

KUNDALINI PRANAYAMA KRIYA

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*To Allfather,
who has guided me in
writing this booklet,
as he has guided me
all through life.*

- JOST

*For those who realize that to change the world,
you must first change yourself!*

NE Kindred

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Kundalini Pranayama Kriya

Some of the many "new age" religions, cults, spiritual paths, or new "isms" are based on some aspect, segment, or branch of the ancient Aryan science of accelerated evolution — more often than not, partially or completely misunderstood. They abound with such terms as "spiritual enlightenment", "Self-realization", "God-realization", "God-consciousness", "one with God", "Nirvana", merging with or absorption into the "Universal Consciousness", etc. These terms are used to describe the goal of their new religion or spiritual path, which, they affirm, is to attain a higher state of consciousness or awareness. But call it whatever you may, what is being referred to is one thing and one thing only: an advanced state of human evolution.

The term *evolution* is virtually never used (except perhaps "spiritual evolution") since this opens up a political can of worms which few who subscribe to the new age movement would ever want to face. The very idea of accelerating human evolution, of course, presumes that humans are on different evolutionary levels, some very high, most completely mediocre, and many very, very low. This, of course, would be only the proverbial tip of the iceberg. Once it is admitted that individuals are on such vastly different evolutionary levels, then it becomes reasonable to ask if the various races (subspecies) of humans might not also be on lower and higher evolutionary levels, and if each race's readily observable social and scientific development might be a good measure of the height of that race's evolutionary level? But since this threatens today's political fantasies, the word evolution has been completely avoided and the aforementioned benign terms substituted. While this makes the product more readily marketable, it also creates a great deal of confusion, obscures the true purpose and goal of the

path, and, worst of all, it puts up an intellectual barrier which keeps out many who could excel and who would apply the results of their discipline toward the true goal: bringing forth a new golden age on this earth.

But the golden ages were not encumbered with political taboos which create chaos and physical degeneration while serving the labor and marketing interests of the financial elite. The Siddhas recognized that individuals were on different evolutionary levels, and that the races — which are really only an outward physical manifestation of groups of individuals with common values, desires, and aspirations — were, as a whole, also on different evolutionary levels (there are always individuals of the highest and lowest evolution in every race, but some races have more individuals on a higher level, while others have more on a lower level. Hence, each race as a whole manifests a particular level of evolutionary development).

The Siddhas recognized that evolution was what this world was all about — the struggle for higher and higher evolution. They understood that in this planet's chain of evolution, plants and animals have a rudimentary form of consciousness which is sensitive to feelings and emotions. When animals (and even plants) are trained, their reactions are not based on any sort of reason, intelligence, or logic, but are simply conditioned responses of feeling and emotion. The natural instincts of animals are conditioned emotional responses which are in place genetically as part of their consciousness. The more highly evolved the animal, the more perceptive their consciousness of feeling and emotion is developed. Even the most highly evolved of animals, the frugivorous apes and monkeys (Gorillas, Chimpanzees, etc.), are governed entirely by this consciousness of feeling and emotion.

Humans are the highest evolved creatures on this planet, and this higher evolutionary state is measured neither by brute strength nor physical agility, but by a more advanced consciousness. Humans have developed a mind which has an intellect and which is capable of reason and logic. This gives humans a tremendous advantage over the lower animals, which are locked in a world of feeling.

However, human consciousness is still encumbered with the rudimentary animal consciousness of feeling and emotion, which is called the subconscious mind. In less-evolved humans, this repository of emotions, brought over from the lower forms of evolution, is still a dominant factor, and it controls the individual with animal passions, fears, and desires, bolsters ego-consciousness and makes self-aggrandizement the goal of life. When this level of evolution is abundant in a society, that society is repressive, chaotic, unsanitary, with few or no technological advances. In higher evolved humans, the faculties of intellect, logic, and reason are more developed, and they are able to subdue many of the grosser passions of the sub-conscious mind. They begin to see beyond egoism, and goals of idealism are perceived as the purpose of life. When this level of evolution is abundant in a society, that society is much less repressive, stable, sanitary, and with noteworthy technological developments.

But actually, the highest state of evolution is the Superhuman or Übermensch. When this level of evolution is reached, the emotions, fears, and desires of the subconscious mind have been cleansed so that the conscious mind is able to operate unimpaired. This allows the faculties of the Superconscious mind to develop, which gives the Superhuman a level of consciousness which dwarfs human consciousness as much as human consciousness dwarfs animal consciousness. This level of

consciousness is very rare today, but it is abundant in the golden ages, when Superhumans live in harmony with Nature, beyond the need of, or desire for, technology, cities, written records, and other such things which are deemed essential today.

The Siddhas of ancient Aryavarta recognized that higher evolution is the sole purpose of mankind's existence. They also recognized that humans of high evolution were absolutely indispensable to keep the planet from degenerating into chaos and complete destruction during dark ages. To ensure that there would be individuals of high evolution even during the darkest of ages, the Siddhas developed various methods of accelerating an individual's evolution. Along with Asanas, Mudras, Mantras, and Dhyana techniques, they also developed the most powerful and rapid technique for accelerating human evolution: *Kundalini Pranayama*.

Accelerated Evolution

Through their superconscious perception, the Siddhas realized that the Pranic energy system of the human body is interrelated with the physical cosmos, particularly the sun and the twelve constellations of the Zodiac. The Sahasrara corresponds to the sun, and the positive and negative poles of the six lower Chakras correspond to the twelve constellations. The Siddhas discovered that if Pranic energy is mentally directed in a half minute revolution upward and downward around the Sahasrara and the six lower Chakras, that half minute revolution of Pranic energy would accelerate the natural physical evolution one full solar year. With the Kundalini Pranayama technique, an initiate could accomplish in one half minute by intelligent self-effort that which Nature brings to pass in one year of completely natural living. In eight and a half hours of concentrated Kundalini Pranayama practice, an expert Kriyaban could

advance his or her evolution 1000 years. However, one who wishes to engage in extensive Kundalini Pranayama practice must prepare his body and mind to cope with the tremendous energy generated by this technique. In the beginning, the Kriyaban should practice this technique only twelve to twenty-four times, twice a day.

Revolving the Pranic energy up and down the spine will magnetize the spine and draw energy into the deep spine from the rest of the body and also from outside the body. This magnetization of the spine also draws the Kundalini, the stored-up Pranic energy in the Muladara Chakra, up the spine, ultimately filling the Sahasrara with enough energy to bring about superconsciousness. *

The Law of Inverse Proportions

Another important aspect of Kundalini Pranayama is its regenerative effect. This is called *The Law of Inverse Proportions*. The Siddhas recognized that the span of life is inversely related to the rate of breathing. This is proved from the study of modern zoology. The shortest lived creatures on this planet have the fastest respiration, while the longest lived creatures have the slowest. Sea turtles and giant tortoises easily live to an age of three hundred years, yet they breathe only about four breaths per minute. Humans breathe at about eighteen breaths per minute and live only about seventy years, while monkeys breathe at thirty-two breathes per minute and live less than half of a human life span. The rate of the heart beat is directly related to the rate of respiration. The faster the respiration, the faster the heart beats, and the faster the energy supply is depleted, the heart wears out, and the creature dies. The slower the heart beats, the longer the energy supply, and the longer the life span.

Kundalini Pranayama slows the respiration rate to about two breaths per minute. This, in turn, slows the heart

beat and allows that organ to rest from its constant labor. Kriyabans are thus able to rest the heart and conserve (and recharge) the vital Pranic energy. This increases their life span. When full superconsciousness is attained, the body is filled with Pranic energy, and so there is no need at all for breath or heart beat, and the body thereby ceases to age. By manipulating the Pranic energy in superconsciousness, the advanced Kriyaban can also rejuvenate the physical body at will.

The Pranayama Position

Kundalini Pranayama is also practiced sitting in Swastikasana, and with your eyes in Ajna Mudra. However, the arms are not held in Swastik Mudra. Instead, the hands are placed on your crossed legs (or in your lap if you are sitting on a chair), against your abdomen. The hands are held open, palms up, fingers together, thumbs away from your abdomen. One hand is placed on top of the other (right hand on top of left for men, left hand on top of right for women). Your shoulders should be held back to keep your spine straight, but you may let your elbows bow out somewhat more in line with the position of your hands. (The drawing of Babaji Nagaraj shows the great Siddha in the correct Pranayama position). As in the Dhyana position, other than the slight tension necessary to hold the spine erect, keep the body relaxed.

Kundalini Pranayama

Kundalini Pranayama is similar to Hong Sau. In Hong Sau you *watch* the breath and the energy flow in the spine, but in Kundalini Pranayama you *control* the breath and the energy flow in the spine.

Sit in Swastik Asana, with your hands in Pranayama position, your tongue in Kechari Mudra, and your eyes locked in Ajna Mudra. Inhale through your nose, completely filling your lungs. The breath should be done with

enough force so that you can make a slightly perceptible sound of Ah as you breathe in. When your lungs are full, exhale, with your throat a little constricted so that you can make a slightly audible sound of Ee. Exhale until your lungs are completely empty. As you breathe, there should be a continuous, slightly audible Ah sound with the inhalation, and a continuous, slightly audible Ee sound with the exhalation. Here again, these sounds are Mantras which stimulate the Ida and Pingala energy channels.

In Kundalini Pranayama you control not only the sound, but also the length of your inhalation and exhalation. Each inhalation should take from 10 to 15 seconds (at least 10 seconds, preferably 15 seconds), and each exhalation should take the same amount of time as the inhalation. As the breath goes in, making the slightly audible sound of Ah, count from one to ten or one to fifteen at about one count per second, and then the same count at the same speed as the breath goes out, making the slightly audible sound of Ee. After practicing this technique for a while, you will no longer need to count. If you have trouble breathing slowly (many people do at first), then shorten the length of your breath (shorten your count) as is necessary. But train yourself to slow your breath by gradually lengthening your breath (lengthening your count) each day until you are able to breathe somewhere near the prescribed length. The more relaxed you are, the easier it is to breathe slowly. Watch for unnecessary tension in the body, and keep your mind clear of mundane thoughts, concentrating on the breath and the feelings in the spine.

As in Hong Sau, feel the cool, soothing sensation of the energy going up the spine with your inhalation, beginning at the base of the spine as you start the breath, traveling up the left side of your spine (Ida energy

channel), and reaching the Ajna energy center in the forehead at the end of the inhalation. When the energy reaches the Ajna and your breath is complete, immediately begin your exhalation and feel the warm, trickling sensation of the energy going back down along the *right* side of your spine (Pingala energy channel), beginning at the Ajna with the start of your exhalation, and reaching the base of your spine at the end of your exhalation.

Each inhalation and exhalation is one Kundalini Pranayama. You should practice twelve Kundalini Pranayamas twice a day during your Kriya practice routine. When you are able to comfortably practice the technique, you may increase the number to twenty-four.

Always practice Kundalini Pranayama after your practice of Hong Sau, feeling and watching the energy moving up and down the spine (this will prepare you for moving the energy with Kundalini Pranayama). Then practice your twelve Kundalini Pranayamas. After you have completed your Kundalini Pranayamas, practice the Cleansing Exercise, focusing on the Opal Blue Flame, casting your fears, insecurities, weaknesses, and narrow identifications into this sacrificial flame, and identifying yourself more and more completely with the *Übermensch*. You may practice the cleansing exercise for as long as you like.

Advanced Form

Once you are able to comfortably practice the Kundalini Pranayama technique, controlling the breath so that it is at the rate of about two breaths a minute, and you definitely feel the energy going up and down the spine, you may begin practicing the technique in the advanced form.

As you inhale and direct the energy up the spine, focus your attention on the rising energy, and as it reaches

each Chakra, mentally chant the Mantra *Aum* one time. Chant the Mantra *Aum* to each Chakra as the energy goes up through that Chakra. When you reach the Ajna Chakra in the forehead (lungs completely filled), chant the Mantra *Aum* twice to that Chakra and then immediately begin your exhalation, chanting the Mantra *Aum* once to each Chakra as the energy descends through that Chakra. To successfully do this technique in the advanced form, you must, of course, be very familiar with the location of each Chakra. Try to feel the vibration of the *Aum* Mantra in each Chakra as you mentally chant. Do not pause at any Chakra. Chant *Aum* to the Chakra as the energy goes up or down the spine at its usual rate. In time, you will feel a definite sensation (and perhaps even see the color) in each Chakra as you go through it. When you are able to do this technique comfortably, increase the number of Kundalini Pranayamas you practice to 48, twice a day.

The Kriya Mantra

The Kriya Mantra, *Om Kriya Babaji Nama Aum*, is a powerful Mantra, specially formulated by Babaji Nagaraj, the greatest Siddha the world has ever known. This Mantra can help you tremendously to advance on the path. Make this Mantra a part of your life. Chant it often, mentally or audibly, to any rhythm. Chant it once, slowly and with feeling, before you begin your Kriya practice, and then again after you complete your practice. Chant it as you drive in your car, or as you walk along the street or on a trail. Chant it while you work or while you play. Chant it before you eat a meal, before you go to sleep, and when you awake from sleep. There is massive power in this Mantra, and the power grows and grows with repetition. The more you chant it, the more it becomes part and parcel of your being, and the more you will notice the awesome, elevating effect on your Kriya practice, your work, your friends and loved ones, and your entire life.

Kriya Routine

Make every effort to practice your Kriyas each morning before breakfast, and each evening before going to bed (but at least an hour after any meal). Start with the Asana Kriyas. When you finish the Asana Kriyas, practice Hong Sau for a short period (at least 5 minutes) and then begin your Kundalini Pranayamas. When you have finished your Kundalini Pranayamas, go immediately into the Cleansing Exercise (for as long as you like, but at least as long as it took to do the Kundalini Pranayamas). Then practice one of the Dhyanas for 15 or 20 minutes (alternate Hong Sau, Asa Dhyana, and Chakra/Omkara Dhyana each day so that you practice each one. If you wish, you may practice all of them, one after another). All of the Kriyas are important, and should be practiced together. However, Kundalini Pranayama Kriya is without a doubt the most important of all, and even if you cannot manage to practice the others, make sure you find time to practice your Kundalini Pranayamas and the Cleansing Exercise each and every day, no matter what!

Always remember your pledge to Babaji Nagaraj to practice Kundalini Pranayama Kriya to your last breath, and not to reveal this technique to any one under any circumstances. Kundalini Pranayama Kriya is a powerful technique which, if practiced faithfully, will dramatically accelerate your evolution. It is a precious gift from our cherished ancestral heritage. Never neglect it for any reason. Never fail to practice it each day. The great Siddha is counting on all of us to use this technique to advance our own evolution so that we can advance the evolution of the world and pull it out of its tailspin into degeneracy. This is a sacred Aryan duty, and one in which we dare not fail.

OM KRIYA BABAJI NAMA AUM

"Kriya is an instrument through which human evolution can be quickened. The ancient Siddhas discovered that the secret of superconsciousness is intimately linked with breath mastery. This is Aryavarta's unique and deathless contribution to the world's treasury of knowledge. Prana, which is ordinarily absorbed in maintaining heart action, must be freed for higher activities by a method of calming and stilling the ceaseless demands of the breath."

--Sriyukteswar

"Kriya is a simple, psychophysiological method by which human blood is decarbonated and recharged with oxygen. The atoms of this extra oxygen are transmuted into life current [Prana] to rejuvenate the brain and spinal centers. By stopping the accumulation of venous blood, the Kriyaban is able to lessen or prevent the decay of tissues."

--Paramhansa Yogananda



BABAJI NAGARAJ