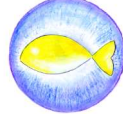
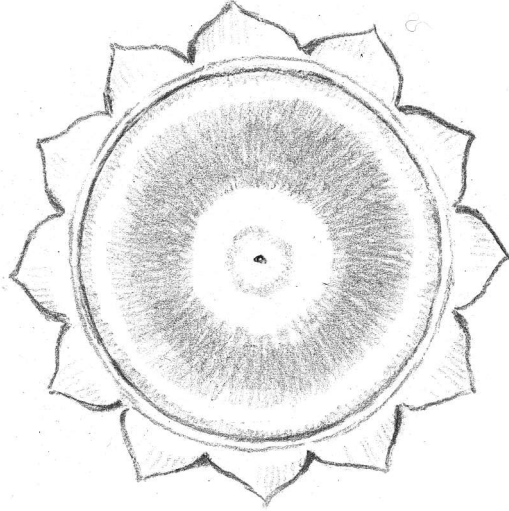


MATSYA KUNDALINI YOGA ACADEMY



# KUNḌALINĪYOGA

## KRIYĀ



[www.yogamatsya.com](http://www.yogamatsya.com)

Created with love by Matsya Kundalini Yoga Academy

## SVĀMĪ VIDYANAND PURIFICATION SĀDHANA

Purification *sādhana*. It is a *kriyā*, it unblocks 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, 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 Kriya 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 *nāḍīs* 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.

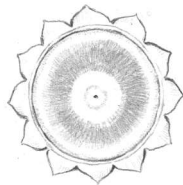
If you are an advanced practitioner and you wish to shower in the rays of the sun, perform this *sūryanamaskāra* with a gentle *kapālabhāti* pulse in the navel for each position. Each position should only be slightly touched by the hand of the sun, not pulled violently. Stay dynamic and open.

Each of the 12 positions of the *sūryanamaskāra* is connected to one primal aspect of the sun, these aspects are mirrored in their sound form by 12 *bijas*

<i>Hrām̐</i>	– <i>Pranāmāsana</i>	– <i>Prayer pose</i>
<i>Hrīm̐</i>	– <i>Hastottānāsana</i>	– <i>Raised arms pose</i>
<i>Hrūm̐</i>	– <i>Pādahastāsana</i>	– <i>Hands to feet pose</i>
<i>Hraim̐</i>	– <i>Aśva Sañcalanāsana</i>	– <i>Horse riding pose</i>
<i>Hraum̐</i>	– <i>Parvatāsana</i>	– <i>Mountain pose</i>
<i>Hraḥ</i>	– <i>Aṣṭāṅga namaskāra</i>	– <i>Eight points salutation pose</i>
<i>Hrām̐</i>	– <i>Bhujaṅgāsana</i>	– <i>Cobra pose</i>
<i>Hrīm̐</i>	– <i>Parvatāsana</i>	– <i>Mountain pose</i>
<i>Hrūm̐</i>	– <i>Aśva Sañcalanāsana</i>	– <i>Horse riding pose</i>
<i>Hraim̐</i>	– <i>Pādahastāsana</i>	– <i>Hands to feet pose</i>
<i>Hraum̐</i>	– <i>Hastottānāsana</i>	– <i>Raised arms pose</i>
<i>Hraḥ</i>	– <i>Pranāmāsana</i>	– <i>Prayer pose</i>

Carry these mantras in your mind or on your lips when you move through the aspects of the sun.

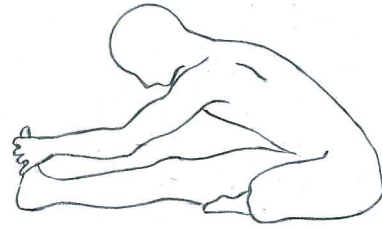
Practice 12–36 times each morning.



### *Jānuśirāsana*

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

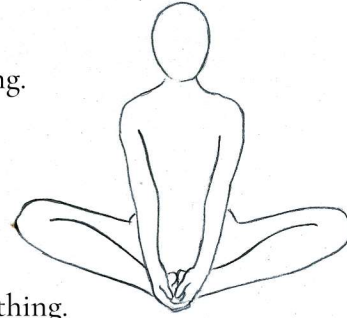
30 seconds of *kapālabhāti* and three times *bhrāmarī*. On each side.



### *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.

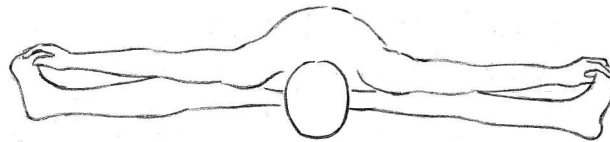
30 seconds of *kapālabhāti* and three times *bhrāmarī*.



### *Pāda Prasara Paścimottānāsana*

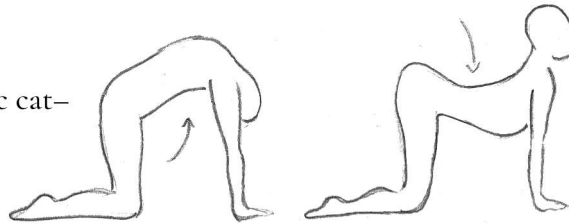
Open legs back stretch pose. Practice three times with deep breathing. Stretch.

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



### *Mārjārīāsana*

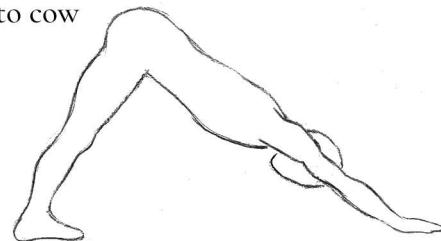
Cat pose. First, move in a dynamic cat–cow posture about one minute. Inhalation–up, exhalation–down.



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*.

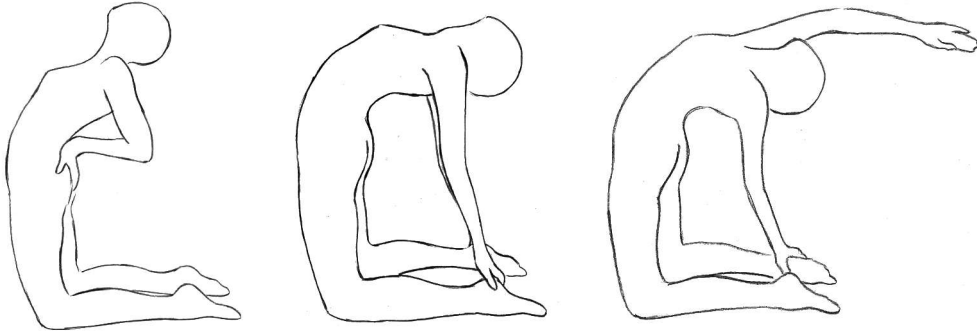


30 seconds of *kapālabhāti* and three times *bhrāmarī*.

### *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.

### *Bīja Nyāsa*

Sit in meditation posture with your hands outstretched and fixed. Perform *mūlabandha* at the beginning of each sound. Perform our *bīja 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>Nāḍīśodhana</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>Bīja Nyāsa</i>	Placing the seed sounds