

ADVANCED YOGA TECHNIQUE

Advance yoga technique is a mind-body practice that focuses on your emotional and mental health. The practice uses movement, mindfulness, meditation, relaxation and breathing exercises to help you relax, relieve stress and manage underlying conditions or symptoms in addition to treatment by a healthcare provider.

Our thinking can be both positive and negative but negative thinking can cause many health issues.

These Negative thinking cause due to anger, arrogance, stress, jealousy and attraction.

and easily Anger can make a person ill very fast.

Today 90% diseases are caused by mental tensions and stress, that's why happy lifestyle is very important.

If a person become ill and he have fear for his disease the can not become healthy easily, it takes time.

A disease starts from our mind so with the help of advanced yoga techniques we can treat a person very frequently, his best example is that these techniques heals mind first.

Because of these Advanced yoga techniques negativity removes and positivity comes.

Advanced yoga techniques make your mind still and relax. It fills the mind with joyfulness.

These Techniques helps removing disease from body very fast.

Advanced Yoga Techniques are like:

- ***MSRT (mind sound resonance technique)***
- ***PET (Pranic energization technique)***
- ***CM(Cyclic Meditation)***

MSRT (mind sound resonance technique)

To get resonance at body level by mind and sound is MIND SOUND RESONANCE.

- Resonances changes the mind.
- Sound in the present.
- Mind in the past and future.

MSRT, mind Is brought to the “present”

MSRT increases our vitality, releases us from bondage, and enables us to overcome fear, including the fear of death.

Meditation is an essential component of mind–body medicine. The mind sound resonance technique (MSRT) is a unique technique that uses sound as a stimulus to induce relaxation. Several studies have been done to assess the effects of MSRT on various aspects of health. The current article compiles qualitative research done using MSRT as an intervention.

Evidence shows that MSRT is beneficial for the physiological and psychological dimensions of health. More specifically, the technique has improved varied aspects of cognition in different populations. Thus, MSRT can be implemented as an add-on to conventional treatment of several conditions. It can also be included in school curricula to improve cognitive function and total health. However, further research should be conducted with large sample sizes and good study designs to ascertain the benefits.

Method for MSRT

Step 1 - Lie down comfortably on the floor. Make sure to keep your back straight and there should be no disturbance. You should be comfortable when practicing the pose. Avoid using any cushions or pillows. Your face should be parallel aligned with the ceiling.

Step 2 – Keep your eyes closed and legs apart from each other. Relax your legs completely. Your toes should face sideways. And place your arms slightly apart

from the body. Face upward towards the ceiling, keeping palms open.

Step 3 - Now, draw attention to all the parts of your body slowly. Take slow and deep breaths during this process. Take your body into a deep relaxation state. After positioning your body in a relaxed state, draw focus on your breath.

Step 4 – Take slow and deep breaths. It will take you into a deep state of relaxation. This exercise will energise your body. When you breathe out, you will attain a state of calmness. During the session, focus only on your body and forget every other task. Surrender and let go of your worries. Let your exhalation and inhalation happen as naturally as possible

Step 5- Concentrate over “swas - prasaws”, inhale-exhale. Slow down the process.

Step 6 – Join your hand in namaskar pose and remember lord shiva and starts
Opening Prayer

ॐ त्र्यम्बकं यजामहे सुगन्धिं पुष्टिवर्धनम् । उर्वारुकमिव बन्धनान्मृत्योर्मुक्षीय मामृतात् ॥
ॐ शांतिः शांतिः शांतिः

Meaning:

Om, We offer our salutations to the three eyed lord Shiva to increase the fragrance and vitality in us, to release us from the bondage (fear) of death, as effortlessly as a ripe cucumber falls from its creeper automatically.

Step 7- Feel the prayer inside us. Make your hand relaxed.

Step 8 – Akara, Ukara, Mkara charan

a) Now concentrate over your leg, toe to navel.
first inhale and with exhale produce a sound load Akara charan (aaaaa.aa).
Relax
Feel vibration and sound resonance on your legs

b) Now concentrate over your middle part of body, navel to neck
first inhale and with exhale produce a sound load Ukara charan (uuuu.uu).
Relax
Feel vibration and sound resonance on your middle part of body

c) Now concentrate over your upper part of body, neck to head

first inhale and with exhale produce a sound load Mkaraucharan(mmm.mm).

Relax

Feel vibration and sound resonance on your upper part of body

d)Concentrate over whole body,

first inhale and with exhale produce a sound load

Akara,Ukara,Mkaraucharan(aaaaaa,uuuuuuu,mmmmm).

Relax

Feel vibration and sound resonance on your whole body

.....3 Rounds

Step9- Ahata – Anahataucharan

Ahata(with sound, Anahata(no sound)

a)Now concentrate over your leg, toe to navel.

Ahata

first inhale and with exhale produce a sound load Akaraucharan(aaaaa.aa).

Relax

Feel vibration and sound resonance on your legs

Anahata

first inhale and with exhale produce Akaraucharan(aaaaa.aa) with no sound.

Relax

Feel vibration and sound resonance in your mind

b)Now concentrate over your middle part of body, navel to neck

Ahata

first inhale and with exhale produce a sound load Ukaraucharan(uuuu.uu).

Relax

Feel vibration and sound resonance on your middle part of body

Anahata

First inhale and with exhale produce Ukaraucharan(uuuu.uu). with no sound.

Relax

Feel vibration and sound resonance on your mind

c)Now concentrate over your upper part of body, neck to head

Ahata

first inhale and with exhale produce a sound load Mkaraucharan(mmm.mm).

Relax

Feel vibration and sound resonance on your upper part of body

Anahata

first inhale and with exhale produce Mkaraucharan(mmm.mm) with no sound.

Relax

Feel vibration and sound resonance on your mind

d)Concentrate over whole body,

Ahata

first inhale and with exhale produce a sound load

Akara,Ukara,Mkaraucharan(aaaaaaa,uuuuuuu,mmmmmm).

Relax

Feel vibration and sound resonance on your whole body

Anahata

first inhale and with exhale produce

Akara,Ukara,Mkaraucharan(aaaaaaa,uuuuuuu,mmmmmm)with no sound.

Relax

Feel vibration and sound resonance on your mind

.....Round 3

Step10-

a)Maha Mrutyunjaya Mantra ucharan with sound loud

ॐ त्र्यम्बकं यजामहे सुगन्धिं पुष्टिवर्धनम् । उर्वारुकमिव बन्धनान्मृत्योर्मुक्षीय मामृतात् ॥

Relax

Feel vibration or sound resonance of this mantar in your whole body and every part of your body.

.....Round 3

b) Ahata

Maha Mrutyunjaya Mantra ucharan with sound loud

ॐ त्र्यम्बकं यजामहे सुगन्धिं पुष्टिवर्धनम् । उर्वारुकमिव बन्धनान्मृत्योर्मुक्षीय मामृतात् ॥

Relax

Feel vibration or sound resonance of this mantr in your whole body and every part of your body.

Anahata

Maha Mrutyunjaya Mantra ucharan without sound

ॐ त्र्यम्बकं यजामहे सुगन्धिं पुष्टिवर्धनम् । उर्वारुकमिव बन्धनान्मृत्योर्मुक्षीय मामृतात् ॥

Relax

Feel vibration or sound resonance of this mantr in your whole body and every part of your body.

.....3

Concentrate over your chitt

Step12- Anahata Akara,Ukara,Mkara(Mental Repetition of AUM) without sound – 9 rounds

Step13-Ajapa japa OM to silence (Spontaneous effortless process)without sound Repetitation– 9 rounds

Step14-Stay in Silence for some time.

Step15-Repeat in yourself that I am happy, I am satisfied,I am healthy.... Again and again for 9 rounds without sound

Relax

Step16- Join your hand in namaskar pose for **Closing Prayer**

ॐ सर्वे भवन्तु सुखिनः ।

सर्वे सन्तु निरामयाः ।

सर्वे भद्राणि पश्यन्तु ।

मा कश्चित् दुःखभाग् भवेत् ॥

ॐ शान्तिः शान्तिः शान्तिः ॥

Meaning:

Let all be happy. Let all be free from disease. Let all align with the ultimate reality. Let no one suffer from the miseries. Om Peace PeacePeace.

Relax

PET(Pranic Energization Technique)

PET is an acronym for PranicEnergization Technique. This is a technique of Yoga in which we use our PranaShakthi to energize our entire body. Each and every organ and systems of body can be revitalized by this process. Of particular importance will be its utility for strengthening the immune defense so that modern dreaded KILLER diseases can be effectively healed.

These techniques cleanse the respiratory tract, normalizing the functions of respiratory systems purifying the subtle channels of PRANA, bringing the balance in PRANAMAYA KOSHA and gaining deeper and subtler insights for the control of Prana. Thus all ORGANS and SYSTEMS gets revitalized and energized and brings harmony in the body and mind. All ailments can be eliminated from body and the root cause from mind is also eliminated.

The Pranic Energization Technique (PET) can be enhanced with the use of mantras, which are powerful sound vibrations that help focus the mind and direct pranic energy. Here are the detailed steps for practicing PET with specific mantras for each chakra:

Steps of Pranic Energization Technique (PET) with Mantras

1. Preparation

- **Find a Quiet Space:** Choose a calm, quiet environment free from distractions.
- **Comfortable Position:** Sit or lie down in a comfortable position with your spine straight. Use a chair, cushion, or mat for support if necessary.
- **Relaxation:** Close your eyes and take a few deep breaths to relax your body and mind.

2. Opening Prayer

- Join your hand in namaskar pose and starts **Opening Prayer**
- प्राणस्येदं वशे सर्वं त्रिदिवे यत् प्रतिष्ठितम्।
मातेव पुत्रान् रक्षस्व श्रीश्च प्रज्ञां च विधेहि न इति ॥
ॐ शांतिः शांतिः शांतिः
- **Meaning:**

All that exists in the three worlds is under the control of Prana. Oh Prana!
Protect us like a mother protects her child and grant us (real) wealth and wisdom.
Om Peace, peace, peace

2. Pranic Breathing

- **Deep Breathing:**
 - Inhale slowly and deeply through the nose, allowing your abdomen to expand.
 - Hold the breath for a few seconds.
 - Exhale slowly and completely through the nose, allowing your abdomen to contract.
- **Visualization:** As you breathe, visualize prana (life energy) entering your body with each inhalation and spreading throughout your body with each exhalation.

3. Pranic Energization with Mantras

- **Focus on Chakras:** Direct your attention to each of the seven major chakras, starting from the root chakra (Muladhara) at the base of the spine and moving upwards to the crown chakra (Sahasrara) at the top of the head.

1. Root Chakra (Muladhara)

- **Location:** Base of the spine.
- **Visualization:** Visualize a bright red light.
- **Mantra:** Chant "LAM" (pronounced LUM) silently or aloud.

2. Sacral Chakra (Svadhithana)

- **Location:** Below the navel.
- **Visualization:** Visualize an orange light.
- **Mantra:** Chant "VAM" (pronounced VUM) silently or aloud.

3. Solar Plexus Chakra (Manipura)

- **Location:** Above the navel.
- **Visualization:** Visualize a yellow light.
- **Mantra:** Chant "RAM" (pronounced RUM) silently or aloud.

4. Heart Chakra (Anahata)

- **Location:** Center of the chest.

- **Visualization:** Visualize a green light.
- **Mantra:** Chant "YAM" (pronounced YUM) silently or aloud.

5. Throat Chakra (Vishuddha)

- **Location:** Throat.
- **Visualization:** Visualize a blue light.
- **Mantra:** Chant "HAM" (pronounced HUM) silently or aloud.

6. Third Eye Chakra (Ajna)

- **Location:** Between the eyebrows.
- **Visualization:** Visualize an indigo light.
- **Mantra:** Chant "OM" or "AUM" silently or aloud.

7. Crown Chakra (Sahasrara)

- **Location:** Top of the head.
- **Visualization:** Visualize a violet or white light.
- **Mantra:** Chant "OM" or "AUM" silently or aloud.
- **Chanting and Visualization:** For each chakra, chant the corresponding mantra while visualizing the prana energizing and balancing the chakra.

4. Closing Prayer

- Now feel the changes in you and join your hands in namaskar pose for **Closing Prayer**.
- ॐ सर्वे भवन्तु सुखिनः ।
सर्वे सन्तु निरामयाः ।
सर्वे भद्राणि पश्यन्तु ।
मा कश्चित् दुःखभाग् भवेत् ॥
ॐ शान्तिः शान्तिः शान्तिः ॥
- **Meaning:**
Let all be happy. Let all be free from disease. Let all align with the ultimate reality. Let no one suffer from the miseries. Om Peace Peace Peace.
- Relax yourself while rubbing your both palms and now place them on your eye, face and body slowly.

5. *Pranic Healing*

- **Scan the Body:** Mentally scan your body from head to toe, identifying any areas of tension, pain, or discomfort.
- **Direct Prana:** Visualize directing prana to these areas, using your breath and intention to send healing energy. Imagine the prana dissolving blockages and restoring balance.
- **Hand Movements:** Optionally, use gentle hand movements to guide the flow of prana. Place your hands a few inches above the affected area and move them in a circular or sweeping motion.

Additional Tips for PET Practice

- **Regular Practice:** Consistency is key. Practice PET daily or as frequently as possible for best results.
- **Healthy Lifestyle:** Complement PET with a healthy diet, regular exercise, and sufficient rest.
- **Positive Mindset:** Maintain a positive attitude and openness to the healing process.
- **Seek Guidance:** If new to PET, consider seeking guidance from a qualified instructor or practitioner.

By following these steps and incorporating the specific mantras for each chakra, you can effectively harness and direct prana to promote healing, balance, and overall well-being.

CM(Cyclic Meditation)

Cyclic Meditation is a special technique of **Yoga** derived from Mandukya Upanishad.

Cyclic **meditation** is a set of stimulation and relaxation based practices and involves cycles of body postures and relaxation techniques

Let us understand how you can practice the technique.

Benefits of cyclic meditation

- Cyclic Meditation is useful in reducing stress and improving the quality of life.
- To release the stress, cyclic meditation practices helps in balancing the body and mind.
- It helps in improving the sleep quality.
- It improves efficiency at work.
- Increases attention span.
- Increases and takes an individual to deeper states of relaxation

Cyclic Meditation is a unique technique that combines yoga postures and relaxation to help practitioners achieve a state of deep relaxation and heightened awareness. It was developed by Dr. R. Nagarathna and Dr. H. R. Nagendra at the Vivekananda Yoga Research Foundation in India. This method aims to utilize the natural rhythms of the body to induce a meditative state and can be particularly effective for stress management, enhancing focus, and promoting overall well-being.

Steps of Cyclic Meditation Technique

1. Preparation

- **Find a Quiet Space:** Choose a calm, quiet environment free from distractions.
- **Comfortable Position:** Sit or lie down in a comfortable position with your spine straight. Use a chair, cushion, or mat for support if necessary.
- **Relaxation:** Close your eyes and take a few deep breaths to relax your body and mind.

2. Starting prayer

- Join your hand in namaskar pose and starts **Opening Prayer**

○ लाएसंबोधयेत्चित्तंविज्ञप्तंचामयेत्पुनः सकाच्यंविज्ञेयत्सम्पूर्णनचलयेत् ॥

- **Meaning** – In the state of oblivion awaken the mind: when agitated pacify it; in between the mind. If the mind has reached the state of perfect equilibrium, then do not disturb it again.

2. Initial Relaxation (Shavasana)

- **Lie Down:** Lie down on your back in Shavasana (Corpse Pose) with your arms and legs comfortably apart.
- **Deep Breathing:** Practice deep, slow breathing to relax your body and mind.
- **Body Scan:** Perform a mental scan of your body from head to toe, consciously relaxing each part.

3. Stimulation Phase

1. Instant Relaxation Technique (IRT)

- **Lie Down:** Lie flat on your back with your legs apart and arms away from the body, palms facing upward.
- **Tense and Relax:** Tense all the muscles in your body, hold for a few seconds, and then release completely, allowing the body to relax.
- **Deep Breathing:** Take a few deep breaths to further relax.

2. Standing Postures (Ardhakati Chakrasana, Ardha Chakrasana, and Padahastasana)

- **Ardhakati Chakrasana (Half Waist Rotation Pose):** Stand straight, raise your right hand, and bend to the left side. Hold for a few breaths, then switch sides.
- **Ardha Chakrasana (Half Wheel Pose):** Stand straight, place your hands on your lower back, and gently bend backward. Hold for a few breaths.
- **Padahastasana (Hand-to-Foot Pose):** Stand straight, inhale, and raise your arms. Exhale and bend forward to touch your feet or ankles. Hold for a few breaths.

4. Relaxation Phase

1. Quick Relaxation Technique (QRT)

- **Lie Down:** Lie flat on your back with your legs apart and arms away from the body, palms facing upward.
- **Deep Breathing:** Focus on your breath, observing the natural rise and fall of your abdomen. Allow your breath to slow down naturally.
- **Mindfulness:** Bring your attention to different parts of your body, one at a time, relaxing each part as you focus on it.

2. Supine Postures (Setubandhasana, Matsyasana)

- **Setubandhasana (Bridge Pose):** Lie on your back, bend your knees, and place your feet flat on the floor. Lift your hips toward the ceiling, hold for a few breaths, and then release.
- **Matsyasana (Fish Pose):** Lie on your back, place your hands under your hips, and lift your chest while arching your back and placing the crown of your head on the floor. Hold for a few breaths.

5. Meditation Phase

1. Deep Relaxation Technique (DRT)

- **Lie Down:** Lie flat on your back with your legs apart and arms away from the body, palms facing upward.
- **Deep Breathing:** Take slow, deep breaths to further relax.
- **Visualization:** Visualize a peaceful scene or repeat a calming word or phrase to yourself.
- **Body Scan:** Perform a mental scan of your body from head to toe, ensuring all parts are completely relaxed.

6. Closing Prayer

- Now feel the changes in you and join your hands in namaskar pose for **Closing Prayer**.
- ॐ सर्वे भवन्तु सुखिनः ।
सर्वे सन्तु निरामयाः ।
सर्वे भद्राणि पश्यन्तु ।
मा कश्चिद्दुःखभाग् भवेत् ॥
ॐ शान्तिः शान्तिः शान्तिः ॥
- **Meaning:**
Let all be happy. Let all be free from disease. Let all align with the ultimate reality. Let no one suffer from the miseries. Om Peace Peace Peace.

- Relax yourself while rubbing your both palms and now place them on your eye, face and body slowly.
- **Gradual Transition:** Slowly bring your awareness back to the present moment by focusing on your breath and the sensations in your body.
- **Gentle Movement:** Begin to gently move your fingers and toes, then your arms and legs.
- **Sit Up:** Roll to one side and slowly sit up, keeping your eyes closed for a few moments.
- **Open Eyes:** When you feel ready, gently open your eyes.

Benefits of Cyclic Meditation

- **Stress Reduction:** Helps reduce physical and mental stress through relaxation and mindfulness.
- **Enhanced Focus:** Improves concentration and mental clarity by alternating between stimulation and relaxation phases.
- **Emotional Balance:** Promotes emotional stability and a sense of well-being.
- **Physical Health:** Benefits the cardiovascular system, reduces muscle tension, and improves overall physical health.
- **Mind-Body Connection:** Enhances the awareness of the connection between the mind and body.

By regularly practicing Cyclic Meditation, you can achieve a balanced state of relaxation and alertness, which can enhance your overall quality of life.