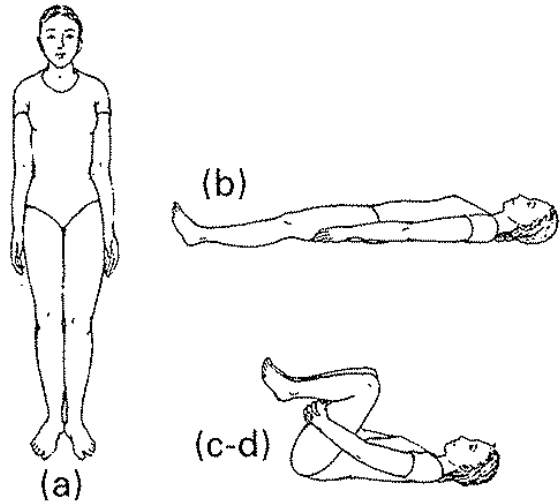


(f)



(j)





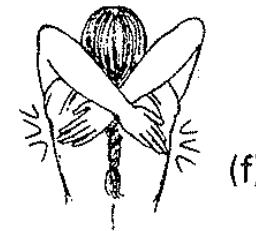
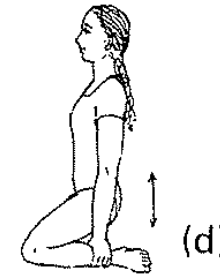
## 15. SUPINE POSE OF FIRMNESS AND LIGHT (VAJROLI MUDRASANA)

- a. Stand heels together, toes apart
- b. Lay down on back
- c. Raise legs, keep seat on floor
- d. Clasp hands together behind knees
- e. Sit up, balance on your seat with forehead close to the knees and feet up
- f. Roll back as in the plough pose touching the toes to the floor behind the head
- g. Roll forwards, lower backs of legs to the floor, head towards knees
- h. Repeat "f" and "g" several times, stop, balance on seat
- i. Lower back to floor, lower arms to sides, lower legs to floor, relax

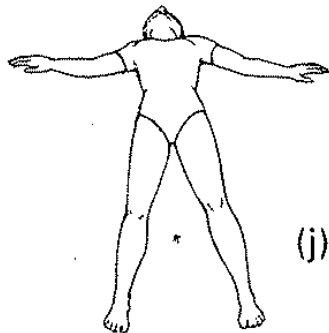
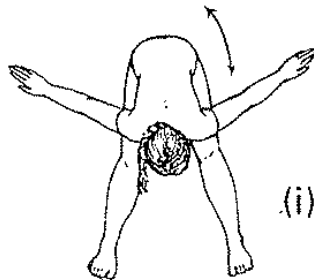
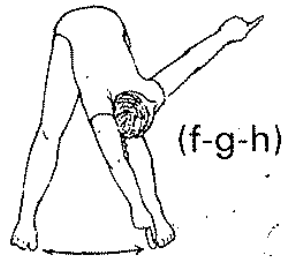
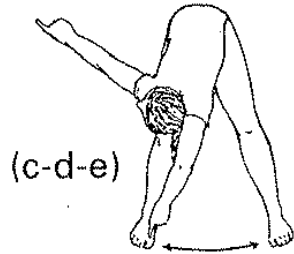
**Indicated for:** infertility and impotence; increasing one's vital energy after a loss; making the body luminous and transparent; reinforcing and strengthening the sphincter muscles, necessary for controlling sexual energy; the awakening of the kundalini energy in the muladhara chakra; strengthening the ovaries; hernia; circulation.

A) 16. KNEELING POSE OF FIRMNESS (SUPTAVAJRASANA)

- a. Stand heels together, toes apart
- b. Kneel down, knees together, feet together
- c. Spread feet apart, keep knees together
- d. Lift body up and lower it several times, placing seat on floor
- e. Lay back, lower head and shoulders to floor (alternatively to "f" while kneeling)
- f. Cross arms behind the head reaching towards opposite shoulder blades, clap back several times
- g. Stop the clapping, uncross the arms, sit up
- h. Kneel up, bring feet together, stand up



**Indicated for:** difficulties in digestion; flatulence (gas); strengthening the muscles in the legs; nervous conditions affecting the hands; slipped disc (prolapsed disc); sciatica nerve pain; contractures of the ligaments in the knees; muscular pain in the knees, legs or toes.

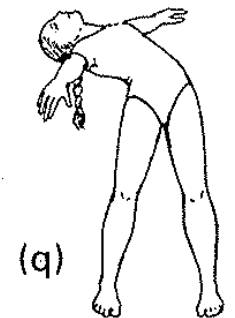
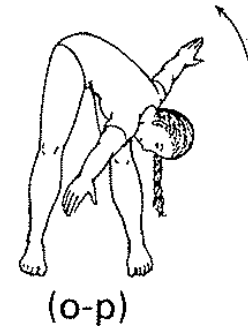
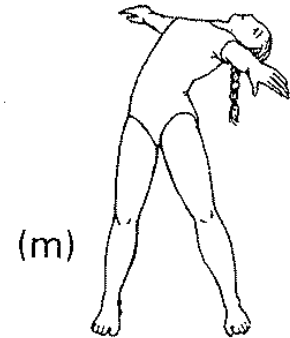
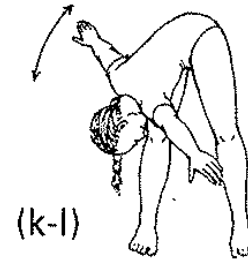


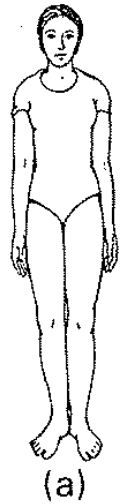
## 17 TRIANGLE POSE (TRIKONASANA)

- a. Stand heels together, toes apart
- b. Spread the feet, stretch the arms out to the sides
- c. Look at the right index finger, lower the left index finger towards the left big toe
- d. Rotate moving the left index finger toward the right big toe
- e. Rotate back moving the left index finger towards the left big toe, then stand up
- f. Look at the left index finger, lower the right index finger towards the right big toe
- g. Rotate moving the right index finger towards the left big toe
- h. Rotate back moving the right index finger towards the right big toe, stand up
- i. Bend forwards, bringing the head towards the space between the knees, move the trunk up to the level of the waist, bend forward again, repeat
- j. Stop the motion, stand up, bend backwards, come up <sup>held</sup>
- k. Turn the trunk and shoulders, arms spread, 90 degrees to the right side
- l. Bend forwards, bring the head towards the right knee, move the trunk up to the level of the waist, then bend forward again, repeat

- m. Stop the motion, stand up and still facing the right side bend backwards towards the left side, hold
- n. Stand up straight, then rotate 90 degrees to the center
- o. Turn the trunk and shoulders, arms spread, 90 degrees to the left side.
- p. Bend forwards, bring the head towards the left knee, move the trunk up to the waist level, bend forward again, repeat
- q. Stop the motion, stand up, and still facing the left side bend backwards towards the right side, hold
- r. Stand up straight, then rotate 90 degrees to the center
- s. Lower the arms to the sides, standing, heels together, toes apart, and then relax, spreading the feet

**Indicated for:** correction of many disorders in the vertebral column; sciatica nerve condition; improving memory; developing the capacity to sit in meditation for a long time; strengthening the nerves in the vertebral column and strengthening the internal organs in the abdomen region; improving the movement of the intestines; constipation.





(a)



(b)



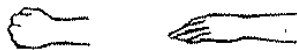
(c)



(d)



(f)



(g)

## 18) COMPLETE PEACE RELAXATION POSE (PURNA SHAVA SHAN' ASANA)

- a. Stand heels together, toes apart
- b. Lay down on the back
- c. Turn the head and neck side to side, stop, relax
- d. Grip thumb of the right hand with the fingers, forming a fist squeeze then relax
- e. Raise the right forearm, with limp hand, let it fall
- f. Raise the right arm as a whole, from the shoulder, a few inches, then let it fall
- g. Repeat, "d", "e", and "f" with left side
- h. Move toes of right foot back and forth, spread them apart
- i. Repeat with toes of the left foot
- j. Rotate the feet side to side rolling on the heels
- k. Raise the right leg as a whole a few inches, let it fall
- l. Repeat with the left leg
- m. Chant the Shanti mantra

## SHANTI MANTRA (Universal Peace Mantra)

"Om Shanti Shanti Shanti Shalom Sat Nam Sadhu  
Tao Em Aum Spirit Swami Kami  
Amin Amen Aumen  
Selah Hum  
Aum"

(These are words for peace in different spiritual traditions)

**Indicated for:** counter pose of the Pose of Salutation (#1); the movement of the legs from side to side is excellent for sciatic nerve conditions; to enter into a deep sleep, short and refreshing; for relief of fatigue, tension and the effects of stress and P.M.S.; the mantra is effective for mental peace.



**Babaji's Kriya Yoga** is a scientific art of God truth union. It was revived in modern times by a great master of India, Bab Nagaraj, as a synthesis of the teachings of the 18 Siddhas.

It is a five fold path consisting of a series of techniques including:

**Kriya Hatha Yoga,**

including "asanas", physical postures of relaxation, "Bandhas", muscular locks, and "mudras", gestures, all of which bring about greater health, peace and the awakening of the principal energy centers, the "chakras".

**Kriya Kundalini Pranayama,**

breathing exercises to awaken and circulates subtle spiritual energies.

**Kriya Dhyana Yoga,**

meditation, to cleanse the subconscious, and to master faculties of the mind.

**Kriya Mantra Yoga,**

subtle sound vibrations to awaken the intellect and the chakras.

**Kriya Bhakti Yoga,**

devotional activities and service to awaken love and to create spiritual bliss.

Kriya Yoga brings about an integrated development of the individual in the five planes of existence: physical, vital, mental, intellectual and spiritual. Everyone can practice it and thus find happiness and peace.

**PROGRAM OF INSTRUCTION:**

**1. Initiation into Kriya Yoga :** learn Kriya Kundalini Pranayama (in six phases), Kriya Dhyana Yoga (seven key meditation techniques), Kriya Hatha Yoga (the 18 postures), during an intensive weekend training, or in a series of evening classes.

**2. Spiritual retreat :** a second level initiation into powerful mantras and techniques for awakening the chakras, yogic rest (to remain aware while the body sleeps), silence, breathing and meditation during every day activities. Learn how to integrate Kriya Yoga into your daily life. Given only in a retreat setting close to nature, such as at "Babaji's Kriya Yoga Ashram", 196 Mountain Road, Eastman, Quebec, Canada JOE 1P0.

**3. Advanced training :** a third level initiation in the balance of the 144 kriyas or techniques, given over 9 days. They include a variety of techniques which transform all levels of ones being and culminate in a series of techniques to go into various levels of "Samadhi", the breathless state of communion with God, or Self-Realization.

In addition, introductory lectures, public introductory classes, Monthly classes for persons already initiated are organized in more than 40 cities around the world on a regular basis by students of Babaji's Kriya Yoga. Summer camps and retreats and treatment in Ayurveda Siddha systems of medicine are offered at the Quebec Ashram. For addresses and phone numbers where to contact us, please refer to page 30 of this book.

