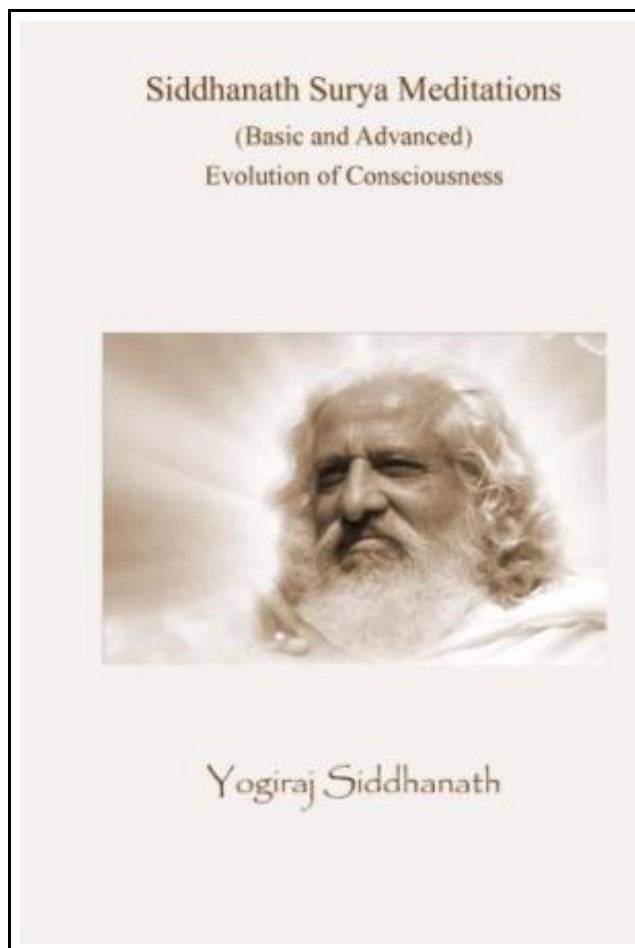


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Createspace, United States, 2013. Paperback. Book Condition: New. 218 x 148 mm. Language: English . Brand New Book ***** Print on Demand *****.The crest jewel of the Siddhanath Surya Yoga is its meditation. Not only is this a meditation for the evolution of consciousness, but also a dynamic osmosis of pranic healing (Ot-Prot technique). The first stage of the meditation is dynamic. It flushes out the toxins from the system and rejuvenates your body and mind with fresh and tingling life-energy, activating your chakras and keeping the body metabolism in a balanced state. The advanced stage of the meditation, called the Hamsa Surya, goes on to awaken your pranic lotus chakras and the informing Spirit of the sun (Surya) gives each one of your Soul chakras the sensation and realization that you are born of him. The pranic-healing energy ascends to transform itself into the Swan of Self-Realization and merge into the sun, Hamsa Surya. This is the advanced pathway to Self-Realization. In the advanced Surya Yoga meditation the energy is of an expanding spiral and vertical movement with held breath (kumbhak) in between. During the contraction phase, one visualizes a snake swallowing its own tail. The snake keeps swallowing its tail till it becomes a dot. Further tension of the body and concentration on the dot is done to vanishing point. The pattern of Puraka, Kumbhaka and Rechaka breathing is repeated in every chakra till one reaches the crown where the Soul, in the form of a Hamsa Swan, is exhaled to take flight in the inner mental sky, expand and merge into the spiritual Sun. The Hamsa merged into the Surya is Hamsa Surya. From the first to the third chakras is the Kundalini Surya, the path of the serpent ascending the spine. From the fourth to the...



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