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Enjoy & Thank you, Namaste!

THE MOTHER'S PURIFICATION SĀDHANA

Purification *sādhana*. It is a *kriyā*, unblocking the universal power of action

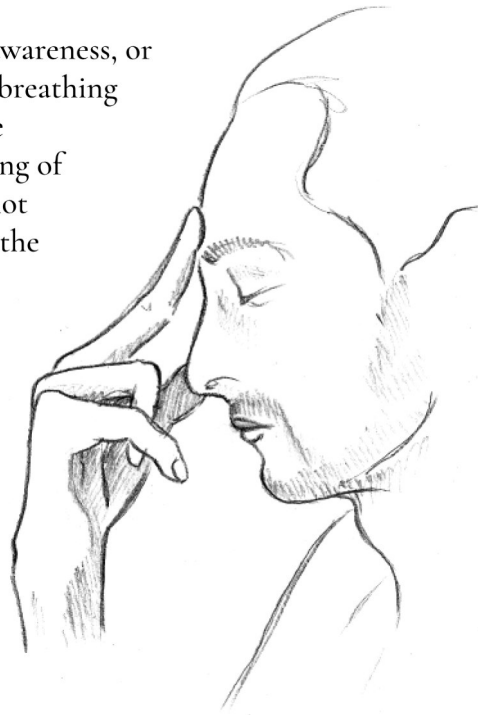
This *sādhana* was given to awaken to the energy of divine mother, it is gentle and loving. It must be performed with devotion and love, then it will cover you with the warm hand of your ever expanded being.

I have given the minimum times of 30 seconds *kapālabhāti* and 3 times *bhrāmarī* in each posture. Know that you can expand them as much as you want. My teacher told me, that if one holds each position one minute with deep breathing, one minute with *kapālabhāti*, one minute with *bhrāmarī* and one minute with the mantra “Om Mā” from the heart, then this *kriyā* becomes a powerful means of awakening Kuṇḍalinī.

Approximately 60 minutes.

Nāḍīśodhana

Nāḍīśodhana should be practiced with full awareness, or not at all. There are many ways of creating breathing patterns, such as changing the length of the inhalation, exhalation and *kumbhaka* (holding of breath) in a certain proportion. This does not concern the new practitioner. Simply keep the lengths of the in- and outbreaths equal in duration. One can use a mantra like Om to count the time the in- and outbreaths. The breath should be deep and can be strong. Pull *mūlabandha* whenever the breath turns and allow yourself a short *kumbhaka* (though no longer than two seconds). This will stimulate the *nāḍis* and help purification. When you sit for your *sādhana*, you have nothing else to do, so do nothing else...



Practice 10–20 rounds of this every morning.

Kapālabhāti

Breath of fire. Gently pulse your navel in the exhalation and keep a steady rhythm.

When you practice *kapālabhāti* , imagine a golden egg surrounded by subtle electric fibers. Imagine it vibrating up slightly when you push air out and moving down slightly when you breathe in. When you feel the stimulation of the navel point, observe a fine stream of energy being generated in the pelvis and expanding beyond the forehead. At the end, pull *mūlabandha* and retain the breath inside.

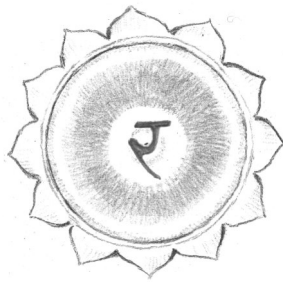
Practice for one minute every morning.

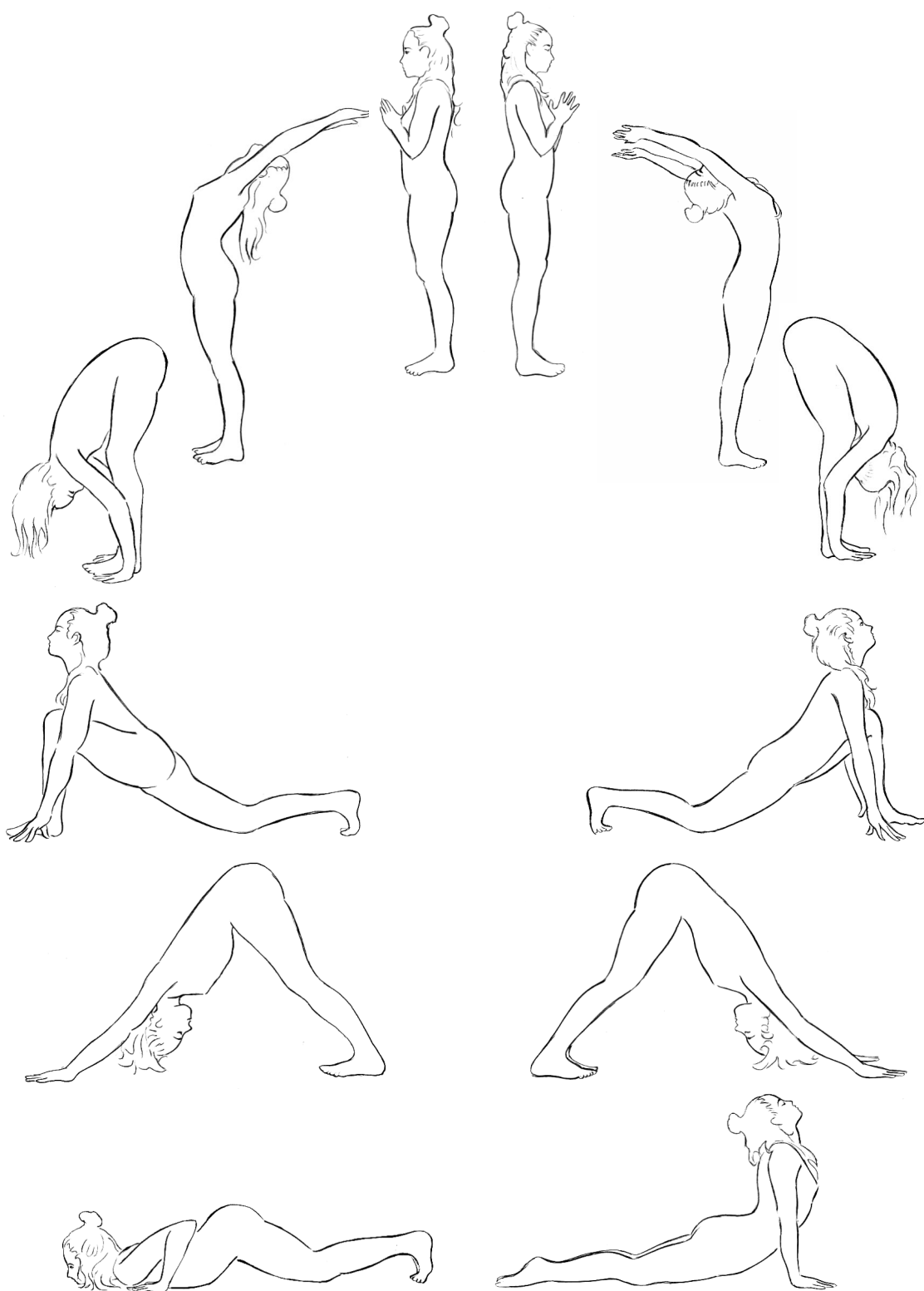
Sūryanamaskāra

Salutations to the sun. *Sūryanamaskāra* can be done with deep breathing, with either one breath in each position or as many as one needs to find the right pace.

If you are an advanced practitioner and desire to bask in the warm rays of the sun, try practicing this beautiful variation of *sūryanamaskāra* with a gentle *kapālabhāti* pulse in the navel for each position. As you move through the sequence, allow the sun's hand to only slightly touch each position, avoiding any sudden, forceful movements. Embrace a dynamic and open attitude throughout the practice. While surrendering to the speed of this exercise may be challenging for some, remember that letting go also sometimes requires surrendering to the flow without any resistance. - *Kapālabhāti*

Practice 12–36 times each morning.

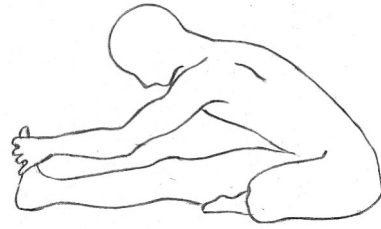




Jānuśīrāsana

Head to knee pose. Practice three times with deep breathing. Stretch.

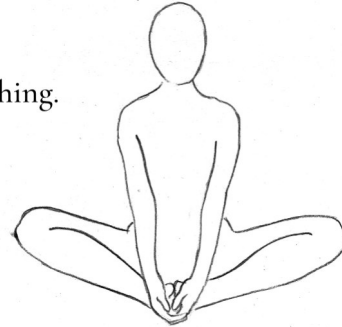
30 seconds of *kapālabhāti* and at least three times *bhrāmarī*. Do this on each side. Remember that *bhrāmarī* is the expansion of your inner sound body, it resembles the sound of a swarm of love mad bees. It is the sound of pleasure, this sound silences your mind, expands you, relaxes you, guides you home. Fully surrender to it.



Titali Āsana

Butterfly pose. Practice three times with deep breathing. Stretch.

30 seconds of *kapālabhāti* and three times *bhrāmarī*.



Paścimottānāsana

Back stretch pose. Practice three times with deep breathing. Stretch.

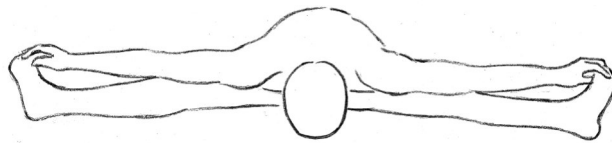
30 seconds of *kapālabhāti* and three times *bhrāmarī*.



Pāda Prasara Paścimottānāsana

Open legs back stretch pose. Practice three times with deep breathing. Stretch.

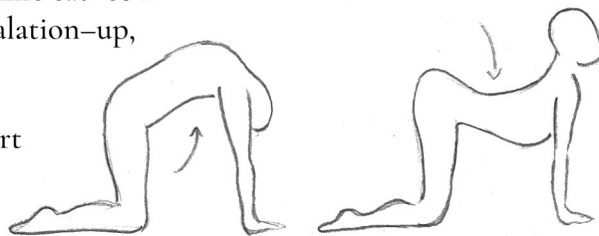
30 seconds of *kapālabhāti* and three times *bhrāmarī*.



Mārjārīāsana

Cat pose. First, move in a dynamic cat–cow posture about one minute. Inhalation–up, exhalation–down.

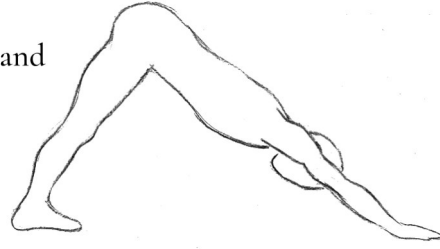
Then look up in the cat and start with 30 seconds of *kapālabhāti*. After this go into cow and practice three times *bhrāmarī*.



Parvatāsana

Mountain pose. Move gently into *parvatāsana* and practice three times with deep breathing.

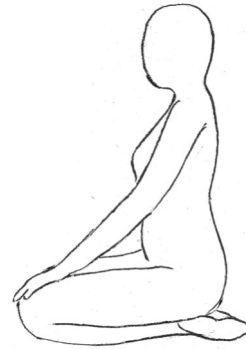
30 seconds of *kapālabhāti* and three times *bhrāmarī*.



Vajrāsana

Thunderbolt pose. Sit and relax in *vajrāsana*. Open your chest. Stretch your arms. Practice three times with deep breathing. Pull *mūlabandha*.

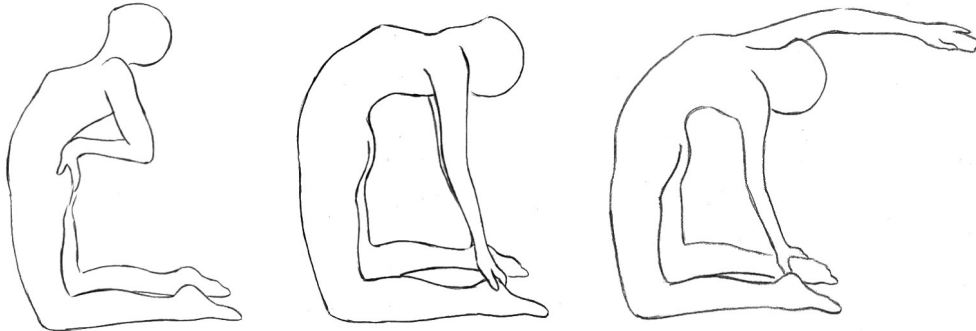
30 seconds of *kapālabhāti* and three times *bhrāmarī*.



Uṣṭrāsana

Camel pose. Move to *uṣṭrāsana* or *ardha uṣṭrāsana*.

Practice three times with deep breathing, and about 30 seconds of *kapālabhāti*.



Śaśankāsana

Rabbit or hare pose. Through *vajrāsana*, open your knees, stretch up and move into *śaśankāsana*. Surrender yourself. Stretch your arms. Practice three times with deep breathing.

30 seconds of *kapālabhāti* and three times *bhrāmarī*.

Silently chant the mantra of the Divine Mother.



Bija Nyāsa

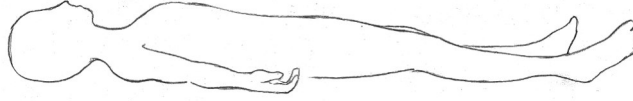
Sit in meditation posture with your hands outstretched and fixed. Perform *mūlabandha* at the beginning of each sound. Perform our *bija nyāsa*.

Finally, perform *namaskāra mudrā* and breathe deeply.

Śavāsana

Lay on your back with your palms facing upwards. Contemplate the following:

I am you. You are me. We are one



Summary

<i>Nāḍiśodhana</i>	Psychic Network purification
<i>Kapālabhāti</i>	Cleansing the skull breath (shining face)
<i>Sūryanamaskāra</i>	Salutations to the sun
<i>Jānuśīrāsana</i>	Head to knee pose
<i>Titali Āsana</i>	Butterfly pose
<i>Paścimottānāsana</i>	Back stretch pose
<i>Pāda Prasara Paścimottānāsana</i>	Open legs back stretch pose
<i>Mārjārīāsana</i>	The cat pose
<i>Parvatāsana</i>	Mountain pose
<i>Vajrāsana</i>	Thunderbolt pose
<i>Uṣṭrāsana</i>	Camel pose
<i>Śaśankāsana</i>	Rabbit pose
<i>Bija Nyāsa</i>	Placing the seed sounds

*Love for God must be developed. Because if there is no love
for God, yoga won't be effective.*

Swami Laskman Joo