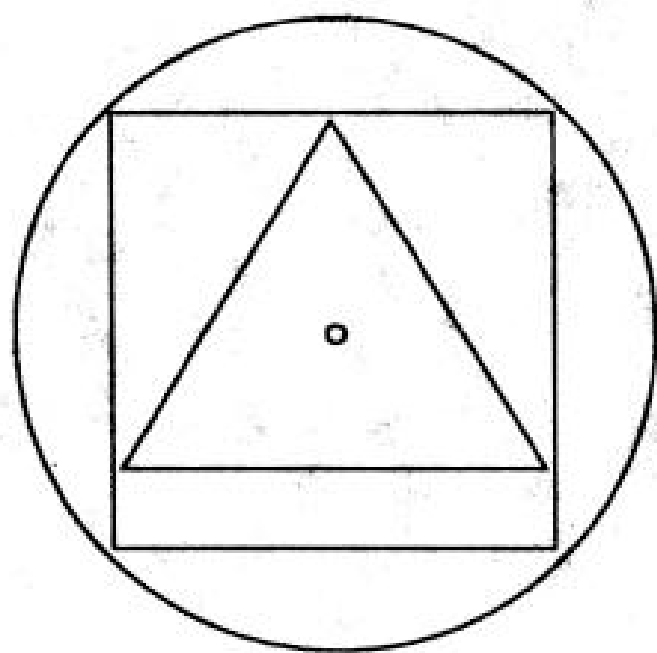


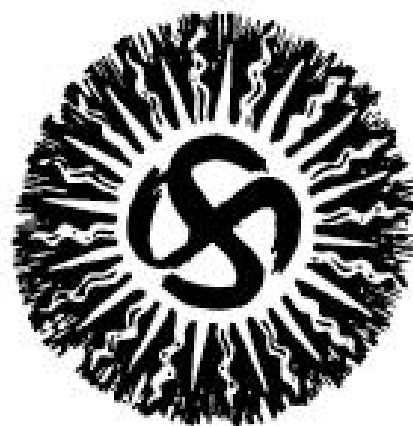
PURIFICATION OF Body AND Mind



--jost--

PURIFICATION OF BODY AND MIND

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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!*

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Purification of Body and Mind

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Developing the Will

To succeed in raising our evolution it is necessary to understand and to develop the power of our will. It will take at least above average willpower to master the prescribed exercises. The exercises themselves are not particularly difficult, but mastering them requires routine practice, and it often takes above average will just to keep up a practice routine. But eventually, dedicated practice of the Kriyas will in itself develop a dynamic will.

Our will is a necessary part of our being. Without using our will, we cannot walk, talk, think, work, or feel. Even the slightest movement or act of thinking is initiated by the use of our will, and we are almost always thinking and moving some part of the body.

Will produces a flow of energy, and this energy, in the form of mental and physical activities, accomplishes the desire. So it is with anything we do, whether getting up in the morning, digging a hole, writing an essay, or changing the course of history. Everything is accomplished by a flow of energy generated by the will.

Most people have a very limited will. The slightest obstacle curtails their flow of energy. Most people do not have the will to change themselves — often even if their health or life is in jeopardy. But nothing is impossible to the man or woman of dynamic will. Dynamic will is continuous, undiscouragable, unceasing effort to fulfill a desire, until it produces the result. No matter how impossible the accomplishment of the goal may seem, one of dynamic will never stops repeating conscious acts of determination to achieve it, as long as he or she lives. The key to the development of our will is attitude.

Enthusiasm or willingness creates a greater flow of energy — a greater will. We can see this in the education of children. When children greet a new problem or subject with enthusiasm and confidence, they invariably solve the problem in short order, while visibly abounding in energy. But unwillingness to confront a new problem blocks their flow of energy. When discouragement or laziness causes the children to be unwilling to tackle a new problem, they become visibly drained of energy, unable to discern any sort of logic, and finally unable to solve even familiar problems. It is readily observable in the education of children that when the energy is blocked by unwillingness, even the simplest of problems become insurmountable.

We can develop our will by facing each problem or objective with an attitude of willingness. No matter what the problem, if we engage it with an attitude of willingness the strength and energy necessary for accomplishment readily flows through us. The greater the will, the greater the flow of energy! But remember that dynamic will does not mean physical or mental strain. It is a cool, calm, determined effort of the whole being toward attaining a definite goal. The determined direction of physical activities and thought force by a developed will power can accomplish many things which might be considered impossible.

The Physical Body

Now that we are well into the Wind Age, the intellect of mankind has once again advanced enough to discover that all matter is really only energy. With this discovery, mankind has reached the point where the ancient Aryan science can be understood and utilized, because this incomparable Aryan science of old is based on energy.

Not only is matter energy, but there is no difference at all between the energy particles which form one type of matter and those of any other. The only difference in the various atoms, molecules, or organic compounds is the pattern of its energy particles. Various patterns of energy, held together by a subtle magnetism, constitute the different forms in which matter appears.

In organic compounds, such as the human body, the actual energy particles are constantly changing. The body constantly sustains and regenerates itself through the intake of energy in the form of food, water, air, and sunlight. The cells of the body receive their necessary nutrients from this intake and thereby create the necessary energy to live and grow. After a period of time their energy form changes -- they die and become waste material -- and they are excreted from the body in this altered form. Meanwhile, the energy entering the body changes its form as it develops into new cells. Thus the body, like everything else in the natural world, continues in cycles. This process of cycles ultimately replaces every energy particle of our body. We are, in fact, not the same mass of energy today as we were earlier.

As energy is recycled through our bodies during the natural processes of living (intake, excretion, and death) it is never destroyed. It only changes its pattern. Energy has passed through many different patterns and it continues to do so. Not only is the energy in our bodies constantly changing, but it is the same energy which has, at one time or another, been rocks, plants, animals, and even other humans. The uniqueness of our bodies is not the energy, but the magnetic patterns.

Health Problems

The common health problems from which humans suffer are caused by alterations to the natural energy patterns

in our bodies. Besides genetic defects, improper diet, lack of exercise, or exposure to or indulgence in irritating or poisonous substances can cause alterations in these patterns of energy. For example, the continuous intake of smoke or some other unnatural substance in the lungs will usually cause an alteration of the energy patterns which make up the lung tissue. We call these alterations tumors. Once the new, altered pattern is formed, then all the energy that comes into the body to normally service that area through its natural intake channels is magnetically attracted into the altered energy pattern — the tumor grows. To cure the growth of tumors, we must either remove the energy pattern from the body or change the pattern back to its natural form. Often, surgically removing or chemically destroying the tissue itself does not remove the energy patterns and the tumors reappear. But if the energy patterns are changed back to their natural form, then the disease vanishes once and for all.

The Siddhas understood how to reverse alterations of the energy patterns by stimulating various energy centers. Instruction in these methods will be given in the next steps. But the Siddhas declared that the best way to eliminate disease and health problems was to prevent them. If the body and mind are kept pure by completely natural living, the body remains healthy and resistant to disease. Of course, most people today do not live naturally at all, and few even understand what natural living entails. Therefore, an important part of the process of accelerating evolution is the purification of the body and mind. This is done by living as naturally as possible.

Natural Living

The basics of living are the selection of food, dwelling, and company. With the help of their natural instincts and the organs of sight, smell, hearing, touch, and taste, the lower animals select their natural food, dwelling, and

company without difficulty. But during the dark ages, the instincts and sense organs of humankind in general have become perverted by unnatural living from very infancy. Few today can discern what is natural. However, by observation, experiment, and reason we can see beyond our perverted senses and determine what is truly natural for us.

Natural Diet

A great many of our health problems are caused by an unnatural diet. Even the medical establishment is finally admitting that improper diet goes a long way to account for severe health problems such as cancer, diabetes, arthritis, heart disease, etc. The food industries will gladly provide us with anything that pleases our palates, whether it is harmful or not. Meanwhile, the drug industries are happy to develop expensive drugs to ease the symptoms of our ailments, while surgeons await our diseased bodies with the knife. All this may be good for the economy, but it certainly hampers higher evolution.

But there really is no mystery to a natural diet. We can determine what is natural for us to eat by simply examining the design of the organs which aid in digestion, the teeth and digestive canal, and the natural tendency of the organs of sense which guide animals to their food.

If we compare the teeth of humans to the teeth of various lower animals — which are instinctively attracted to their natural food — we find that human teeth do not in any way resemble the teeth of carnivorous animals. Neither do they resemble the teeth of herbivores nor omnivores. They do, however, resemble exactly the teeth of frugivorous animals.

By observation of the digestive canal we find that the stomach and bowels of carnivorous animals do not at all

resemble that of humans. Neither do the stomachs and bowels of herbivorous and omnivorous animals resemble that of humans. But the stomach and bowels of frugivorous animals resemble human organs exactly, even including the duodenum.

By observation of the natural tendency of the organs of sense — the guideposts for determining what is nutritious and by which all animals are directed to their natural food — we find that carnivorous animals are attracted by the sight, smell, and taste of blood. When they have killed their prey, their instincts lead them to devour the brain and internal organs first of all, and only secondarily to eat the muscle tissue, which they often leave for scavengers. Humans are not attracted to blood, brains, or the internal organs of animals, unless cooked and the natural taste concealed by salt and spices. Even the muscle tissue (the natural food for scavengers) is not at all attractive to humans in the raw state. It too must be cooked and the taste concealed by salt. Since human digestive organs are not designed to digest flesh, and the organs of sense do not attract us to the flesh or organs of animals, we can reasonably infer that humans are not carnivorous. Similarly, our digestive organs do not resemble, nor are we attracted to the natural food of herbivores or omnivores, and so we can reasonably infer that humans are not herbivorous or omnivorous.

However, the very fragrance of fruits and nuts is attractive to us. Even the youngest of weaned children immediately recognize that fruit and nuts in their natural state are readily edible. In addition, many grains, beans, and roots possess an agreeable odor and taste even when unprepared. Obviously, the mother's milk is the natural food of the newborn, and abundant milk is not supplied in the breasts of the mother if she does not take fruits, grains, and vegetables as her natural food.

Since human digestive organs are identical to those of frugivorous animals, and we are attracted to the natural food of frugivores, we can reasonably infer that humans were intended to be frugivorous, and that various grains, fruits, nuts, roots, and, for beverage, milk and pure water are decidedly the natural food for humans.

Unnatural foods, such as flesh, processed foods, and food industry chemicals are not properly assimilated when they go through the digestive system. They accumulate in the excretory and other organs not adapted to them and unable to excrete them properly. They ferment in the tissue crevices and produce toxins, which in turn cause diseases, mental and physical, which ultimately lead to premature death.

We should note here that a significant number of medical doctors have come to the same conclusions about a natural diet. Researchers have documented literally thousands of case histories of patients with diabetes, heart disease, arthritis, and even cancer whose maladies have been eliminated merely by a change to a natural diet as described above. These men and women have broken through the veil of AMA and drug industry censorship (drugs and surgery are financially lucrative compared to organic food) to proclaim that a low fat, high carbohydrate, high fiber diet will prevent most of today's diseases.

For purity of body and mind, one needs to have as natural a diet as possible. We recommend a vegetarian macrobiotic diet, and, if possible, that all one's food be organically grown. There are many good sources for advice on diet and recipes. One which we have used is Dr. Julian Whitaker, whose clinic, *The Wellness Institute*, has helped thousands to reverse the effects of heart disease, arthritis, diabetes, cancer, etc., and whose *Health and Healing Newsletter* (7811 Montrose Road, Potomac, MD 20854) is

loaded with important information and advice about diet and treatment of disease. In addition, there are substantial references on the subject (books and magazines) available in health food stores and public libraries.

Many of the sources, including Dr. Whitaker, recommend the use of vitamin supplements. They point out that there is evidence that our food supplies today are sorely lacking in essential vitamins and minerals due to synthetic methods of agriculture. Just as we receive vital nutrients from what we eat, so plants get all their vital nutrients from the soil in which they are grown. Agribusiness makes exclusive use of chemical fertilizers and pesticides, but makes no attempt whatsoever to revitalize the soil with organic matter. Hence, plants are grown in soil which lacks virtually all the vital nutrients except for a few synthetic ones from the chemical fertilizer. Researchers have found essential nutrients lacking in commercially grown produce. Moreover, there is some evidence that chemical pesticides may cause health problems. Organically grown produce rarely lacks essential nutrients since without the use of chemical fertilizers the soil must be organically revitalized with nutrients in order for the plant to produce at all. Organic gardeners and farmers have pointed out that organically grown crops have a natural resistance to insects and diseases. If organic or homegrown food is consumed, there seems to be little need for vitamin and mineral supplements. However, we've seen no problems with the use of supplements, and if one is not able to obtain wholesome food, we would recommend their use.

We recognize that some people may have difficulty in obtaining natural foods. People in institutions or prisons simply may not have the option of a natural diet or to obtain vitamin and mineral supplements. Do not let this stop you from practicing the Kriyas. The exercises and

techniques themselves, if practiced regularly and properly, are powerful enough to ultimately transcend problems caused by unnatural living. Practice of the Kriyas may even set in motion circumstances which will change your environment. Many amazing, awesome, and seemingly impossible occurrences accompany the practice of Kriya. Wotan watches over his own. After more than 20 years on the path, nothing could ever surprise us.

Cleanliness

A natural diet will cleanse the body internally, but as well, the body must also be kept clean externally. The skin is the largest organ of the body, and for the body to function properly the skin must be kept clean. With the accumulation of dirt, oils, chemicals from our polluted air, and dead cells cast off from the pores, it is advisable to bathe the body every day. Be careful about soap, as many are made with strong, toxic ingredients. Use soaps made of natural ingredients such as Aloe Vera, Jojoba, etc. which will moisten and soothe the skin as it cleans.

The Hair

The hair should also be washed each day, and special care should be taken to use a non-toxic shampoo. Again, Aloe Vera or Jojoba are recommended.

Be very cautious about hair dyes. Most dyes are very toxic, and research has now confirmed an increase in brain tumors among those who dye their hair. There are organic, non-toxic dyes available. If you dye your hair, make very sure the dye you use is non-toxic.

Another note on hair: The Aryans of Aryavarta wore their hair and beards very long. Hair length was also important to American Indians, who believed that long hair increased their power. The Berserkers of Viking days, who were pledged to Wotan, also kept their hair long.

again believing that it increased their power. There was good reason for such beliefs. Hair is energy and it is connected to the brain by nerves. The more energy surrounding the brain and higher energy centers (see the section on Energy Centers, page 14), the greater the awareness and sensitivity. Most Siddhas, including Babaji Nagaraj, wear their hair and beards very long for just this reason. Students of Kriya are encouraged to let their hair (and beards in the case of men) grow long. This is not a requirement, but it is recommended as it does help on the path.

For many years, I resisted growing my hair long. Being a Vietnam veteran and having experienced the hippie movement and the anti-war hair heads had left me with some prejudice on the subject. Although I never subscribed to white sidewalls, I did not let my hair get very long. Finally, about two years ago, I decided that I should at least experiment with long hair, and so I began to grow my hair. It took a couple of attempts before I finally could bear to let it get long enough to be manageable. The experiment has convinced me that the energy concentration of the hair does indeed make a noticeable difference.

Drugs and Intoxicants

In general, drugs and intoxicants of all sorts should be avoided. Most are quite obviously detrimental to your health and to raising your evolution and need very little comment here. However, alcohol is in such common use today that some attention should be given to it. Alcohol is fairly mild, not immediately addictive, and quite socially acceptable today. Babaji Nagaraj has counseled his students that they need not be fanatical about alcohol. He says to go ahead and take a drink if you want one. But, of course, do so with great moderation and never let it get a hold of you.

Tobacco use is, of course, wickedly addictive and very detrimental to your health. But don't feel that you have to quit smoking in order to practice the Kriyas. The same can be said if you're a drinker or even an alcoholic. Don't feel that you have to give up alcohol before you can practice Kriya. Try to cut back your smoking or drinking as much as possible and mentally prepare yourself to quit. Regular practice of the Kriyas will greatly help the situation. As your body evolves from Kriya practice — as it will even if you are smoking and/or drinking — your mental patterns will alter and one day you will find that you no longer need to smoke or drink. It may take some time, but it will happen.

Family Life

More often than not, eastern religion — much of which is derived from the ancient Aryan science of Aryavarta — prescribes sexual abstinence as a necessary prerequisite for spiritual advancement. This is strictly a dark age influence, and it affected European Christianity just as much as it did eastern faiths. For those who desire it, the Siddhas always encourage family life. In fact, most of the known Siddhas were married and had children. They feel that there is no reason why you should not have a life's partner and enjoy the pleasures of family life during Kriya training. But sexual activity, like eating, drinking, or anything else that is natural, should never become the focus of your life. It should be done with moderation and under your control.

Mental Hygiene

Your mind greatly affects your body. There is no question that mental attitude can affect one's health for better or worse. Practice of the Kriyas will cleanse the mind of mental debris which affects the health of the body and hampers higher evolution. You will find that, little by little, your mind will be purified of fears, hatreds, self-

pity, prejudices, and dogmas which make one narrow. This will beneficially affect your health and your sense of well-being.

Ahimsa

An important mental attitude which must be cultivated for higher evolution is called in the ancient Aryan language, *Ahimsa* (pronounced Ah-heem'-sah, which means "harmlessness"). This is an Aryan virtue of old which has survived the dark ages and was popularized in this century by Mahatma Gandhi. Gandhi extolled Ahimsa as the highest virtue and proceeded to demonstrate to the world his capacity to receive any form of injury or indignation without violent retaliation (actually Gandhi did retaliate, but in a manner seemingly not related to physical abuse: mass refusal to participate economically, which harmed the British far more than physical violence). Today, Ahimsa is looked upon by most people as a dogmatic injunction to do no harm to any living creature regardless of circumstances. This is far from the original Aryan meaning of Ahimsa.

Ahimsa refers to the *desire* to do harm. This earth is full of noxious creatures which mankind is often compelled to exterminate. Moreover, it is sometimes necessary to take up arms against oppressors (We should note here that Paramhansa Yogananda, who admired Gandhi and instructed him in Kriya, told his students that Gandhi succeeded only because the British were gentlemen. Yogananda said that Gandhi would never have succeeded if he had been up against the Soviets). But while we may be compelled by duty to harm or kill, we are under no similar obligation to feel animosity. It is important that our mind be kept clear of hatred, animosity, and any desire for revenge or harm. This is Ahimsa.

Honesty

Honesty and the worth of one's word are familiar Aryan values, and they need little discussion here. Dishonesty or untruthfulness has a bad effect on the one's mental health. Every attempt should be made to be impeccably honest and truthful, and to honor the sanctity of your word.

Dwelling and Company

The natural dwelling place for humans is not difficult to ascertain. Most of us readily feel displeasure in a crowded room or on a noisy city street. Few prefer the concrete, asphalt, and foul air of a noisy, crowded, crime-ridden city to the open fields, forests, or mountains. Mankind's natural environment is, as would be expected, close to Nature and in his own small community composed of those with common spiritual values. Cities and empires are dark age creations. During the golden ages the planetary population is small and mankind lives close to Nature with those of common spiritual values. (There are a few cities but little need, even for scientific investigations, of the technology or instrumentation which we deem necessary today).

Our physical environment has a definite effect on our nervous system. Foul air, noise, and the association with materialists, nonidealists, or those who harbor hatred, animosity, or negativity are all harmful and detrimental to higher evolution. Try to spend at least some time close to Nature, and certainly avoid association with individuals of the aforementioned qualities.

Music

Music has a great effect on the nervous system of humans — as well as animals and even plants. Some music soothes and calms, while other music disturbs, makes one nervous, and can even cause injury. Music can also

reverse (or increase) the harmful effects of urban noise. Be sure to bathe your nervous system daily in music which calms, soothes, and rejuvenates your nervous system, such as Mozart, Bach, Wagner, Orff, and Strauss. Avoid "heavy metal", "rap", atonal jazz, and the like.

There have been some interesting experiments done with music here in California. A convenience store, the parking lot of which had become a hangout for gangs and drug dealers, put up some loudspeakers and began playing the music of Mozart. Within 24 hours the undesirable elements had all left without fanfare. The experiment was repeated on a notorious street corner. The results were the same. The gangs and drug dealers, who were used to rap and heavy metal music, could not seem to abide in the same area as the music of Mozart. This is because the sounds of certain music, that of Mozart, for instance, stimulate the higher energy centers (see the section on energy centers, below), while harsh or atonal music such as rap stimulate only the lower energy centers. Gangs and drug dealers, due to their primitive evolutionary level, operate primarily from the lower energy centers. Music which stimulates the higher centers is completely out of harmony with them. It repels them. They seek other hangouts which are in harmony with their primitive material desires.

The Energy Centers

Purity of body and mind are important steps to higher evolution, but the actual process of accelerating evolution is by purifying, strengthening, and developing the centers and channels through which flows the subtle, but powerful, life energy: *Prana*. This is not the electromagnetic energy of atoms, molecules, and organic compounds. It is the energy source from which all electromagnetic energy originates. It is the energy which is called Ki or Chi in oriental martial arts, by which a few

expert martial artists have demonstrated amazing, superhuman physical accomplishments. The channels and centers of this energy are what are stimulated or manipulated by acupuncture to numb or heal the body.

Kriya techniques stimulate, purify, strengthen, and evolve (open) the energy centers and channels so that the powerful Pranic energy can flow freely throughout the body. This keeps the body free from disease and even from the unpleasant effects of aging. Once the centers and channels are opened, the energy begins to concentrate in the highest energy center of the brain, which brings about superconscious awareness and abilities — the Übermensch.

There are energy centers and channels all throughout the body. But the most important for accelerating evolution are the seven largest centers which are located along the spinal column, and the three channels which connect them. The seven energy centers are called in the old Aryan language, *Chakras* (pronounced Chahk'-rah, which means wheel or circle). These energy centers constitute the Highway to the Infinite. The most powerful of the Kriya techniques are directed toward these centers, so it is important to know where they are and something about each one.

Muladara

The lowest spinal center is called in the old Aryan, *Muladara* (pronounced Muhl-ah-dahr'-ah, which means "root" or "foundation"). This energy center is red in color and in males it is located at the perineum (the muscle situated between the anus and the scrotum). In females it is located on the posterior side of the cervix (the root of the uterus). This center is the seat of the stored up energy in the body, the aforementioned Kundalini. This center acts as a main junction, or switching station, for Pranic

energy to the sexual, reproductive, excretory, and urinary organs. Psychologically, it is associated with sexual desires, guilt, jealousy, anger, and passions. When open, the Kundalini can move upward toward the brain.

Swadhistana

The next higher center is called in the old Aryan, *Swadhistana* (pronounced Swah-dee-stah'-nah, which means "one's own home"). This center is orange in color and is located at the coccyx or tailbone. It is a specialized center which is the seat of the subconscious mind. The emotions of all life experiences are stored here. When open, forgotten and suppressed emotions and desires emerge.

Manipura

The next higher center is called in the old Aryan, *Manipura* (pronounced Mahn-ee-puhr'-ah, which means "city of jewels"). This center is yellow in color and is located inside the spinal column, directly opposite the navel. It is a junction for energy to the digestive organs and the nerves of the solar plexus, and for the regulation of body temperature. Psychologically, it is associated with dynamic will, energy, and action. When open, one's spiritual perspective is reoriented and disturbances from the lower two centers are overcome.

Anahata

The next higher center is called in the old Aryan, *Anahata* (pronounced Ah-nah-haht'-ah, which means "unstruck" or "unbeaten"). This center is green in color and is located in the spinal column at heart level. It is a junction for energy to the heart, lungs, and other organs of the chest cavity. Psychologically, it is associated with creativity, love, compassion, and the ability to overcome fate. When open, one gains the ability to master one's own fate through conscious will.

Vishudha

The next higher center is called in the old Aryan, *Vishudha* (pronounced Vish'-oo-dah, which means "purification"). This center is blue in color and is located in the spine across from the hollow of the throat. It is a junction for energy to the throat, nose, eyes, and brain. Psychologically, it is associated with discrimination and evenmindedness. When open, the body regenerates.

Ajna

The next higher center is called in the old Aryan, *Ajna* (pronounced Ahj'-nah, which means "knowing" or "commanding"). This center is indigo or opal blue in color and is a long, oblong center in the brain stretching from the medulla oblongata to the lobes behind the forehead at a point between the eyebrows. This center controls mental awareness. When open, extrasensory perception is developed.

Sahasrara

The highest energy center is called in the old Aryan, *Sahasrara* (pronounced Sah-ha-srah'-rah, which means "one thousand"). This center is light violet in color and is located just above the top of the head. This is the seat of superconsciousness. When open, one attains superconscious awareness and becomes *Übermensch*, Superhuman, or one with Wotan.

You may notice that the colors of these centers correspond to the spectrum of light, like a rainbow. Hence, in the Euro-Aryan allegories these centers were symbolized by Bifrost, a rainbow colored bridge which stretched between Midgard, realm of mortals, to Asgard, realm of the Gods, that is, between ego-consciousness and superconsciousness.

Ida and Pingala

The normal, everyday flow of Pranic energy moves up and down these spinal centers through two nerve channels, called in the old Aryan, The *Ida* (pronounced Ee'-dah) and the *Pingala* (pronounced Peen'-gahl-ah). These channels intertwine around the centers, but basically the *Ida* is on the left and channels energy upward, while the *Pingala* is on the right and channels energy downward. During a normal life span, energy stored at the Muladara supplements the energy entering the body through breath and food intake. During sleep, the stored energy is somewhat recharged, but over a period of years it is depleted and the body becomes weak and ultimately dies.

Sushumna

When the energy centers are opened by Kriya techniques, the stored Pranic energy at the Muladara is able to rise through a central channel in the spine which is otherwise unused except in the highly evolved. This channel is called in the old Aryan, the *Sushumna* (pronounced Soo-shoom'-nah). As each energy center is opened, the energy travels up the *Sushumna* to that point. This increases the awareness and regenerates the area of the body which that center services. When the energy reaches the higher centers, superhuman abilities begin to manifest, and finally, when the Sahasrara is reached, superconsciousness is attained. This is the process which accelerates our evolution.

The process takes different lengths of time for different people. Some reach the goal in a few short years, others may require a lifetime. But regardless of the length of time it takes to reach the goal, you will experience continuous growth of awareness and abilities on the path. It is a great adventure with constant rewards along the way.

Hong Sau

Hong Sau (pronounced Hahng'-sah, which in old Aryan means "I am He", i.e. I am Wotan, Donar, Shiva, or whatever icon of the *Übermensch* you prefer) is a psycho-physiological exercise which will begin moving Pranic energy in the spine. It will enable you to become aware of, and to feel the flow of, Pranic energy as it enters the body through the breath. It will also strengthen your concentration. This exercise uses an *Asana* (pronounced Ah'-shah-nah, which means "position" or "posture"), two *Mudras* (pronounced Mood'-rah, which means "symbol" or "gesture"), and a Mantra.

Swastikasana

Our bodies lose Pranic energy through a number of channels: eyes, ears, nose, mouth, anus, genitals, hands, and feet. Some *Asanas* and most *Mudras* are designed to circulate Pranic energy back into the body. *Swastikasana*, the Swastika position, is an important sitting position which circulates energy back into the body which is normally lost through the feet. All of the psycho-physiological *Kriya* exercises should be done in *Swastikasana*. Always sit in *Swastikasana* on a folded, woolen blanket or a cushion. Do not sit directly on the ground, or on a concrete or wooden floor unless it is carpeted.

Sit on a blanket on the floor in a cross legged position. Keep the spine straight by pulling the hips in and the shoulders back, and keep the head and neck in line with the spinal column. For men, place the right heel against the perineum (area between the anus and scrotum) and the left foot on top of the right thigh. For women, it is just the opposite with the left heel against the vagina and the right foot on top of the left thigh. (See illustration, page 20, which shows the woman's position.)

You will probably find that it will be easier to sit comfortably in this position if you place a small cushion under your buttocks to slightly elevate them above the legs. This tilts the pelvis and makes sitting in the Asana easier.

If you cannot get into this position, sit erect with the spine straight on a stool or chair, preferably without back support. Gradually train yourself to sit in Swastikasana by assuming it, or as far as you can get into it, for short periods of time. With perseverance, even very infirm bodies can be trained to sit comfortably in Swastikasana.

Swastik Mudra

Swastik Mudra, the Swastika Mudra, is an important position which circulates energy back into the body which is normally lost through the hands. It should be used in all psycho-physiological techniques except Pranayama techniques, which have a different position for the arms and hands. (See illustration, page 20.)



Swastikasana & Swastik Mudra (woman's position)

First, hold the hands and fingers out straight in line with the wrists, fingers held close together. Join the thumb and forefinger of one hand so that it forms a circle. Join the thumb and forefinger of the other hand so that it forms a square. Leave the remaining three fingers of each hand straight. For men, fold the arms across the chest or solar plexus so that the heel of the right hand is on the left forearm at the crook of the left elbow, and the three straight fingers of the right hand are extended across the left upper arm. The circle or square should be up against the inside of the left upper arm. The left forearm should cross in front of the right forearm and fit in a similar manner at the crook of the right elbow. Other than the bend at the elbow and fingers forming the circle and square, keep the wrists, hands, and fingers in line with the forearms. The arms may be twisted a bit to lock them into position. For women, the position should be opposite, that is, with the right forearm in front of the left forearm. With practice, this position can be held for long periods of time.

During the exercises, hold the Swastik Mudra as long as you are able to comfortably do so, gradually training yourself to hold it longer. When the arms become fatigued, place them in your lap for a while, but keep the spine straight at all times, even if you must use a back support. With perseverance, you will easily train yourself to hold this position for as long as you like.

Ajna Mudra

The Ajna Mudra, the eye lock, should be used with all the Kriya exercises. This is an extremely important Mudra which circulates energy into the Ajna Chakra which is unnormally lost through the eyes. This greatly stimulates the Ajna Chakra — the Eye of Wotan — and it will in itself ultimately develop paranormal vision and superconscious awareness.

With the eyes closed or half open or even completely open, physically raise the eyeballs and focus them at the point between the eyebrows (the Ajna Chakra — the Eye of Wotan). Keep them locked in that position. At first this may be very uncomfortable, but in time it will become almost second nature, and the eyes can be held there comfortably for any length of time.

The Double Breath

The double breath burns out carbon from the lungs and gets you mentally and physically ready to practice the Hong Sau technique (or any other psycho-physiological exercise). We recommend you begin each practice session with it.

Sit in Swastikasana and assume Swastik Mudra and Ajna Mudra. Let the body be relaxed, but keep the spine straight and the eyes focused at the point between the eyebrows.

Breathe in through the nose forcibly and audibly with a quick double breath, one short and then one long (sort of UH, UHHH). Then immediately throw out the breath through the mouth, forcibly and audibly, with another quick double breath, one short and then one long (sort of HAH, HAHHH). Hold the breath out only as long as comfortable and focus all your attention on the opal blue Ajna energy center between the eyebrows — the Eye of Wotan. While the breath is out and you are focusing on the Eye of Wotan mentally chant Wotan (or Shiva, or any spiritual icon you wish), slowly, over and over until you feel the need to inhale. When you feel the need to inhale, inhale and exhale with the double breath another time, again holding the breath out only as long as comfortable while mentally chanting Wotan to the Eye of Wotan. In all, do three double breaths. When you feel the need to inhale after the third time, then begin breathing normally and go into Hong Sau.

Hong Sau

Sit in Swastikasana, Swastik Mudra, and Ajna Mudra. Breathe normally and begin watching your breath. As the breath goes in through the nose, feel the cool sensation in the nasal cavity. As the breath goes out through the nose, feel the warm sensation in the nasal cavity. Now, as the breath goes in and you feel that cool sensation, mentally chant the Mantra *Hong* (rhymes with "song"). Chant it as one long word for the entire length of the inhalation. As the breath goes out and you feel that warm sensation, mentally chant the Mantra *Sau* (rhymes with "saw") as one long word for the length of the exhalation. Continue to watch the breath, but do not make any attempt at all to control it. Let it go as fast or as slow as it will and simply watch it from the Ajna Chakra as you feel the sensations in the nasal cavity and chant the Mantras.

After you've done this for five minutes, transfer your attention to the spine. As you breath in, still chanting *Hong*, feel a cool, soothing sensation going up the spine, from the base of the spine all the way up to the base of the skull, then bending forward and to the point between the eyebrows — the Eye of Wotan. As you breath out, chanting *Sau*, feel a warm, trickling sensation coming back down the spine, beginning at the point between the eyebrows and coming all the way down the spine to the base. With each breath, feel the cool soothing sensation going up the spine and the warm, trickling sensation coming back down the spine. This is the movement of Pranic energy from the breath moving in the spine. Do not try to control the breath or the energy flow in any way. Simply watch it, feel it, and chant the Mantra to it. Do not get discouraged if your mind wanders. Be patient with your mind, and calmly bring it back, again and again, to the object of concentration. Use your will to hold your mind on the energy in the spine.

The Ah and Ee Mantra

After you have progressed with this technique, you may wish to change the Mantra from Hong and Sau to *Ah* and *Ee* (*Ah* as in the word *saw*, and *Ee* as in the word *see*). Simply substitute *Ah* and *Ee* for *Hong* and *Sau* respectively (*Ah* going up and *Ee* going down) during your regular practice. Like many Mantras, *Ah* and *Ee* have no meaning. The Siddhas discovered that the *Ah* sound specifically stimulates the *Ida* channel and the *Ee* sound specifically stimulates the *Pingala* channel.

Hong Sau, or any psycho-physiological exercise, should be practiced in a room or area secluded from noise and distractions. It is best if your practice is always done in the same place and at the same time. This will greatly help you to build a routine. You should routinely practice the *Hong Sau* technique twice daily, at least 15 minutes each morning and each evening. You may, however, practice it as often or as long as you like, but wait at least an hour after meals before beginning your practice.

Hong Sau is very powerful, and it is, in fact, possible (and has been done) to raise your evolution all the way to superconsciousness with *Hong Sau* alone. By deeper concentration, you will begin to feel the spine magnetize and draw energy into it from all parts of your body (this is the magnetization of the *Ida* and *Pingala* channels). When this happens, all sensation will leave your body and you will find your consciousness completely in the spine itself. The breath may very well stop altogether, but this is nothing to worry about. If you achieve the breathless state, whereby your body will be living directly from Pranic energy, you will be entering the first stages of superconsciousness, and you will be far along the path!

Cleansing the Subconscious Mind

Moving the Pranic energy in your spine will eventually open up the Swadhistana energy center. When this storehouse of the subconscious mind is opened, suppressed or long forgotten emotions, some perhaps very unpleasant, are able to suddenly surface. This can not only cause some great mental anxiety, but possibly even mental damage. Therefore, a very important and necessary part of Kriya training is to learn how to cleanse the subconscious of suppressed emotions which are harmful or in any way restrict your evolution.

Emotions are not really part of us. They are simply identifications and mental entanglements which we have with the objects of our senses. So long as we identify with these fears, angers, desires, etc., we are subject to their effect, and in fact, it could rightfully be said that we are enslaved by them. Our opinions, aspirations, relationships, abilities, etc., are a product of past or present emotions. But any emotion can be completely eliminated by simply severing our identification with it -- detaching from it. Once our mind has severed the relationships, the feelings cease to exist. After the practice of Hong Sau, or any other psycho-physiological exercise, it is important to remain still for another few minutes and practice the following cleansing exercise.

The Cleansing Exercise

Focus all your attention at the point between the eyebrows. Try to see the opal flame of the Ajna Chakra. It is round and dark blue, with a great golden aura all around it and a tiny, dazzling bright light in the center. It takes great concentration to see it clearly, and it may take some time to develop sufficient concentration. At first, you may see only solid golden light, or blue light, or even violet light. Don't worry if you can't see any light at all. Some people never see any light until they reach

superconsciousness, but this doesn't hamper their progress at all. If you don't see any light, simply use your imagination and visualize the opal flame.

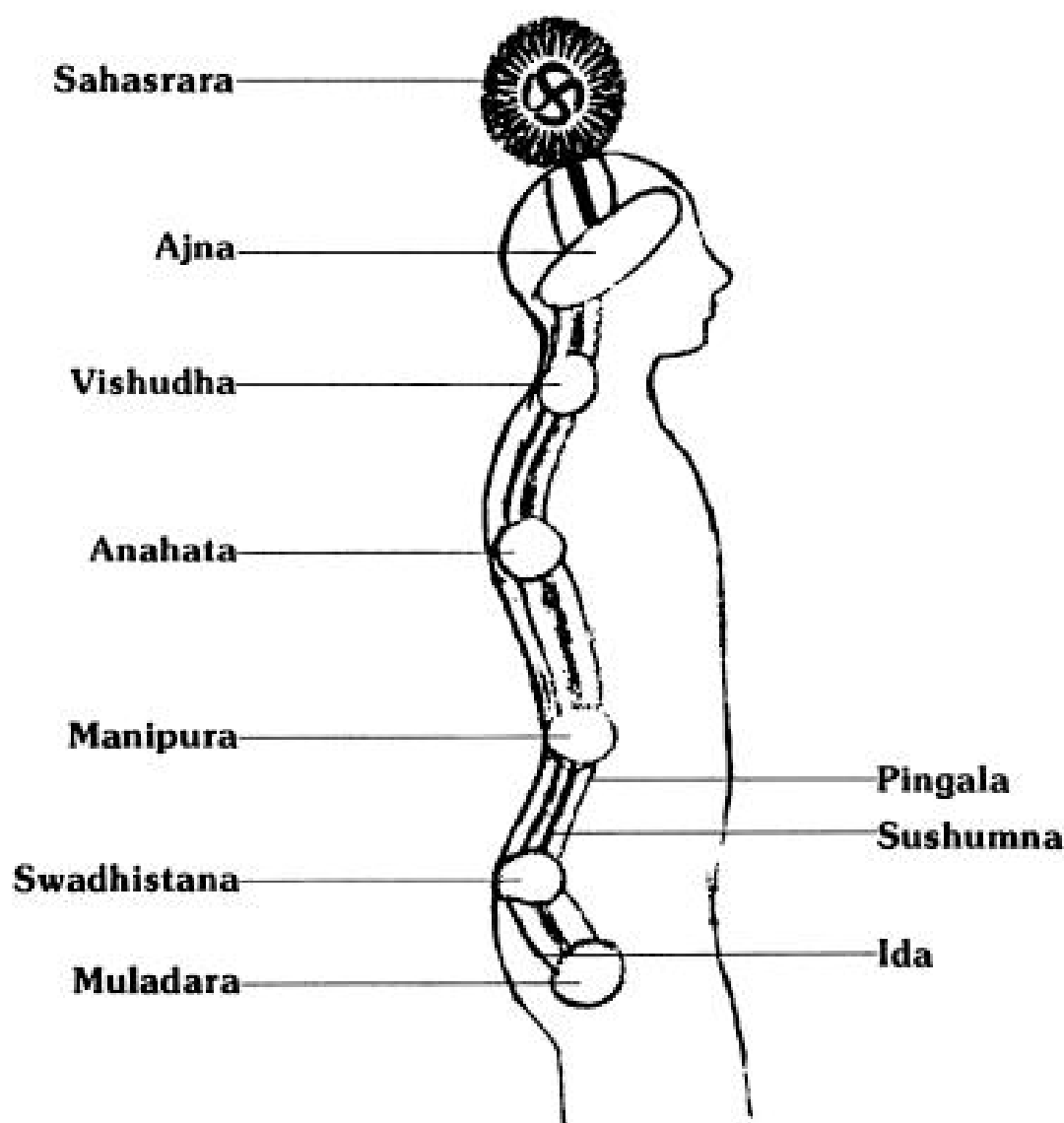
Hold your gaze on the opal flame, or whatever light you see, and mentally chant over and over, "I am one with Wotan!" (If you don't want to use Wotan, you can use any spiritual icon you wish). Feel as if you are casting everything — your fears, your worries, your weaknesses, your desires — into a sacrificial fire of golden, blue, or violet light. As you practice the cleansing exercise, you will identify more and more with the Ü bermensch and become less and less subject to emotional entanglements.

Unpleasant suppressed emotions can surface unexpectedly at any time during the day or night. If you should feel any such emotion, simply assume Ajna Mudra in whatever position you are in, gaze hard into the opal flame, and identify yourself completely with Wotan (or any other Ü bermensch icon) by affirming over and over to the Opal blue flame, I am one with Wotan! The emotion will vanish.

Note: The opening of the Swadhistana energy center is what causes severe problems with the use of psychedelic drugs such as LSD or peyote. Psychedelic drugs break down the natural barriers of the subconscious. This can indeed give you some pleasant spiritual experiences, but it can also bring about the sudden emergence of long suppressed, painful subconscious emotions. This can overwhelm the drug user, and even cause severe mental damage.

Opening the Swadhistana Chakra and cleansing the suppressed emotions stored there is an important and necessary part of accelerating your evolution. Kriya

techniques do this gently and naturally. They channel energy on past the Swadhistana Chakra to the higher energy centers. This balances the opening of the lower Chakras with a centering of awareness in the higher Chakras. When your awareness begins to be centered in the higher energy centers and you are using the cleansing exercise, it is not at all difficult to detach from and neutralize unpleasant emotions. When you have neutralized all the enslaving emotions of the subconscious, you are well on your way to becoming one with Wotan!



The Highway to the Infinite